THE COMPANION

CANCER SUPPORT COMMUNITY INDIANA



WHAT'S INSIDE

Pictured: CSC Participant

SEPTEMBER/OCTOBER 2024

IN-PERSON & VIRTUAL PROGRAMS, COUNSELING & SUPPORT GROUP OFFERINGS, UPCOMING EVENTS

FREE cancer support for individuals and families impacted by cancer.

This is a FREE publication. Please take one!

CANCER SUPPORT COMMUNITY INDIANA | CANCER SUPPORT COMMUNITY SOUTH CENTRAL INDIANA
Powered by Bloomington Health Foundation

A Message from our President & CEO

Dr. Terry Whitt Bailey



Dear CSC Family & Friends,

As the vibrant colors of fall begin to surround us and the air turns crisp, we welcome this new season with open arms of warmth and encouragement. This time of year is not just a transition in nature; it's a reminder of the resilience and strength that resides within each of you. It also symbolizes change and new beginnings, and it offers us a wonderful opportunity to come together as a community.

At Cancer Support Community Indiana, we believe that "community is stronger than cancer," and this sentiment guides everything we do. We are deeply committed to supporting you on your journey, and we are excited to share a variety of free programs and upcoming events designed to uplift, educate, and connect our community. Whether you're a cancer survivor, a caregiver, or a loved one, we invite you to participate in our offerings this fall.

Our fall calendar is filled with engaging activities crafted with your needs in mind, providing opportunities for healing, learning and community. From programs that focus on wellness and self-care, to support groups, social gatherings and educational workshops, there's something for everyone. These programs are not just about information; they're about building relationships and sharing experiences with others who understand your journey. It's about building community.

I encourage you to participate and embrace the strength that comes from this community. Your involvement not only enriches your own experience but also helps foster a supportive network for others facing similar challenges. Together, we can celebrate victories, share resources, and provide hope in difficult times.

Please take a moment to explore our upcoming programs and events in this publication or by visiting our website or reaching out to our team. We encourage you to take part in these free programs, as they are not just opportunities for enrichment but also a chance to be part of a community that truly cares.

Thank you for your unwavering spirit and for being an integral part of our mission. We look forward to seeing you this fall!

Wishing you a season filled with warmth, connection, community and hope,



Dr. Terry Whitt Bailey
President & CEO

CANCER SUPPORT COMMUNITY INDIANA

5150 W 71st Street, Indianapolis, IN 46268

Main Campus Counseling, Art Therapy & Support Group Offerings

Cancer Support Community Indiana (CSC) support groups, educational workshops, and wellness classes are offered both in-person and virtually via online connection accessible from any smart phone, tablet, or computer. In-person programs are held at our main campus located at 5150 W. 71st Street, Indianapolis, IN 46268.

COUNSELING & ART THERAPY SERVICES

These services allow you to safely explore, discuss, and learn to cope with the life stressors you are experiencing.

INDIVIDUAL COUNSELING

By Appointment Only* *(VIRTUAL & IN-PERSON)* *Brief interview required.
Please call 317-257-1505 for individual counseling services.

ART THERAPY SESSIONS

By Appointment Only* *(VIRTUAL & IN-PERSON)* *Brief interview required.
Please contact Meaghan Wiggins at 317-650-0740 or email meaghan@cancersupportindy.org for art therapy services.

SUPPORT GROUPS

The following patient and caregiver support groups are held in a hybrid format (in-person and virtually). For information for how to participate, please contact Courtney at Courtney@cancersupportindy.org.

BREAST CANCER SUPPORT GROUP | 2nd & 4th Saturday of Each Month at 9:30am

FAMILY & FRIENDS SUPPORT GROUP | 2nd Thursday of Each Month at 6:30pm

INDIANA NEUROENDOCRINE TUMOR & CARCINOID CANCER GROUP (INTCC)
3rd Saturday of Each Month at 10:00am

LIVING WITH LOSS SUPPORT GROUP | 2nd & 4th Wednesday of Each Month at 6:30pm

PROSTATE CANCER SUPPORT GROUP* | 2nd & 4th Wednesday of Each Month at 6:30pm
**Hybrid on 2nd Wednesday. Virtual only on 4th Wednesday.*

STRENGTH IN SISTERHOOD* | 1st & 3rd Tuesday of Each Month at 6:00pm
**Virtual only on 1st Tuesday. In-person only on 3rd Tuesday.*

PATIENT SUPPORT GROUP | 2nd Thursday of Each Month at 6:30pm

LGBTQIA+ CANCER SUPPORT GROUP | 2nd Wednesday of Each Month at 6:00pm

GUARDIANS STRENGTHENING GUARDIANS | 2nd Saturday of Each Month at 9:30am

BROTHERS STRENGTHENING BROTHERS THROUGH SURVIVORSHIP
2nd Saturday of Each Month at 11:00am

COLORECTAL CANCER SUPPORT GROUP | 3rd Wednesday of Each Month at 5:00pm

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= Hybrid. Offered in-person and/or virtually. = Brief interview required. Please call 317.257.1505.

= Virtual only. = In-person only.

Cancer Support Community does not limit access to these groups based on race, color, religion, gender, gender identity or expression, age, national origin, disability, marital status, sexual orientation, or military status.

CANCER SUPPORT COMMUNITY INDIANA

5150 W 71st Street, Indianapolis, IN 46268

September 2024

= Hybrid. Offered in-person and/or virtually.
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= Virtual only.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 **CSC CLOSED IN OBSERVATION OF LABOR DAY**	**3** Crafting & Convo 1:00P Strength in Sisterhood 6:00P Virtual Reality Appointments Available	**4** Walking Group 10:00A Chair Yoga 11:00A LFN - Noche de Familia 6:00P	**5** Coffee & Coloring 10:00A Book Club 5:30P Relaxation & Visualization 5:45P	**6** **All Programs by Appointment Only**	**7** Gentle Yoga 10:30A
9 Gentle Yoga 2:00P Fight the Fatigue Chair Exercise 2:00P	**10** Crafting & Convo 1:00P Virtual Reality Appointments Available	**11** Walking Group 10:00A Chair Yoga 11:00A LGBTQIA+ Group 6:30P Living with Loss 6:30P Prostate Group 6:30P	**12** Coffee & Coloring 10:00A Supper & Support 5:30P Relaxation & Visualization 5:45P Kids Connect 6:30P Family & Friends Group 6:30P Patient Group 6:30P	**13** **All Programs by Appointment Only**	**14** Breast Group 9:30A Guardians Group 9:30A Gentle Yoga 10:30A Mindful Art 11:00A Brothers Strengthening Brothers 11:00A
16 Gentle Yoga 2:00P Fight the Fatigue Chair Exercise 2:00P Cooking for Wellness 5:30P	**17** ***Crafting & Convos cancelled for today*** Strength in Sisterhood 6:00P Virtual Reality Appointments Available	**18** Walking Group 10:00A Chair Yoga 11:00A Lunch Bunch 12:00P Cheerful Charms 3:00P Colorectal Group 5:00P Exploring Spirituality Workshop 5:30P	**19** **CSC CLOSED FOR JAY ARCHER MEMORIAL GOLF SHAMBLE**	**20** **All Programs by Appointment Only**	**21** INTCC Group 10:00A Gentle Yoga 10:30A
23 Gentle Yoga 2:00P Fight the Fatigue Chair Exercise 2:00P	**24** Crafting & Convo 1:00P Virtual Reality Appointments Available	**25** Walking Group 10:00A Chair Yoga 11:00A Living with Loss 6:30P Prostate Group 6:30P Exploring Spirituality Workshop 5:30P	**26** Coffee & Coloring 10:00A Relaxation & Visualization 5:45P	**27** **All Programs by Appointment Only**	**28** Breast Group 9:30A Gentle Yoga 10:30A
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WELLNESS PROGRAMS

Fight the Fatigue: Chair Exercise Class

Every Monday • 2:00 pm *(In-person Only)*

Did you know exercise and physical activity can help combat fatigue? Join us for the Fight the Fatigue class to build strength and improve balance! An intake and medical clearance are required before attending. To sign up, contact Courtney at courtney@cancersupportindy.org or call our office at (317) 257-1505.

Virtual Reality Sessions

Tuesdays • Appointment Only *(In-person Only)*

Looking for a new and fun way to de-stress? CSC Indiana has virtual reality headsets to help! Sit back, relax, and enjoy the beach, international travel locations, the deep seas, or try guided meditation and breathing exercises. If Tuesday does not work with your schedule, give us a call to possibly try another day! This program is offered by appointment only. To set up an appointment with Courtney or Jennifer email courtney@cancersupportindy.org or call our office at (317) 257-1505.

Gentle Stretch Yoga*

Every Monday • 2:00 pm *(Virtual)* **| Every Wednesday • 11:00 am** *(Hybrid)* **| Every Saturday • 10:30 am** *(Hybrid)*

*Monday yoga (floor style) class is virtual. Wednesday (chair style class) and Saturday yoga (floor style class) will be held in-person and virtually. To RSVP for this program, please email Courtney at courtney@cancersupportindy.org or call our office at (317) 257-1505.

Cooking for Wellness™ - Hands-On Cooking Class

Monday, September 16th • 5:30 pm *(In-person Only)*

Join us for a hands-on cooking class with this month's Cooking for Wellness! This class will teach you both basic principles of cooking techniques while incorporating education for healthy eating habits. This class has limited capacity, and an RSVP is required to attend. To register, please contact Courtney at courtney@cancersupportindy.org or call our office at (317) 257-1505.

Walking Group

Every Wednesday • 10:00 am *(In-person Only)*

Join us every Wednesday at 10:00 am as we work toward living a more physically active lifestyle. Each week we will meet at either our W. 71st Street location or a local park to begin our walking route. You will be notified each week of the walking location and any weather considerations. To sign up for this wellness and social-oriented program, contact Courtney at courtney@cancersupportindy.org or call our office at (317) 257-1505.

Mindful Art

Second Saturday • 11:00 am *(Hybrid)*

Join us for a time of art and guided meditation on the first Saturday of each month from 11:00 am -12:30 pm. This is a time set aside for you to participate in mindfulness, art, and guided meditation. To RSVP, please contact Courtney at courtney@cancersupportindy.org or call our office at (317) 257-1505.

Relaxation & Visualization

Every Thursday • 5:45 pm *(Virtual)*

Needing to take a moment to relax and reset? Our Relaxation & Visualization program is a virtual call-in program that will lead you through a guided exercise to help you relax; many participants find that this program helps them to rest better with improved sleep! To learn more about the program and to register, please email courtney@cancersupportindy.org or call (317) 257-1505.

EDUCATION PROGRAMS

Exploring Spirituality Workshop

Wednesday, September 18th and Wednesday, September 25th • 5:30 pm – 7:00 pm *(In-person Only)*

Join us for this two-part workshop on spirituality! The first part of the workshop will take place on Wednesday, September 18th, while the second part will take place the following week on Wednesday, September 25th. This workshop focuses on spirituality and its impact on health. This workshop is not focused on religion and clearly distinguishes between spirituality and religion. To sign up for this workshop, contact Courtney at courtney@cancersupportindy.org or call our office at (317) 257-1505.

SOCIAL PROGRAMS

Kids Connect

Thursday, September 12th • 6:30 – 8:00 pm *(In-person Only)*

Kids Connect offers a place for children 5-12 years old to play games together, do fun crafts, and talk safely about their experiences with cancer in the family, if they choose. To RSVP, please contact Courtney at courtney@cancersupportindy.org or call our office at (317) 257-1505.

Cheerful Charms

Third Wednesday • 3:00 pm – 4:30 pm *(Hybrid)*

Looking for an inspired creation that you can take with you everywhere? Join us on the third Wednesday of every month for a beading class led by a CSC volunteer. We will be creating bracelets, keychains, malas, and more! Make a cheerful charm for yourself or a friend to spread encouragement. Supplies are provided for in-person attendees. To RSVP, contact Courtney at courtney@cancersupportindy.org or call our office at (317) 257-1505.

Brothers Strengthening Brothers through Survivorship

Saturday, September 14th • 11:00 am *(In-person Only)*

Brothers Strengthening Brothers is a gathering of African American men who support, encourage, and learn how to live with a cancer diagnosis. This group will provide a safe environment where men can connect with other individuals who are facing similar challenges and breakthroughs. To learn more or RSVP, please contact Nina at nina@cancersupportindy.org or call (317) 257-1505.

Guardians Strengthening Guardians

Saturday, September 14th • 9:30 am *(In-person Only)*

Guardians Strengthening Guardians is a gathering of African American men who care for loved ones impacted by cancer. This monthly gathering is intended for caregivers to share their experiences and struggles with each other. It also provides a safe place to connect and meet other caregivers. To learn more or RSVP, please contact Nina at nina@cancersupportindy.org or call our office at (317) 257-1505.

Crafting & Conversations

Every Tuesday • 1:00 - 2:00 pm *(Hybrid)*

Come one, come all! Relieving stress and anxiety is crucial, now more than ever. Activities such as knitting and crocheting have a measurable effect on calming anxiety and relieving stress. Join us virtually from the comfort of your own home for a fun, relaxing time where we gather to discuss projects, share tips, and have lively, open forum discussions on a wide variety of topics. To sign up for the mailing list, please email Courtney at courtney@cancersupportindy.org or call our office at (317) 257-1505**.** We would love to have you join!

Coffee & Coloring Club

Every Thursday • 10:00 am *(Hybrid)*

Start your morning with us! Join us on Zoom or in-person for Coffee & Coloring Club. Coloring is a great form of meditation and helps reduce your stress. Grab a cup of coffee (or your favorite morning drink), a few coloring materials, and start your day off right with a splash of color. To sign up for this group, contact Courtney at courtney@cancersupportindy.org or call our office at (317) 257-1505.

Book Club

Thursday, September 5th • 5:30 pm *(Virtual)*

Reading any good books lately? Us too! Join us for Book Club! We'll be reading everything from classics to more popular books. Each month, we'll meet virtually to discuss the book chosen from the previous month. Space is limited. You must RSVP to join this group. If all the spaces are filled, there will be a waitlist. If you'd like to follow along, email Courtney at courtney@cancersupportindy.org or call (317) 257-1505 to receive the book title and discussion questions.

Lunch Bunch

Wednesday, September 18th • 12 pm *(In-person Only)*

Join us for a free lunch and conversation with other CSC participants! This is an in-person only program at our W. 71st Street location in Indianapolis. To join this program, contact Courtney at courtney@cancersupportindy.org or call our office at (317) 257-1505. ***If you have food allergies, please let Courtney know in advance.***

Supper & Support

Thursday, September 12th • 5:30 – 6:15 pm *(In-person Only)*

Join other CSC participants and facilitators for a time of dinner and fellowship as we share a meal and conversation. Free dinner is provided for all. This is an in-person only program at our W. 71st Street location in Indianapolis. To join this program, contact Courtney at courtney@cancersupportindy.org or call our office at (317) 257-1505. ***If you have food allergies, please let Courtney know in advance.***

Latino Family Night/ Noche De Familia

First Wednesday of each month• primer miércoles del mes 6:00 pm *(In-person Only)*

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Este programa será completamente en español Una cena y grupo de apoyo para pacientes y sobrevivientes de cáncer y sus seres queridos. Confirma su asistencia por email a courtney@cancersupportindy.org.

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EDUCATION PROGRAMS

Connected for Courage: The Power of Social Support for Breast Cancer Survivors

Tuesday, October 1st • 6:00 pm *(Virtual)*

Join us for this presentation that will focus on strategies in which survivors can strengthen their social connections to improve their quality of life throughout their breast cancer journey. We are excited to have Dr. Shaila Strayhorn-Carter, a professor and researcher at the University of North Carolina – Wilmington, join us to present this workshop! To register for this workshop, please email courtney@cancersupportindy.org or call (317) 257-1505.

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Book Club

Thursday, October 3rd • 5:30 pm *(Virtual)*

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Lunch Bunch

Wednesday, October 16th • 12 pm *(In-person Only)*

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Supper & Support

Thursday, October 10th • 5:30 – 6:15 pm *(In-person Only)*

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CANCER SUPPORT COMMUNITY INDIANA | Community Health Network

September/October 2024

SEPTEMBER

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OCTOBER

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14 Massage (South) Massage (East) Massage (North)	**15** Massage (South) Massage (North) Cardio & Strength 5:30P	**16** Massage (North)	**17** Guided Meditation 5:30P Metastatic Group 6:30P Massage (North)	**18** Massage (South)
21 Massage (South) Massage (East) Massage (North) Survivorship 6:30P	**22** Massage (South) Massage (North) Cardio & Strength 5:30P	**23** Massage (North) Patient Support Grp 6:00P Prostate Grp 6:30P	**24** Guided Meditation 5:30P Massage (North)	**25** Massage (South)
28 Massage (South) Massage (East) Massage (North)	**29** Massage (South) Massage (North) Cardio & Strength 5:30P	**30** Massage (North)	**31** Guided Meditation 5:30P Massage (North)	

September/October 2024 Community Health Network Program Offerings

WELLNESS CLASSES

PLEASE VISIT ECOMMUNITY.COM/SURVIVORSHIP FOR INFORMATION AND TO REGISTER FOR CLASSES.

GENTLE CARDIO & STRENGTH BUILDING | Every TUESDAY* • 5:30P
45-minute class with light cardio, strength training, and stretching exercises ***All fitness levels welcome and modifications will be available!*** *Come join us!*

GUIDED MEDITATION | Every Thursday • 5:30P
25-35-minute relaxation technique using breath and mental images to bring us to a place of peace and calmness.

SUPPORT GROUPS

PLEASE CALL 317.257.1505 FOR A BRIEF INTERVIEW FIRST, THEN YOU WILL RECEIVE VIRTUAL LINK TO JOIN.

PATIENT SUPPORT GROUP | Second & Fourth Wednesday • 6:00P
PROSTATE SUPPORT GROUP | Fourth Wednesday • 6:30P
METASTATIC CANCER SUPPORT GROUP | Third Thursday • 6:30P

ART THERAPY

Contact faith@cancersupportindy.org for more info

ART THERAPY GROUP | First Friday of the Month • 1:00P

SURVIVORSHIP

PLEASE VISIT ECOMMUNITY.COM/SURVIVORSHIP FOR INFORMATION AND TO REGISTER FOR THE CLASS.

COOKING FOR WELLNESS | Monday, September 9th • 6:30P
Join Medical Nutritionist, Jodi Smith, in our virtual education class that explores healthy recipes to support nutritional needs for people impacted by cancer.

FERTILITY PERSERVATION WITH A CANCER DIAGNOSIS | Monday, September 16th • 6:30P
This webinar will offer education, resources, and guidance on how to navigate the sometimes unknown territory of fertility. With the proper tools, knowledge, and navigation you can make the decision that is right for you.

NUTRITIONAL WELLNESS | Monday, October 7th • 6:30P
Join Medical Nutritionist, Jodi Smith, who works with cancer survivors to offer guidance on making healthy food choices, setting realistic food goals, overcoming food challenges after treatment, and more.

MANAGING LYMPHEDEMA RESULTING FROM CANCER TREATMENT | Monday, October 21st • 6:30P
Join Community's own physical therapists as they provide education on the lymphatic system, define lymphedema, discuss causes/risk factors, and describe management strategies.

MASSAGE THERAPY

BY APPOINTMENT ONLY. MUST CALL FAITH AT 317.499.3083 TO DETERMINE ELIGIBILITY AND SCHEDULE A MASSAGE.

COMMUNITY EAST | Monday • Hours Vary – Please call Faith at 317.499.3083 to schedule
COMMUNITY NORTH | Mon Tues Wed Thurs • Hours Vary – Please call Faith at 317.499.3083 to schedule
COMMUNITY SOUTH | Mon Tues Fri • Hours Vary – Please call Faith at 317.499.3083 to schedule

Massage Therapy Eligibility Rules: Effective January 2024
Must be an active patient at the Community Health Network (currently receiving chemo, radiation or immunotherapy)
OR *within 6-months from last chemo or radiation treatment*
OR *within 6-months of post-cancer-related surgery*
Note: Hormone therapy does not qualify patient for massage therapy at the Community Health Network.

CANCER SUPPORT COMMUNITY INDIANA | Hendricks Regional Health

September/October 2024

In-person programs are held virtually and in-person at the HRH Danville campus at: 1000 E. Main Street, Danville, IN 46122.

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **CSC CLOSED IN OBSERVATION OF LABOR DAY**	**3** Yoga 5:30P-6:30P	**4** Art Cart Varying Times Art Kits Varying Times	**5**	**6**
9	**10** Yoga 5:30P-6:30P	**11** Art Cart Varying Times Art Kits Varying Times	**12**	**13** ***All things bloom in the season they're meant to.***
65	**17** Yoga 5:30P-6:30P	**18** Art Cart Varying Times Art Kits Varying Times	**19**	**20**
23	**24** Yoga 5:30P-6:30P	**25** Art Cart Varying Times Art Kits Varying Times	**26**	**27** ***As the seasons change, embrace transition.***
30				

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Yoga 5:30P-6:30P	**2** Art Cart Varying Times Emma's Art Kits Varying Times	**3**	**4**
7 **CSC CLOSED FOLLOWING HOOSIERS OUTRUN CANCER**	**8** Yoga 5:30P-6:30P	**9** Art Cart Varying Times Emma's Art Kits Varying Times	**10**	**11** ***Why are ghosts happy in an elevator?***
14	**15** Yoga 5:30P-6:30P	**16** Art Cart Varying Times Art Kits Varying Times	**17**	**18**
21	**22** Yoga 5:30P-6:30P	**23** Art Cart Varying Times Art Kits Varying Times	**24**	**25** ***It lifts their spirits!***
28	**29** Yoga 5:30P-6:30P	**30** Art Cart Varying Times Art Kits Varying Times	**31**	

CANCER SUPPORT COMMUNITY INDIANA | Hendricks Regional Health

September/October 2024 Hendricks Regional Health Program Offerings

WELLNESS AND ART PROGRAMS

GENTLE STRETCH YOGA

Every Tuesday • 5:30 – 6:30PM ***(Virtual)***
Please contact **Meaghan Wiggins** at **317.650.0740** or email meaghan@cancersupportindy.org for information on how to join the class.

ART CART

Once a Week • Wednesdays, Varying Times
Please contact **Meaghan Wiggins** at **317.650.0740** or email meaghan@cancersupportindy.org for information.

VIRTUAL REALITY HEADSETS

***By Appointment ONLY on Tuesdays**
Kick back and relax with our VR headsets! Please contact **Meaghan Wiggins** at **317.650.0740** or email meaghan@cancersupportindy.org to reserve a 20-minute slot.

COUNSELING & ART THERAPY SERVICES

These services allow you to safely explore, discuss, and learn to cope with the life stressors you are experiencing while on your cancer journey.

INDIVIDUAL COUNSELING

By Appointment Only on Tuesdays** ***(Virtual) **& Wednesdays** ***(In-person)***
Please contact **Kathleen Smith** at **317.661.1727** or email kathleen@cancersupportindy.org for information.

ART THERAPY SESSIONS

***By Appointment Only** *(Virtual & In-person on Wednesdays.)*
Please contact **Meaghan Wiggins** at **317.650.0740** or email meaghan@cancersupportindy.org for information.

Feeling overwhelmed? Needing support? We have your back!

You don't have to face the difficulties of your journey alone! Contact **Kathleen Smith**, licensed mental health professional and you will have eight **FREE** individual appointments to explore how cancer is impacting you and your loved ones. Kathleen works with survivors **virtually** on **Tuesdays** and **in-person** on **Wednesdays.**
To schedule with Kathleen, please call: **317.661.1727**, or email: **Kathleen@cancersupportindy.org**.

FREE ONE-ON-ONE EDUCATION SESSIONS *(For survivors & caregivers)*

Cancer treatments can be hard, 50% of cancer patients report an increase in anxiety. If you're feeling stressed and overwhelmed by treatment, or a loved one's cancer journey this class may be for you! You'll learn tools to help deal with feelings and gain skills to help reduce stress. **These are NOT counseling sessions!!**
Each meeting is as follows:

Week 1: Breathing skills, self-soothing behaviors, and habits for happiness.
Week 2: Beginner meditation, body scans, and sensory awareness.
Week 3: Mindfulness and wise mind thinking.

If you want to get a handle of your stress and anxiety, please consider working with **Kathleen Smith**! Contact her directly by phone: **317.661.1727**, or email: **Kathleen@cancersupportindy.org.**

CANCER SUPPORT COMMUNITY INDIANA | Franciscan HEALTH CANCER CENTER

September/October 2024

In-person programs are held in the Cancer Center at 8111 S. Emerson Ave., Indianapolis, IN 46237.

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **CSC CLOSED IN OBSERVATION OF LABOR DAY**	**3** **What are you grateful for today?**	**4** Open Art Studio 1:30P Laf Patient Grp 5:30P	**5** **Want to move and relieve some stress? Try Gentle Stretch Yoga on Mondays at 4:30p**	**6** Individual Counseling & Art Therapy services are available Mon-Fri *By appointment only
9 VR Meditation 11:30A Gentle Yoga 4:30P	**10** **Coming together with other survivors creates a powerful connection. Call Kayla to join All Cancer Group next Monday!**	**11** Don't forget to sign up for Crafter's Corner!	**12** Take a moment to BREATHE.	**13** Individual Counseling & Art Therapy services are available Mon-Fri *By appointment only
16 Gentle Yoga 4:30P All Cancer Grp 6:00P	**17** Moving Beyond 5:30P	**18** Crafter's Corner 1:00P Laf Patient Grp 5:30P	**19** Moving Beyond 1:30P	**20** Individual Counseling & Art Therapy services are available Mon-Fri *By appointment only
23 VR Meditation 11:30A Gentle Yoga 4:30P	**24** Moving Beyond 5:30P	**25** Open Art Studio 1:30P	**26** Moving Beyond 1:30P	**27** Individual Counseling & Art Therapy services are available Mon-Fri *By appointment only
30 Gentle Yoga 4:30P				

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Moving Beyond 5:30P	**2** Open Art Studio 1:30P Laf Patient Grp 5:30P	**3** Moving Beyond 1:30P	**4** Individual Counseling & Art Therapy services are available Mon-Fri *By appointment only
7 **CSC CLOSED FOLLOWING HOOSIERS OUTRUN CANCER**	**8** Moving Beyond 5:30P	**9** **Don't forget to sign up for Crafter's Corner!**	**10** Moving Beyond 1:30P	**11** Individual Counseling & Art Therapy services are available Mon-Fri *By appointment only
14 VR Meditation 11:30A Gentle Yoga 4:30P	**15** Moving Beyond 5:30P	**16** Crafter's Corner 1:00P Laf Patient Grp 5:30P	**17** Moving Beyond 1:30P	**18** Individual Counseling & Art Therapy services are available Mon-Fri *By appointment only
21 Gentle Yoga 4:30P All Cancer Grp 6:00P	**22** Moving Beyond 5:30P	**23** Open Art Studio 1:30P	**24** Moving Beyond 1:30P	**25** Individual Counseling & Art Therapy services are available Mon-Fri *By appointment only
28 VR Meditation 11:30A Gentle Yoga 4:30P	**29** Moving Beyond 5:30P	**30** **Do something kind for yourself today. You are worth it!**	**31** Moving Beyond 1:30P	

CANCER SUPPORT COMMUNITY INDIANA | Franciscan HEALTH CANCER CENTER

September/October 2024 Franciscan Health Program Offerings

WELLNESS PROGRAMS

VIRTUAL REALITY MEDITATION SESSIONS *(In-person)*

Every 2nd and 4th Monday • 11:30-1:30 pm RSVP Required

Join us in using virtual reality headsets to focus on stress reduction, build coping skills, and more. This program is open to patients, survivors, caregivers, and oncology healthcare workers. Registration is required to book your time slot with the VR headset. This program will be held in-person only at the Franciscan Cancer Center. To RSVP, please contact Meaghan at 317.650.0740 or email meaghan@cancersupportindy.org

GENTLE STRETCH YOGA

**No yoga on September 2nd or October 7th

Every Monday • 4:30PM-5:30PM *(Virtual)*

For more information, please contact Kayla at 317.499.3077 or email *kaylaepplin@cancersupportindy.org*

MOVING BEYOND **Brief interview required*

Tuesdays • 5:30PM-7:30PM *(Virtual)*

Thursdays • 1:30PM-3:30PM *(In-person)*

Moving Beyond is an 8-week program designed to help cancer survivors and caregivers thrive and live a healthy life after treatment. *For more information or to sign up, call 317.499.3077 or email movingbeyond@cancersupportindy.org*

SOCIAL PROGRAMS

CRAFTER'S CORNER *(In-person)*

3rd Wednesday of Each Month • 1:00PM-3:00PM

Come join us as we craft & create beautiful pieces together each month! Materials are provided free of charge.
RSVP is required on a first come, first serve basis. Please RSVP to Kayla at 317.499.3077 or email kaylaepplin@cancersupportindy.org

OPEN ART STUDIO *(Virtual & In-person)*

1st and 4th Wednesday of Each Month • 1:30PM-2:30PM

Join us to create art and relax alongside an art therapist and other survivors. Materials are provided free of charge.
This program is held virtually and in-person. In-person participants must RSVP to Meaghan at 317.650.0740 or email meaghan@cancersupportindy.org

ART CART IN INFUSION

Every Monday & Wednesday on the Infusion Unit • Varying Times

For more information, please contact Meaghan at 317.650.0740 or email meaghan@cancersupportindy.org

COUNSELING, ART THERAPY & SUPPORT GROUP SERVICES

These sessions allow you to safely explore, discuss, and learn to cope with the life stressors you are experiencing. We also provide couples and family counseling. Patients and caregivers are welcome to these services free of charge.

ALL-CANCER SUPPORT GROUP *(In-person) *Brief interview required.*

3rd Monday of Each Month • 6:00-7:30PM

Support groups offer a safe space where individuals impacted by cancer can connect with each other to discuss experiences, difficulties, and successes in the fight against cancer. This group is open to any patient or survivor impacted by cancer. To RSVP, please contact Kayla at *kaylaepplin@cancersupportindy.org* or call 317.499.3077

FRANCISCAN LAFAYETTE PATIENT SUPPORT GROUP *(Virtual) *Brief interview required.*

1st and 3rd Wednesday of Each Month • 5:30-7:00PM

For more information, please contact Kayla at 317.499.3077 or email *kaylaepplin@cancersupportindy.org*

INDIVIDUAL COUNSELING *(Virtual & In-person) *Brief interview required.*

Please contact Kayla at 317.499.3077 or email *kaylaepplin@cancersupportindy.org* for individual counseling services.

ART THERAPY SESSIONS *(Virtual & In-person) *Brief interview required.*

Please contact Kayla at 317.499.3077 or email *kaylaepplin@cancersupportindy.org* for art therapy services.

PROGRAM SPONSORS

SUPPORT PROGRAM SPONSORS

Norman A. & Margaret I. Shane Charitable Trust | The Brave Heart Foundation | Tracy Haddad | Gary and Janet Stach | John, Cathy and Margaret Langham

EDUCATION PROGRAM SPONSOR

Cancer Support Community Headquarters

WELLNESS PROGRAM SPONSORS

Kroger
The YMCA of Greater Indianapolis
Nayar Family Foundation

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:
Ph: 317-257-1505
info@cancersupportindy.org

VISIT US:
5150 W. 71st Street | Indianapolis, IN 46268
www.cancersupportindy.org

SUPPORT OUR PROGRAMS BY MAKING A DONATION
Scan to Donate

Integrative Health Classes

The IU Health Joe & Shelly Schwarz Cancer Center Integrative Health team invites you to join us for one or more of our free monthly sessions. All patients, survivors and their support team members are welcome to attend. We look forward to seeing you!

Classes and support groups include:

- **Art Therapy**
- **Cooking for Health**
- **Fabulous Friday Makeup Class**
- **Fireside Chat Small Support Group for Men**
- **Gentle Stretch Yoga**
- **Lymphedema Support Group**
- **Prostate Cancer Support Group**
- **Support for People with Oral Head and Neck Cancer**
- **Women Living with Cancer Support Group**



For more information on specific dates and times, please contact Ann Bredensteiner at 317.688.3395 or via email at abredens@iuhealth.org or visit **iuhealth.org/classes-events**.

Indiana University Health

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