

FEBRUARY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1	<ul style="list-style-type: none"> Newcomer Meetings By Appt Yoga/Meditation 3:30P 	2	<ul style="list-style-type: none"> Knitting Club 11:00A Strength in Sisterhood 6:00P Open Art Studio 6:00P 	3		4	<ul style="list-style-type: none"> Book Club 5:00P Relaxation & Visualization 5:45P Men's Group 6:30P 	5	<ul style="list-style-type: none"> Individual Counseling By Appt 	6	<ul style="list-style-type: none"> Gentle Yoga 10:30A
8	<ul style="list-style-type: none"> Newcomer Meeting By Appt Yoga/Meditation 3:30P 	9	<ul style="list-style-type: none"> Knitting Club 11:00A Strength in Sisterhood 6:00P Open Art Studio 6:00P 	10	<ul style="list-style-type: none"> Living with Loss 6:30P Prostate Group 6:30P 	11	<ul style="list-style-type: none"> Relaxation & Visualization 5:45P Men's Group 6:30P Women's Group 6:30P Caregiver's Group 6:30P 	12	<ul style="list-style-type: none"> Individual Counseling By Appt 	13	<ul style="list-style-type: none"> Breast Group 9:30A Gentle Yoga 10:30A Intimacy with Cancer 11:00A
15	<ul style="list-style-type: none"> Newcomer Meetings By Appt Yoga/Meditation 3:30P Cooking for Wellness 5:30P 	16	<ul style="list-style-type: none"> Knitting Club 11:00A Strength in Sisterhood 6:00P Open Art Studio 6:00P 	17		18	<ul style="list-style-type: none"> Relaxation & Visualization 5:45P Men's Group 6:30P 	19	<ul style="list-style-type: none"> Individual Counseling By Appt 	20	<ul style="list-style-type: none"> INTCC Group 10:00A Gentle Yoga 10:30A
22	<ul style="list-style-type: none"> Newcomer Meetings By Appt Yoga/Meditation 3:30P 	23	<ul style="list-style-type: none"> Knitting Club 11:00A Strength in Sisterhood 6:00P Open Art Studio 6:00P Young Adult Breast Group 6:30P 	24	<ul style="list-style-type: none"> Living with Loss 6:30P Prostate Group 6:30P 	25	<ul style="list-style-type: none"> Relaxation & Visualization 5:45P Men's Group 6:30P 	26	<ul style="list-style-type: none"> Individual Counseling By Appt 	27	<ul style="list-style-type: none"> Gentle Yoga 10:30A

MARCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1	<ul style="list-style-type: none"> Newcomer Meetings By Appt Yoga/Meditation 3:30P 	2	<ul style="list-style-type: none"> Knitting Club 11:00A Strength in Sisterhood 6:00P Open Art Studio 6:00P 	3		4	<ul style="list-style-type: none"> Book Club 5:00P Relaxation & Visualization 5:45P Men's Group 6:30P 	5	<ul style="list-style-type: none"> Individual Counseling By Appt 	6	<ul style="list-style-type: none"> Gentle Yoga 10:30A
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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)

PATIENT SUPPORT GROUP

1st and 3rd Wednesday of Every Month • 12:00 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

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

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

Join Lori Coffey, E-RYT 500, Yoga Therapist for gentle yoga at a NEW time! Yoga has shown to increase flexibility and strength while decreasing stress and toxins. Join us virtually and make a positive change in your life! All fitness levels welcome. To register for the class, email Rachel: rachel@cancersupportindy.org.

COOKING FOR WELLNESS™

Monday, February 15th • 5:30 pm (VIRTUAL ATTEND VIA FACEBOOK LIVE).

Monday, March 15th • 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/>

EDUCATION PROGRAMS

Intimacy with Cancer

Saturday, February 13th • 11:00 am (VIRTUAL)

Join CSC and Addie Jacobs, MS, OTD, OTR & Kennedy Lee, MA as they discuss sex and intimacy in this one-of-a-kind program. This 3-week series is designed to address sexual health and intimacy concerns for

cancer survivors and their partners. This final session will focus on adaptive devices and equipment that can be utilized during sexual activity and other activities of daily living that are important for maintaining an intimate relationship. During all sessions, a safe space will be created to provide a judgement free environment that provides a sense of comfort and acceptance. Participants will have the opportunity to anonymously ask questions regarding their sexual health and intimacy. To RSVP, email Rachel at

rachel@cancersupportindy.org.

SOCIAL PROGRAMS

OPEN ART STUDIO

Every Tuesday • 6:00 pm - 7:00 pm (VIRTUAL)

Open Art Studio is open to all participants. Making art can enhance well-being and improved quality of life. Members of open art will be working together on a collaborative mosaic piece. Please join us to create art in a peaceful, enjoyable, and creative environment.

Contact Shelbi for more information: shelbi@cancersupportindy.org