Many cancer patients describe diagnosis, treatment and survivorship as a journey. At times, this journey may 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 treatment and survivorship.

Many programs in this calendar were started by a UNC staff member or patient. Unless noted, events are free and open to all UNC Cancer Care patients. For details, visit the Mary Anne Long Patient & Family Resource Center or call 984-974-8100. Learn about the UNC Comprehensive Cancer Support Program at www.unclineberger.org/ccsp

Annual Zeny Datiles Memorial Nutrition Lecture and Luncheon: Stop Dieting and Start Eating
When: Wednesday, March 11th, 12 Noon-1:30 PM
Where: N.C. Cancer Hospital, Ground Floor Lobby
About: Join us for the annual Zeny Datiles Lecture and Luncheon hosted by our dietitians. Learn more and register by calling the Patient and Family Resource Center at 984-974-8100. The theme is “Stop Dieting and Start Eating”

UNC Cancer Survivors Day
When: Saturday May 16, 2020, 9:30 AM—3:00 PM
Where: Friday Center, Chapel Hill
About: Annual program for survivors and their caregivers to connect with others and learn more. Registration required: https://go.unc.edu/cancer-survivors-day

Upcoming Events
Cancer Conversations
When: Noon–1 PM
Friday, March 27th “Caregiver Burnout”
Friday, April 24th “Understanding Head & Neck Cancer”
Friday, May 15th “Preparing for Radiation Treatment”
Where: Online and in person in many sites in North Carolina
About: Free monthly educational cancer webinars for the public led by UNC experts in language that is easy to understand. Please call 919-966-2808 or visit www.unccn.org

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

¿Ahora Que?
Cuando: Para la fecha del próximo taller, llame a Claudia Rojas al 919-259-0279
Dónde: SECU House (Chapel Hill)
Acerca: Un taller gratuito donde Medicos, Enfermeras, Nutricionistas, expertos en salud emocional ayudaran a pacientes de Cancer, sobrevivientes y a sus familias a hacer la transición después del tratamiento.
Classes and Workshops

Cancer Pro Bono Legal Clinic
When: Monthly dates vary, call for details
Where: Patient & Family Resource Center, Lobby
About: Help with Powers of Attorney & Living Wills
Call 984-974-8112 or email cdrogers@email.unc.edu

Cancer Transitions—Moving Beyond Treatment
When: Saturday, March 21st and May 2nd, 10-3
Where: SECU Family House, Chapel Hill
About: FREE workshop for patients and caregivers after treatment. To register call 984-974-8100, or register on line: https://unclineberger.org/event/cancer-transitions-wellness-program/

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

LIVESTRONG at the YMCA
When: Mondays and Wednesdays
Where: YMCA, Chapel Hill
About: FREE 12 week exercise and wellness program for adult cancer survivors. Registration required, email Louise.Keefer@YMCATriangle.org or call 919-987-8837

UNC CCSP’s Healing Yoga
When: Mondays and Fridays, 10-11:30 AM; Wednesdays, 2-3:30 PM
Where: Wholistic Health Studio, Durham
About: For patients, survivors and caregivers. $5 fee or $50 for 12 classes. Arrive 15 minutes early if new. Call 919-966-9519 or 984-974-8100 for details.

People Touched By Cancer Yoga—FREE
When: Sundays, 12:45-2:00 PM
Where: Franklin Street Yoga Center, Chapel Hill
Other locations: Cary, Durham, Garner, and Raleigh. Caregivers are welcome. See schedule at: https://youcallthisyoga.org/events/

BMT Unit Caregiver Classes
When: Saturdays, 10:00 AM
About: Learn how to care for your loved one from transplant to recovery. For details, call 984-974-8280

Writing Toward Resilience
When: Mondays, Noon-1 PM
Where: SECU Jim and Betsy Hospice Home
About: Writing group for everyone. No registration required. Ann.Ritter@unchealth.unc.edu

Support Groups and Gatherings

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

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

NEW: Video Visit Support Groups
When: Contact Outpatient Oncology Social Workers at 984-974-5194 for group session dates and times. Meets weekly for 8 weeks. (Pre-registration is required.)
About: UNC adult patients with cancer who are 1) Recently Diagnosed, 2) In Active Treatment, or 3) Metastatic/Advanced Cancer

Caregiver Conversations
When: Tuesdays, 2-3 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.

Northwestern Mutual Retreat for Families
When: Saturday, March 28th
Where: Victory Junction Randleman, NC
What: Retreat for Pediatric Hematology/Oncology patients & their families offering educational, therapeutic and fun activities and the opportunity to connect with others who share similar experiences. Registration required, 984-974-8689 or email Meghan.Fox@unchealth.unc.edu
Teen Group
What: Group activities & outings for Pediatric Hematology/Oncology teen patients
Where: Ronald McDonald House of Chapel Hill or outing in the community
When: Dates and times vary. call 984-974-8689 or email Meghan.Fox@unchealth.unc.edu

Kids and Teens: Sibling Support Group
When: Saturday, April 18th and May 16th from 1-3 PM
Where: Pediatric Hematology/Oncology Clinic
About: Support for siblings of patients treated at UNC ages 6-16. For questions and to RSVP, please call Mary-Claire Derrickson at 984-974-9341 or email Mary.derrickson@unchealth.unc.edu

Living with Metastatic or Advanced Cancer
When: 1st & 3rd Wednesday of the Month, 3-4:30 PM
Where: Caring House, Durham
About: Support for those living with advanced cancer or metastatic disease. To learn more contact Dr. Sue Schneider at susan.schneider@duke.edu

SPOHNC-(Support for People with Oral and Head & Neck Cancer)
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 contact Dr. Sharon Taylor at sharontaylormd@gmail.com

Grief Oasis:
When: Tuesdays, 6-8 PM
Where: Mt. Carmel Baptist Church, Chapel Hill
About: Free non-religious weekly support for those who have lost a loved one. Contact GriefOasis@gmail.com

Sharing Our Stories - 8 Week Grief Support Group
When: Wednesdays, April 1 – May 20, 10—11:30 AM
Where: SECU Jim and Betsy Bryan Hospice Home
About: Grief support for those who had a loss. To register, contact Ann.Ritter@unchealth.unc.edu or call 984-215-2650

Caregiver Support Group
When: Mondays, 2:30—3:30 PM
Where: SECU Jim and Betsy Bryan Hospice Home
About: Support for those providing care to a loved one. No registration required. Call 984-215-2650 or email Ann.Ritter@unchealth.unc.edu

Widowed Father Support Program
When: 3rd Tuesday of the Month
Where: SECU Family House, Chapel Hill
About: For fathers after the loss of a spouse. Dinner and childcare provided. Registration required. Call 984-974-8113. More at www.widowedparent.org

Widowed Mother Support Program
When: 1st Tuesday of the Month
Where: SECU Family House, Chapel Hill
About: For mothers after the loss of a spouse. Dinner and childcare provided. To register, call Diane Bensley at 984-974-2548 or Diane.Bensley@unchealth.unc.edu more at www.widowedparent.org

Community Drop-In Grief Support Group
Growing Thru Grief: Durham growingthrugrief.org/

Triangle Bladder Cancer Support
When: 2nd Tuesday of the month, 7-8:30 PM
Where: SECU Family House, Chapel Hill
About: For patients, caregivers, survivors and friends affected by bladder cancer. More at https://sites.google.com/site/trianglebcs/ or call Ritchie Briggs at 919-493-0551. Email: trianglebcs@gmail.com

Mindful Mondays
When: Mondays, 12:15-12:45 PM
Where: NCCH Chapel (Ground Floor NCCH)
About: A guided meditation where all are welcome. No experience necessary.

Thankful Thursdays
When: Thursdays, 12:05-12:25 PM
Where: John M Reeves All Faiths Chapel (1st Floor Memorial Hospital)
About: A guided meditation where all are welcome. No experience necessary.

Islamic Prayer Service
When: Fridays, 1:00-2:00 PM
Where: John M Reeves All Faiths Chapel (1st Floor Memorial Hospital)
About: 1:00PM set up. 1:20 Iqama (sermon shortly thereafter)
**Christian Worship Service**  
*When:* Sundays from 10:30-11:00 AM  
*Where:* John M Reeves All Faiths Chapel  
*About:* An Interdenominational Christian Worship

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

**Young Adult and Teen Meet Up**  
*When:* 2nd Tuesday of the month, 6-8 PM  
*Where:* Namu Restaurant, Durham  
*About:* For young adults and teens in cancer treatment and their friends, partners and family. No need to RSVP, just show up! For details, email lauren_lux@med.unc.edu

**Young Adults: 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/

**Young Survival Coalition**  
*When:* Varies, visit www.youngsurvival.org  
*Where:* Chapel Hill, Charlotte, Greenville & Raleigh  
*About:* Support for young women with breast cancer.

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

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**Contact Information and Venues**

**N.C. Cancer Hospital**  
101 Manning Drive, Chapel Hill  
984-974-0000 | www.unclineberger.org

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

**Franklin Street Yoga Center—The Courtyard**  
431 W. Franklin Street, Suite 410  
Chapel Hill, NC 27516

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

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

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

**SECU Jim and Betsy Bryan UNC Hospice Home**  
100 Roundtree Way, Pittsboro | 984-215-2675

**UNC Hospice Office**  
287 East Street, Suite 221, Pittsboro | 984-215-2650

**UNC Rex Cancer Center**  
4420 Lake Boone Trail, Raleigh  
919-784-1642 | www.rexhealth.com

**Westminster Presbyterian Church**  
3639 Old Chapel Hill Road, Durham | 919-489-4974

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

**YMCA: Chapel Hill/Carrboro**  
980 MLK Jr Blvd, Chapel Hill  
919-987-8837 | www.ymcatriangle.org

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**Tobacco Treatment Counseling and Medication Assistance**  
*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 984-215-2671.

**Magnolia Meals at Home**  
*About:* Free meal delivery for patients with breast, thyroid & kidney cancers and soft tissue sarcoma. Visit www.magnoliamealsathome.com

**DigniCap® Scalp Cooling Services**  
*About:* Reduces hair loss from chemotherapy. Now at UNC Health Care, Hillsborough Oncology. Approved only for select treatments, details at www.dignicap.com

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Download or view calendar and join the CCSP monthly listserv at: www.unclineberger.org/ccsp