

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 ☞ Coffee & Coloring 10:00A ☞ Book Club 5:00P ☞ Relaxation & Visualization 5:45P ☞ Men's Group 6:30P	2 ☞ Individual Counseling By Appt	3 ☞ Gentle Yoga 10:30A
5 ☞ Yoga/Meditation 3:30P	6 ☞ Crafting & Convos 11:00A ☞ Strength in Sisterhood 6:00P ☞ Open Art Studio 6:00P	7 ☞ Weekly Eats 12:00P ☞ Managing Chemo Brain 5:00P ☞ Garden Club 5:00P	8 ☞ Coffee & Coloring 10:00A ☞ Relaxation & Visualization 5:45P ☞ Men's Group 6:30P ☞ Family & Friends 6:30P ☞ Women's Group 6:30P	9 ☞ Individual Counseling By Appt	10 ☞ Breast Group 9:30A ☞ Gentle Yoga 10:30A
12 ☞ Yoga/Meditation 3:30P	13 ☞ Crafting & Convos 11:00A ☞ Strength in Sisterhood 6:00P ☞ Open Art Studio 6:00P	14 ☞ Weekly Eats 12:00P ☞ Living with Loss 6:30P ☞ Prostate Group 6:30P ☞ Self-Managing Cancer Related Fatigue 5:00P	15 ☞ Coffee & Coloring 10:00A ☞ Relaxation & Visualization 5:45P ☞ Men's Group 6:30P	16 ☞ Individual Counseling By Appt	17 ☞ INTCC Group 10:00A ☞ Gentle Yoga 10:30A
19 ☞ Yoga/Meditation 3:30P ☞ Cooking for Wellness 5:30P	20 ☞ Crafting & Convos 11:00A ☞ Strength in Sisterhood 6:00P ☞ Open Art Studio 6:00P ☞ Pink Youth 6:30P	21 No morning programming to allow staff to attend the Indiana Cancer Consortium Annual Meeting. ☞ Weekly Eats 12:00P ☞ Garden Club 5:00P	22 ☞ Coffee & Coloring 10:00A ☞ Relaxation & Visualization 5:45P ☞ Men's Group 6:30P ☞ Family & Friends 6:30P	23 ☞ Individual Counseling By Appt	24 ☞ Gentle Yoga 10:30A
26 ☞ Yoga/Meditation 3:30P	27 ☞ Crafting & Convos 11:00A ☞ Strength in Sisterhood 6:00P ☞ Open Art Studio 6:00P	28 ☞ Living with Loss 6:30P ☞ Prostate Group 6:30P	29 ☞ Coffee & Coloring 10:00A ☞ Relaxation & Visualization 5:45P ☞ Men's Group 6:30P ☞ Weekly Eats 2:30P	30 ☞ Individual Counseling By Appt	

MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 ☞ Gentle Yoga 10:30A
3 ☞ Yoga/Meditation 3:30P ☞ Crafter's Corner 6:00P	4 ☞ Crafting & Convos 11:00A ☞ Strength in Sisterhood 6:00P ☞ Open Art Studio 6:00P	5 ☞ Garden Club 5:00P	6 ☞ Coffee & Coloring 10:00A ☞ Book Club 5:00P ☞ Relaxation & Visualization 5:45P ☞ Men's Group 6:30P	7 ☞ Individual Counseling By Appt	8 ☞ Breast Group 9:30A ☞ Gentle Yoga 10:30A
10 ☞ Yoga/Meditation 3:30P ☞ Self-Care: Tips & Tricks 1:00P	11 ☞ Crafting & Convos 11:00A ☞ Strength in Sisterhood 6:00P ☞ Open Art Studio 6:00P	12 ☞ Living w/ Loss 6:30P ☞ Prostate Group 6:30P	13 ☞ Coffee & Coloring 10:00A ☞ Relaxation & Visualization 5:45P ☞ Men's Group 6:30P ☞ Family & Friends 6:30P ☞ Women's Group 6:30P	14 ☞ Individual Counseling By Appt	15 ☞ INTCC Group 10:00A ☞ Gentle Yoga 10:30A
17 ☞ Yoga/Meditation 3:30P ☞ Cooking for Wellness 5:30P	18 ☞ Crafting & Convos 11:00A ☞ Strength in Sisterhood 6:00P ☞ Open Art Studio 6:00P ☞ Pink Youth 6:30P	19 ☞ Garden Club 5:00P	20 ☞ Coffee & Coloring 10:00A ☞ Relaxation & Visualization 5:45P ☞ Men's Group 6:30P ☞ Deeper Dive: Nuclear Medicine & Pet/CT Scans 5:30P	21 ☞ Individual Counseling By Appt	22 ☞ Gentle Yoga 10:30A
24 ☞ Yoga/Meditation 3:30P	25 ☞ Crafting & Convos 11:00A ☞ Strength in Sisterhood 6:00P ☞ Open Art Studio 6:00P	26 ☞ Living w/ Loss 6:30P ☞ Prostate Group 6:30P	27 ☞ Coffee & Coloring 10:00A ☞ Relaxation & Visualization 5:45P ☞ Men's Group 6:30P ☞ Family & Friends 6:30P	28 ☞ Individual Counseling By Appt	29 CSC CLOSED IN OBSERVATION OF MEMORIAL DAY WEEKEND
31 CLOSED FOR MEMORIAL DAY					

NEW TO CANCER SUPPORT COMMUNITY? ATTEND A NEWCOMER MEETING!

How do you get involved in Cancer Support Community programs? Easy! Attend one of our newcomer meetings. You'll learn more about CSC, the programs we offer, how to get involved, and more! Call 317-257-1505 to schedule an individual meeting with one of our fabulous staff members. We can't wait to meet you!

 = VIRTUAL PROGRAMS OFFERED VIA TELECONFERENCE OR VIDEO CONFERENCE  = BRIEF INTERVIEW REQUIRED. PLEASE CALL 317.257.1505.

DUE TO the coronavirus (Covid-19) PANDEMIC CANCER SUPPORT COMMUNITY (CSC) SUPPORT GROUPS, EDUCATIONAL WORKSHOPS, AND WELLNESS CLASSES WILL BE OFFERED VIA VIRTUAL ONLINE CONNECTION ACCESSIBLE FROM ANY SMART PHONE, TABLET, OR COMPUTER UNTIL FURTHER NOTICE. THIS VIRTUAL PLATFORM IS TO ENSURE PATIENTS & CAREGIVERS HAVE UNINTERRUPTED ACCESS TO STAFF, INSTRUCTORS, & GROUP FACILITATORS.

SUPPORT PROGRAMS

MEN'S SUPPORT GROUP

Every Thursday • 6:30 pm (VIRTUAL)

WOMEN'S SUPPORT GROUP

2nd Thursday of Every Month • 6:30 pm (VIRTUAL)

LIVING WITH LOSS SUPPORT GROUP

2nd and 4th Wednesday of Every Month • 6:30 pm (VIRTUAL)

STRENGTH IN SISTERHOOD SUPPORT GROUP

Every Tuesday • 6:00 pm (VIRTUAL)

FRIENDS & FAMILY CAREGIVERS GROUP

2nd Thursday of Every Month • 6:30 pm (VIRTUAL)

PROSTATE SUPPORT GROUP

2nd and 4th Wednesday • 6:30 pm (VIRTUAL)

BREAST SUPPORT GROUP

2nd Saturday of Every Month • 9:30 am (VIRTUAL)

YOUNG ADULT BREAST GROUP

3rd Tuesday of Every Month • 6:30 pm (VIRTUAL)

RELAXATION & VISUALIZATION

Every Thursday • 5:45 pm (VIRTUAL)

INTCC SUPPORT GROUP

3rd Saturday of Every Month • 10:00 am (VIRTUAL)

INDIVIDUAL COUNSELING SESSIONS

BY APPOINTMENT (VIRTUAL)

WELLNESS PROGRAMS

YOGA/MEDITATION All fitness levels welcome.

Every Monday • 3:30 pm -4:30 pm (VIRTUAL) |

Every Saturday • 10:30 am - 11:30 am (VIRTUAL)

To register for the class, email Rachel: rachel@cancersupportindy.org.

MASSAGE AND REIKI COMING SOON!

COOKING FOR WELLNESS™

Monday, April 19th • 5:30 pm | Monday, May 17th • 5:30 pm (VIRTUAL ATTEND VIA FACEBOOK LIVE).

Join Jodi for some great new recipes each month! Attend via Facebook Live at: <https://www.facebook.com/cancersupportindy/>

WEEKLY EATS

Wednesday, April 7th, 14th, 21st • 12:00 pm - 1:00 pm (VIRTUAL) | Thursday, April 29th • 2:30 pm - 3:30 pm (VIRTUAL)

During this series, you'll have the chance to ask questions about fitness and nutrition, learn about ways to bring movement into your daily life, and share fun recipes with others. Supplies will be provided. To RSVP, email HuntYr at huntyr@cancersupportindy.org.

EDUCATION PROGRAMS (To RSVP for education programs email rachel@cancersupportindy.org.)

MANAGING CHEMO-BRAIN

Wednesday, April 7th • 5:00 pm - 6:00 pm (VIRTUAL)

Join CSC & Claire Allen, an occupational therapy doctoral student at the University of Indianapolis, for an hour-long education session on chemo brain.

SELF-CARE: TIPS & TRICKS

Monday, May 10th • 1:00 pm - 2:00 pm (VIRTUAL)

Join CSC as we learn what self-care is, some tips & tricks, and how it can help us with our overall mental health.

SELF MANAGING YOUR CANCER RELATED FATIGUE

Wednesday, April 14th • 5:00 pm - 6:00 pm (VIRTUAL)

This program covered how to manage fatigue through physical exercise, utilization of energy conservation techniques during daily activities, and sleep management.

DEEPER DIVE: NUCLEAR MEDICINE & PET/CT SCANS

Thursday, May 20th • 5:30 pm (VIRTUAL)

Join CSC & Andrew Moore, B.S., CNMT, NMTCB(CT) with Eskenazi Hospital, for this educational program where you'll have the chance to learn more about what nuclear medicine is, how PET/CT scans work, and ask questions.

WEEKLY EATS: CANCER SURVIVORS' & FOOD ISSUES

Thursday, April 29th • 2:30 pm - 3:30 pm (VIRTUAL)

Join CSC & Lisa Macaroni RDN, CSO, LD, LDE, CDE from Hendricks Regional Health for an educational session on food issues that cancer survivors are facing.

SOCIAL PROGRAMS

OPEN ART STUDIO

Every Tuesday • 6:00 pm - 7:00 pm (VIRTUAL) | Contact Shelbi for more information: shelbi@cancersupportindy.org

Open Art Studio is open to all participants. Join us to create art in a peaceful, enjoyable, and creative environment.

BOOK CLUB

Thursday, April 1st • 5:00 pm (VIRTUAL) Email Kelsey Green at kelseyg@cancersupportindy.org to receive the book title and discussion questions.

CRAFTING & CONVERSATIONS

Every Tuesday • 11 am - 12 pm (VIRTUAL)

All are welcome! To RSVP, please email Rachel at rachel@cancersupportindy.org

CRAFTER'S CORNER: Burlap Wreaths

Monday, May 3rd • 6:00 pm - 7:00 pm (VIRTUAL)

To RSVP, please email Rachel at rachel@cancersupportindy.org

COFFEE & COLORING CLUB ***NEW PROGRAM***

Every Thursday • 10:00 am - 11:00 am (VIRTUAL)

All are welcome! To RSVP, please email Rachel at rachel@cancersupportindy.org

GARDEN CLUB

Wednesday, May 5th & 19th • 5:00 pm - 6:00 pm (VIRTUAL)

To RSVP, please email Rachel at rachel@cancersupportindy.org