Many cancer patients describe diagnosis, treatment and survivorship as a journey. At times, this journey can be confusing and overwhelming. With UNC Cancer Care, you are not alone. A variety of support services are available to assist you and your family through cancer treatment and survivorship.

Most of the programs in this calendar were started by a UNC Cancer Care staff member or patient. Unless noted otherwise, programs are free and open to all UNC Cancer Care patients. Let a team member know if you need help finding other cancer support services. For details, please call 984-974-8100 or visit www.unclineberger.org/ccsp

Northwestern Mutual Fall Retreat for Families
When: Saturday, October 6, 2018
Where: Victory Junction, Randleman, NC
About: For Patients and families treated by the UNC Pediatric Hematology-Oncology team. A fun-filled day for patients and families to break away from the stressors of treatment and find support among other families dealing with similar challenges. Registration required, email Meghan.Fox@unchealth.unc.edu

N.C. Cancer Hospital Thanksgiving Family Lunch
When: Friday, November 16, 2018, 11:30 AM-12:15 PM or 12:30-1:15 PM
Where: N.C. Cancer Hospital Lobby, Ground Floor
About: UNC Chapel Hill Cancer Hospital patients and their caregiver are invited to join our Thanksgiving celebration. To reserve a seat, call 984-974-8100 during the first week of November.

Programas en Español
“El Grupo de Conversación
Cuando: Todo los Jueves al las 1:00pm-2:00pm
Dónde: Centro de Recursos para Paciente y la Familias
Acerca: Grupo de apoyo gratuito, estamos aquí para ti y no tienes que hacerlo solo. Venga a hablar con otros pacientes y familares que también están pasando por cancer. Para más información llame 984-974-8100.

¿Ahora Que?
Cuando: Las fechas varían, Por favor llame para obtener más detalles.
Dónde: En la casa Secu (Chapel Hill)
Acerca: Un taller gratuito para ayudar a pacientes de Cancer, sobrevivientes y sus familias a hacer la transición después del tratamiento. Para registración por favor llame a Claudia Rojas 919-259-0279.

First Descents Young Adult Retreat
When: September 21-24, 2018
Where: North Carolina mountains
About: A free outdoor adventure for young adult cancer patients and survivors ages 18-35. Includes transport, food and lodging. Hosted in partnership with UNC and sponsored by the Be Loud! Sophie Foundation. Also open to patients with physical disabilities or limited sight. Email Lauren Lux at Lauren_Lux@med.unc.edu
BMT Unit Caregiver Classes
**When:** Rotating Tuesdays and Saturdays, 3 PM
**About:** Learn how to care for your loved one from transplant to recovery. For details, call 984-974-8280.

Cancer Transitions
**When:** Varies, call for details
**Where:** SECU Family House, Chapel Hill
**About:** FREE 4-week workshop to help cancer survivors and caregivers transition after treatment. Registration required call 984-974-8100.

Cancer Pro Bono Legal Clinic
**When:** September 14, October 12 & November 9, by appointment
**Where:** Patient & Family Resource Center, Lobby
**About:** Help with powers of attorney and living wills. Call 984-974-8112 or email cdrogers@email.unc.edu

Complementary Therapies
**When:** Varies, by appointment
**Where:** Raleigh-Durham
**About:** Free therapies for cancer patients/survivors in treatment or within 6 months after treatment. Includes: Acupuncture, Oncology Massage, Healing Touch, Reiki Health Coaching and Counseling. Call Cornucopia at 919-401-9333 or email info@cancersupport4u.org

Get REAL & HEEL for cancer survivors
**When:** Mondays, Wednesdays and Thursdays
**Where:** UNC Campus, Chapel Hill
**About:** A 16-week exercise program for cancer survivors. Call 919-445-4255 to learn more and enroll.

Look Good Feel Better ©Program, Morning of Beauty
**When:** Mondays, September 17, October 15 & November 19
**Where:** Patient & Family Resource Center, Lobby
**About:** Call 984-974-8100 to reserve your spot.

Yoga
**Chapel Hill:** Mondays & Wednesdays, 2-3:30 PM, Please check CCSP website or call for details
**Durham:** Fridays, 10-11:30 AM, Wholistic Health Studio

About: For patients, survivors and caregivers. $5 fee. Arrive 15 minutes early if new. Call 984-974-8100.

Writing for Resilience
**When:** Tuesdays, Noon-1 PM, starts September 25
**Where:** John Reeves Chapel, Main Hospital, Level 1
**About:** Writing group for everyone, including staff. Email Heidi.Gessner@unchealth.unc.edu for details.

Writing Toward Resilience
**When:** Mondays, 12 Noon-1 PM
**Where:** SECU Jim and Betsy Bryan Hospice Home
**About:** Free writing workshop for current caregivers or those grieving a loss. Led by Carol Henderson, author and workshop leader. No registration needed. For details, call 984-215-2675 or contact Ann Ritter 984-215-2650 Ann.Ritter@unchealth.unc.edu

Brain Cancer Support Group
**When:** Monthly, date varies
**Where:** Chapel Hill (private location)
**About:** Support group for adults with brain cancer. Please call Cornucopia for group details at 919-401-9333 or email info@cancersupport4u.org

Breast Cancer Support for Young Women
**When:** 1st Tuesday of the month, 7-8:30 PM
**Where:** Coco Bean Coffee Shop, Chapel Hill
**About:** For women ages 18-45 with breast cancer. For details, email Michelle Manning mmanning@unc.edu

Caregiver Conversations
**When:** Tuesdays, 3-4 PM
**Where:** Patient & Family Resource Center, Lobby
**About:** Planned topics and social time for caregivers. More caregiver resources online: caregivers.web.unc.edu

Caregiver Dinners
**When:** Thursdays, 4:30-5:30 PM
**Where:** BMT Unit & 4 Oncology
**About:** For caregivers of patients on those units.
Circle of Support
When: 2nd Monday of the Month, 7-8:30 PM
Where: SECU Jim and Betsy Bryan Hospice Home
About: For those who have lost a loved one. Support from hospice staff and volunteers. For details contact Ann Ritter 984-215-2650 or Ann.Ritter@unchealth.unc.edu

Friday Family Coffee
When: Fridays, 9-11 AM
Where: Patient & Family Resource Center, Lobby
About: Weekly breakfast for patients and caregivers.

I CANcer: Teen & Parent Support Groups
When: Thursdays, September 20, October 18 & November 15
Where: Ronald McDonald House, Chapel Hill
About: For patients of UNC Pediatric Hematology/Oncology and their siblings ages 12 and up. Parents meet separately. Contact Meghan.Fox@unchealth.unc.edu

KidsCan!
When: 2nd Monday of the month, 6-8 PM
Raleigh: Rex Cancer Center. For kids ages 6-18 years. Registration required call 919-784-1641.
Durham: Duke Cancer Center. For kids ages 4-18 years. Registration required call 919-684-2913.
About: For kids with a parent/caregiver with cancer

Living with Metastatic or Advanced Cancer
Durham: 1st & 3rd Wednesday of the Month, 3-4:30 PM.
At Caring House. To learn more, call 919-401-9333.
Raleigh: 1st & 3rd Wednesday of month, 10:30 AM-Noon
At Rex Cancer Center. To register call 919-784-1641.
About: Support for those living with advanced cancer or metastatic disease.

Oral and Head & Neck Cancer Support Group
When: 3rd Monday of the month, 6-7 PM
Where: Caring House, Durham
About: Support for those with oral and head & neck cancers. To learn more call Cornucopia 919-401-9333.

Peer Connect
About: A confidential peer-support program. To learn more call Cornucopia 919-401-9333.

Single Fathers Support Program
When: 3rd Tuesday of the Month
Where: SECU Family House, Chapel Hill
About: For single parent fathers after the loss of a spouse. Childcare and dinner provided. Registration required call 984-974-8113 www.widowedparent.org

Sharing Support
When: 2nd Friday of the Month, 10:30 AM-Noon
Where: UNC Rex Cancer Center
About: Caregivers share experiences and coping skills. Registration required call 919-784-1641.

Sharing Survivorship
When: 1st Friday of the Month, 10:30 AM-Noon
Where: UNC Rex Cancer Center
About: Supporting patients and caregivers from treatment to recovery and beyond. Registration required call 919-784-6863.

Sharing Our Stories
When: Wednesdays, September 19-November 7, 10-11:30 AM
Where: UNC Hospice office, Pittsboro
About: A grief support group for those experiencing a loss. To register, contact Ann Ritter 984-215-2650 or Ann.Ritter@unchealth.unc.edu

Stupid Cancer Happy Hour!
When: 2nd Tuesday of the Month, 7-9 PM
About: For young adults affected by cancer. Visit www.facebook.com/groups/scsoutheast/

Triangle Area Multiple Myeloma Support
When: 4th Saturday of the Month, 10 AM-Noon
Where: Westminster Presbyterian Church, Durham
About: For details, call Thomas Goode at 252-915-9466 or email triangleareasg@imfsupport.org

Triangle Bladder Cancer Support
When: 2nd Tuesday of the month, 7-8:30 PM
Where: SECU Family House, Chapel Hill
About: For bladder cancer patients and caregivers. For details, call Ritchie Briggs (919) 493-0551.
Widowed Mothers Support Program
When: 1st Tuesday of the Month
Where: SECU Family House, Chapel Hill
About: For single mothers after the loss of a spouse. Focuses on grief, single motherhood, coping and parenting. Childcare and dinner provided. For details, contact Alyssa Draffin 984-974-5162 or Diane Bensley 984-974-2548 www.widowedparent.org

Young Survival Coalition Face 2 Face Network
When: Visit www.meetup.com/pro/yscf2f
Where: Chapel Hill, Charlotte, Greenville & Raleigh
About: Support for young women with breast cancer.

Magnolia Meals at Home
About: Free meal delivery for patients with breast, thyroid & kidney cancers and soft tissue sarcoma. Call 919-401-9333 or visit www.magnoliamealsathome.com

Tobacco Treatment Counseling
When: Monday-Friday, 9 AM-5 PM; by appointment
Where: N.C. Cancer Hospital
About: For patients and family members who are interested in quitting. Call 984-974-8453.

Wigs and Head Coverings Services
When: Monday-Friday, appointment preferred
Where: Patient & Family Resource Center, Lobby
About: Head coverings for men and women receiving chemotherapy at N.C. Cancer Hospital in Chapel Hill. Call the Resource Center for details 984-974-8100.

Cornucopia Cancer Support Center
20 West Colony Place, Suite 220, Durham
919-401-9333 or www.cancersupport4u.org

N.C. Cancer Hospital (and Main Hospital)
101 Manning Drive, Chapel Hill
984-974-0000 or www.unclineberger.org/about/nccancerhospital

N.C. Cancer Hospital Caregiver Website
caregivers.web.unc.edu

Mary Anne Long Patient and Family Resource Center
Main Lobby, N.C. Cancer Hospital
984-974-8100 or www.unclineberger.org/ccsp

Ronald McDonald House
101 Old Mason Farm Road, Chapel Hill
919-913-2040 or www.rmh-chapelhill.org/

UNC Rex Cancer Center
4420 Lake Boone Trail, Raleigh
919-784-1056 or www.rexhealth.com

SECU Family House
123 Old Mason Farm Road, Chapel Hill
919-932-8000 or www.secufamilyhouse.org/

SECU Jim and Betsy Bryan UNC Hospice Home
100 Roundtree Way, Pittsboro (Behind Bojangles)
984-215-2675

UNC Hospice Office
287 East Street, Suite 221, Pittsboro
984-215-2650 or www.uncmedicalcenter.org/uncmc/care-treatment/hospice/

Victory Junction (Northwestern Fall Retreat venue)
4500 Adam’s Way, Randleman, North Carolina
336-498-9055

Westminster Presbyterian Church
3639 Old Chapel Hill Rd., Durham
919-489-4974 or www.wpcdurham.org

Wholistic Health Studio
1000 Hackberry Lane, Durham
919-489-5355 or www.wholistichealthstudionc.com

Find the Cancer Support Calendar online: www.unclineberger.org/patientcare/support
To add to the calendar, please email: Yvonne.Angwenyi@unchealth.unc.edu