

THE COMPANION



*Pictured:
CSC Participant*

WHAT'S INSIDE

**VIRTUAL PROGRAM, COUNSELING,
& SUPPORT GROUP OFFERINGS**

*FREE cancer support for individuals
and families impacted by cancer.*

*Grandma's
House
is like
Home
only Furrer!*



2021

This is a FREE publication.

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 ☞ Strength in Sisterhood 6:00P ☞ Open Art Studio 6:00P ☞ Massage Therapy By Appt	2 ☞ Home Organizing & Downsizing 101 & All-Cancer Group 3:00P ☞ Reiki Therapy By Appt	3 ☞ Massage Therapy By Appt ☞ Coffee & Coloring 10:00A ☞ Relaxation & Visualization 5:45P ☞ Men's Group 6:30P	4 ☞ Individual Counseling By Appt	5 ☞ Gentle Yoga 10:30A
7 ☞ Yoga/Meditation 3:30P ☞ Reiki Therapy By Appt	8 ☞ Strength in Sisterhood 6:00P ☞ Open Art Studio 6:00P ☞ Massage Therapy By Appt	9 ☞ Prostate Group 6:30P ☞ Living with Loss 6:30P ☞ Reiki Therapy By Appt	10 ☞ Coffee & Coloring 10:00A ☞ Relaxation & Visualization 5:45P ☞ Men's Group 6:30P ☞ Women's Group 6:30P ☞ Massage Therapy By Appt	11 ☞ Individual Counseling By Appt	12 ☞ Breast Group 9:30A ☞ Gentle Yoga 10:30A
14 ☞ Yoga/Meditation 3:30P ☞ Reiki Therapy By Appt	15 ☞ Strength in Sisterhood 6:00P ☞ Open Art Studio 6:00P ☞ Massage Therapy By Appt	16 ☞ All-Cancer Group 3:00P ☞ Reiki Therapy By Appt	17 ☞ Coffee & Coloring 10:00A ☞ Relaxation & Visualization 5:45P ☞ Men's Group 6:30P ☞ Massage Therapy By Appt	18 ☞ Individual Counseling By Appt	19 ☞ Gentle Yoga 10:30A
21 ☞ Yoga/Meditation 3:30P ☞ Cooking for Wellness 6:00P ☞ Reiki Therapy By Appt	22 ☞ Strength in Sisterhood 6:00P ☞ Open Art Studio 6:00P ☞ Massage Therapy By Appt	23 ☞ Weekly Eats 12:00P ☞ Cooking with Thomas 12:00P ☞ Prostate Group 6:30P ☞ Living with Loss 6:30P ☞ Reiki Therapy By Appt	24 ☞ Coffee & Coloring 10:00A ☞ Relaxation & Visualization 5:45P ☞ Men's Group 6:30P ☞ Massage Therapy By Appt	25 ☞ Individual Counseling By Appt	26 ☞ Gentle Yoga 10:30A
28 ☞ Yoga/Meditation 3:30P ☞ Reiki Therapy By Appt	29 ☞ Strength in Sisterhood 6:00P ☞ Open Art Studio 6:00P ☞ Massage Therapy By Appt	30 ☞ Reiki Therapy By Appt			

JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 ☞ Coffee & Coloring 10:00A ☞ Relaxation & Visualization 5:45P ☞ Men's Group 6:30P ☞ Massage Therapy By Appt	2 ☞ Individual Counseling By Appt	3 ☞ Gentle Yoga 10:30A
5 No scheduled classes in observance of 4 th of July.	6 ☞ Crafting & Convos 11:00A ☞ Strength in Sisterhood 6:00P ☞ Open Art Studio 6:00P ☞ Massage Therapy By Appt	7 ☞ All-Cancer Group 3:00P ☞ Prostate Group 6:30P ☞ Reiki Therapy By Appt	8 ☞ Coffee & Coloring 10:00A ☞ Relaxation & Visualization 5:45P ☞ Men's Group 6:30P ☞ Women's Group 6:30P ☞ Massage Therapy By Appt	9 ☞ Individual Counseling By Appt	10 ☞ Breast Group 9:30A ☞ Gentle Yoga 10:30A
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19 ☞ Yoga/Meditation 3:30P ☞ Cooking for Wellness 5:30P ☞ Reiki Therapy By Appt	20 ☞ Crafting & Convos 11:00A ☞ Strength in Sisterhood 6:00P ☞ Open Art Studio 6:00P ☞ Massage Therapy By Appt	21 ☞ All-Cancer Group 3:00P ☞ Prostate Group 6:30P ☞ Reiki Therapy By Appt	22 ☞ Coffee & Coloring 10:00A ☞ Relaxation & Visualization 5:45P ☞ Men's Group 6:30P ☞ Massage Therapy By Appt	23 ☞ Individual Counseling By Appt	24 ☞ Gentle Yoga 10:30A
26 ☞ Yoga/Meditation 3:30P ☞ Reiki Therapy By Appt	27	28 ☞ Living w/ Loss 6:30P ☞ Reiki Therapy By Appt	29 ☞ Massage Therapy By Appt ☞ Relaxation & Visualization 5:45P	30 ☞ Individual Counseling By Appt	31 ☞ Gentle Yoga 10:30A

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 812-233-3286 to schedule an individual meeting with one of our staff members.

📞 = 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)

📞✂️ PROSTATE SUPPORT GROUP

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

📞✂️ BREAST SUPPORT GROUP

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

📞✂️ RELAXATION & VISUALIZATION

Every Thursday • 5:45 pm (VIRTUAL)

📞✂️ ALL-CANCER SUPPORT GROUP (Bloomington)

1st and 3rd Wednesdays • 3:00 pm (VIRTUAL)

📞✂️ INDIVIDUAL COUNSELING SESSIONS

BY APPOINTMENT (VIRTUAL & IN-PERSON)

WELLNESS PROGRAMS To register for the class, email Katie: katie@cancersupportscin.org

📞 YOGA/MEDITATION All fitness levels welcome.

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

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

📞 COOKING FOR WELLNESS™ (VIRTUAL ATTEND VIA FACEBOOK LIVE)

Monday, June 21st • 6:00 pm | Monday, July 19th • 5:30 pm

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

📞 MASSAGE THERAPY (Bloomington)

Tuesdays and Thursdays by Appointment (Olcott Center)

📞 REIKI THERAPY (Bloomington)

Mondays and Wednesdays by Appointment (Olcott Center)

SURVIVOR'S SUMMIT WEEK To RSVP, visit <http://bit.ly/cscsurvivorssummit2021>

📞 TRANSORAL ROBOTIC SURGERY FOR OROPHARYNX CANCER

Monday, June 21st • 5:00 PM - 6:00 PM

Join CSC & Dr. Michael Sim from IU Health to learn about "Transoral Robotic Surgery for Oropharynx Cancer".

📞 KNOWING YOUR RISK: UNDERSTANDING GENETICS & CANCER

Tuesday, June 22nd • 12:00 PM - 1:00 PM

Join CSC & Cancer Treatment Centers of America for this educational session where we will learn about genetic counseling, factors impacting cancer risks, genetic testing & more.

📞 RESTORATIVE YOGA

Wednesday, June 23rd • 1:00 PM - 2:00 PM

Join CSC & Lori Coffey for restorative yoga.

📞 BONE HEALTH & CANCER

Wednesday, June 23rd • 5:00 PM - 6:00 PM

Join CSC & Dr. Nabin Khanal from Franciscan Health for this informative session where we will learn about bones, overall bone health, and how it impacts cancer survivors.

📞 TRIVIA NIGHT

Thursday, June 24th • 6:30 PM - 7:30 PM

Everyone loves a little competition! Grab your friends and join us virtually for a night to socialize, show off your trivia knowledge, and have some fun! To register, visit <https://jwecorporate.com/cancer-support-community-202106241>. Registration is required.

📞 LIVING WITH UNCERTAINTY

Friday, June 25th • 12:00 PM - 1:00 PM

Join CSC & Kyle Stepler, LMHC, for "Living with Uncertainty". Learn about common challenges, worries, mental health, and about a variety of resources to help.

📞 COOKING FOR WELLNESS™

Monday, June 21st • 6:00 pm

(VIRTUAL ATTEND VIA FACEBOOK LIVE).

Lots of times we need some comfort, soft, nutritious, food especially after surgery or during treatment. During this session we will concentrate on those types of foods for June.

📞 ART THERAPY: CONTROL

Tuesday, June 22nd • 1:00 PM - 2:00 PM

Join CSC & Katy Downey, LMHCA, ATR-P, for a session focused on control. We will be using art materials for this interactive session.

EDUCATION PROGRAMS

📞 BUILDING STRENGTH & ENDURANCE

Mondays • 1:00 PM - 2:00 PM

Get back into a weekly exercise routine and encourage yourself to foster a healthy and active lifestyle. This exercise program will include building strength, increasing endurance and stamina, improving flexibility, and increasing activity and exercise tolerance. To RSVP, email Thomas at Thomas@cancersupportindy.org.

📞 HOME ORGANIZING & DOWNSIZING 101

Wednesday, June 2nd, 16th, & 30th • 12:00 PM - 1:00 PM

Does the clutter around your house make it hard to complete daily activities and tasks? Join Thomas, an occupational therapy doctoral student, in organizing sections of your house and getting rid of items you don't need to make it more functional and manageable to live in. To RSVP, email Thomas at Thomas@cancersupportindy.org.

PROGRAM SPONSORS



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For information on how to sponsor Hoosiers
Outrun Cancer, please contact Stephanie at
stephanie@cancersupportscin.org.

ABOUT CSC

Cancer Support Community (CSC) ensures that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. At Cancer Support Community, all programs are **FREE OF CHARGE**. Whether you or your loved one is living through a cancer diagnosis, treatment or survivorship, please consider becoming part of this supportive community.

Cancer Support Community's program has been recognized by the Institute of Medicine as a vital and complementary component to one's cancer treatment and is built around five pillars – support services, wellness, education, social connectedness, and information assistance and referral. Every day, people with cancer and their loved ones find support, education, and hope at Cancer Support Community. You can take the first step to living with, through, and beyond cancer by joining our community!



CONTACT US:
812-233-3286
info@cancersupportscin.org



VISIT US:
www.cancersupportscin.org

CANCER SUPPORT
COMMUNITY
SOUTH CENTRAL INDIANA

**HOOSIERS
OUTRUN
CANCER**

Powered by Bloomington Health Foundation

SATURDAY, SEPTEMBER 25, 2021

REGISTRATION IS *OPEN!*

TO REGISTER VISIT:
HOOSIERSOUTRUNCANCER.ORG

