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 more information, please call 984-974-8100 or visit our site: www.unclineberger.org/ccsp

### Upcoming Events

**Cancer Survivors’ Day 2018: A Celebration of Life**
**When:** Saturday, June 9, 9:30 AM-1:30 PM
**Check-in:** 9:00-9:30 AM
**Where:** William and Ida Friday Center, Chapel Hill
**About:** FREE event for cancer survivors and their families. Includes lunch, snacks and parking. Learn about treatments, clinical trials and caregiving. Registration required, call 844-496-2287 or visit unclineberger.org/ncsd

**Annual Lung Cancer Advocacy Summit**
**When:** August 17 & 18, 2018
**Where:** Concord, NC
**About:** Connect with participants from across the state to raise awareness of lung cancer. Learn about advocacy, community involvement and research. Registration required by August 15, travel support is available. Visit www.lungcancerinitiativenc.org

**Be Loud! ’18**
**When:** August 24 & 25, 2018
**Where:** Chapel Hill
**About:** A benefit by the Be Loud! Sophie Foundation for UNC adolescent and young adult cancer patients and their families. Visit www.beloudsophie.org/

**Classes and Workshops**

**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 more, call 984-974-8280.

**Cancer Transitions**
**When:** Varies, call for details
**Where:** UNC Wellness at Meadowmont & other sites
**About:** FREE 4-week workshop to help cancer survivors and caregivers transition after treatment. Registration required call 984-974-8100.

**¿Ahora Que?**
**Cuando:** Día Sabado 30 de Junio, 2018
8:00 am—12:30 pm
**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.
**Cancer Pro Bono Legal Clinic**

**When:** By appointment  
**Where:** Patient & Family Resource Center, Main 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:** Durham  
**About:** Free therapies for cancer patients/survivors in treatment or within 6 months after treatment. Includes: Acupuncture, Oncology Massage, Healing Touch, Reiki and Counseling. Call Cornucopia at 919-401-9333.

**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 919-962-1222 to learn more and enroll.

**Look Good Feel Better ©Program, Morning of Beauty**

**When:** Mondays, June 18, July 16 & August 20  
**Where:** Patient & Family Resource Center, Main Lobby  
**About:** Call 984-974-8100 to reserve your spot.

**Yoga**

**About:** For patients, survivors and caregivers. $5 fee. Arrive 15 minutes early if new. Call 984-974-8100.  
**Chapel Hill:** Mondays & Wednesdays, 2-3:30 PM, UNC Wellness at Meadowmont  
**Durham:** Fridays, 10-11:30 AM, Wholistic Health Studio

**Writing for Resilience**

**When:** Tuesdays, Noon-1 PM  
**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:** No cost weekly writing workshop for those grieving a loss or are a current caregiver. Facilitated by Carol Henderson, author and workshop leader. No registration necessary. For more information, contact Ann Ritter at UNC Hospice Ann.Ritter@unchealth.unc.edu or 984-215-2650.

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**Support Groups and Gatherings**

**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 more, email Michelle Manning mmanning@unc.edu

**Caregiver Conversations**

**When:** Tuesdays, 3-4 PM  
**Where:** Patient & Family Resource Center, Main 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.

**Friday Family Coffee**

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

**I CANcer: Teen & Parent Support Groups**

**When:** Dates vary. Contact for details.  
**Where:** N.C. Cancer Hospital (Level 1) or outing  
**About:** For patients of UNC Pediatric Hematology/Oncology and siblings ages 12 and up. Parents meet separately. Email Meghan.Fox@unchealth.unc.edu

**KidsCan!**

**When:** 2nd Monday of the month, 6-8 PM  
**About:** For kids with a parent/caregiver living with cancer  
**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. Dinner provided. Registration required call 919-684-2913.

Living with Metastatic or Advanced Cancer
About: Support for those living with advanced cancer or metastatic disease.
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.

Lung Cancer Support Group
When: 3rd Thursday of the Month, 10:30 AM-Noon
Where: Dial-in Teleconference
About: Support group for those new to treatment, survivors and loved ones. Please call 919-401-9333 to pre-register and receive the call-in number.

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
When: Varies
Where: Over the telephone and/or in-person meetings throughout North Carolina
About: Peer Connect is a confidential peer-support program that connects anyone touched by any type of cancer with another person whose experiences with cancer are similar. 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. More at www.widowedparent.org

Sharing Support
When: 2nd Friday of the Month, 10:30 AM-Noon
Where: UNC Rex Cancer Center, Family Support Room
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, Family Support Room
About: Supporting patients and caregivers from treatment to recovery and beyond. Registration required call 919-784-6863.

The Loss of Your Spouse Support Group
When: Thursdays, July 19-August 30
Where: Seymour Center, Chapel Hill
About: For those experiencing the loss of a spouse. To register, contact Gail Smith 919-218-7995 or Cynthia.Smith@unchealth.unc.edu

Stupid Cancer Happy Hour!
When: 2nd Tuesday of the Month, 7-9 PM
Where: Rotating Triangle Locations
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.

UNC Rex Cancer Transitions
About: Free 4-week workshop to help cancer survivors transition to post-treatment care. Call 919-784-6120 or email Loreal.Massiah@unchealth.unc.edu for details.

Young Survival Coalition Face 2 Face Network
When: Visit www.meetup.com/pro/yscf2f
Where: Chapel Hill, Charlotte, Greenville and Raleigh
About: For young women diagnosed with breast cancer.
**Magnolia Meals at Home**
*About:* Free meal delivery for patients & families affected by breast, thyroid & kidney cancers and soft tissue sarcoma. For details, call 984-974-5162 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 Boutique**
*When:* Monday to Friday, 9 AM-4 PM
*Where:* Patient & Family Resource Center, Main Lobby
*About:* Head coverings for men and women. Call 984-974-8100 for an appointment.

**Area Resources & Contact Information**

**Caring House**
2625 Pickett Road, Durham
919-490-5449 or www.caringhouse.org

**Coco Bean Coffee Shop**
1114 Environ Way, Chapel Hill

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

**Cancer Support Calendar**
Find the Cancer Support Calendar on the web: [www.unclineberger.org/patientcare/support](http://www.unclineberger.org/patientcare/support)

To add to the calendar, email: Yvonne.Angwenyi@unchealth.unc.edu