THE COMPANION

CANCER SUPPORT COMMUNITY INDIANA



WHAT'S INSIDE

Pictured:
CSC Participants

NOVEMBER/DECEMBER 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!

A Message from our President & CEO

Dr. Terry Whitt Bailey



Dear CSC Family & Friends,

As we approach the end of another year, I want to take a moment to reflect on the incredible journey we have shared together in our mission to support cancer patients and their families. This year has brought some challenges, but it has also been a testament to resilience, community and the enduring spirit of hope.

To our dedicated supporters and volunteers—**Thank You!** Your unwavering commitment and compassion have made a profound difference in the lives of those we serve. Each donation, every hour spent volunteering, and all the moments of encouragement you've offered have contributed to a brighter future for individuals battling cancer.

This year, we have been able to expand our programs in central and south central Indiana, offering essential resources and support services that empower families navigating their cancer journeys. It is inspiring to witness the strength and courage of our participants, and we remain committed to being a source of hope and encouragement.

To our cancer patients and their families: we recognize the weight of your journey. Your courage inspires us each and every day. As we move into the new year, we are more committed than ever to being a beacon of hope, providing not only support, but also a reminder that you are not alone. Together, we will continue to advocate for better information, more resources, and a community that wraps you in care and understanding.

As we close out this year, I encourage you to take a moment to reflect on the impact we have made TOGETHER. Thank you for your belief in our mission and for standing alongside us. We look forward to embarking on another year filled with hope, healing and progress.

Now, please take a look at the programs and activities for November and December on the following pages. Also, join us (and bring your family!) on December 6 for our annual holiday parties in Indianapolis and Bloomington.

On behalf of the Board and Staff of Cancer Support Community Indiana, we wish you and your loved ones a joyful and peaceful holiday season filled with hope for a brighter year ahead!

With gratitude,

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.

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

= 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

November 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 **All Programs by Appointment Only**	**2** Gentle Yoga 10:30A Mindful Art 11:00A
4 Gentle Yoga 2:00P Fight the Fatigue Chair Exercise 2:00P	**5** Crafting & Convo 1:00P Strength in Sisterhood 6:00P Virtual Reality Appointments Available	**6** Chair Yoga 11:00A Tai Chi Class 2:30P LFN - Noche de Familia 6:00P	**7** Coffee & Coloring 10:00A Book Club 5:30P Relaxation & Visualization 5:45P	**8** **All Programs by Appointment Only**	**9** Breast Group 9:30A Guardians Group 9:30A Gentle Yoga 10:30A Brothers Strengthening Brothers 11:00A
11 Gentle Yoga 2:00P Fight the Fatigue Chair Exercise 2:00P	**12** Crafting & Convo 1:00P Virtual Reality Appointments Available	**13** Chair Yoga 11:00A Tai Chi Class 2:30P LGBTQIA+ Group 6:30P Living with Loss 6:30P Prostate Group 6:30P	**14** Coffee & Coloring 10:00A Supper & Support 5:30P Relaxation & Visualization 5:45P Family & Friends Group 6:30P Patient Group 6:30P	**15** **All Programs by Appointment Only**	**16** INTCC Group 10:00A Gentle Yoga 10:30A
18 Gentle Yoga 2:00P Fight the Fatigue Chair Exercise 2:00P Cooking for Wellness 5:30P	**19** ***Crafting & Convos cancelled for today*** Strength in Sisterhood 6:00P Virtual Reality Appointments Available	**20** Chair Yoga 11:00A Lunch Bunch 12:00P Tai Chi Class 2:30P Colorectal Group 5:00P Breast Cancer & GI Side Effects Presentation 6:00P	**21** Coffee & Coloring 10:00A Relaxation & Visualization 5:45P	**22** **All Programs by Appointment Only**	**23** Gentle Yoga 10:30A
25 Gentle Yoga 2:00P Fight the Fatigue Chair Exercise 2:00P	**26** Crafting & Convo 1:00P Virtual Reality Appointments Available	**27**	**28** **CSC CLOSED IN OBSERVANCE OF THANKSGIVING**	**29**	**30**

NEW TO CANCER SUPPORT COMMUNITY? ATTEND A NEWCOMER MEETING!

Want to know how to get involved in Cancer Support Community programs? Just 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 staff members. We can't wait to meet you!

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.

Tai Chi Class
November 6th, 13th, & 20th • 2:30 pm *(In-person Only)*
Join us for our new Tai Chi exercise class to help improve your strength, flexibility, and balance! Tai Chi is a mind-body exercise that can aid in improving not only physical health but also mental health. This class will offer a 3-week introduction to Tai Chi and will only be offered in person. 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, 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™
Monday, November 18th • 5:30 pm *(Hybrid. Attend virtually via Facebook Live.)*
Join us for 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.

Mindful Art
First 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

Breast Cancer & Gastrointestinal Side Effects Presentation
Wednesday, November 20th • 6:00 pm *(Hybrid)*
Join us for this presentation that will focus on breast cancer and gastrointestinal side effects! You can attend this presentation either in person or virtually through Zoom. In addition to the presentation, we will also have light snacks and self-care gifts available for those who join us in person. To RSVP for this presentation, please email courtney@cancersupportindy.org or call (317) 257-1505.

SOCIAL PROGRAMS

Brothers Strengthening Brothers through Survivorship
Saturday, November 9th • 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, November 9th • 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, November 7th • 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, November 20th • 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, November 14th • 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)*

This program is held entirely in Spanish A dinner & support group for cancer patients, survivors, & their families.
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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Cooking for Wellness™ - Hands-On Cooking Class
Monday, December 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 the 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.

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SOCIAL PROGRAMS

Holiday Card Making Workshop
Tuesday, December 10th • 11:00 am *(In-person Only)*
Join us to celebrate the holidays and make festive cards! This card making workshop will be held in person, and supplies will be provided. To learn more or RSVP, please contact Courtney at courtney@cancersupportindy.org or call (317) 257-1505.

Holiday Open House
Friday, December 6TH • Time TBD *(In-person Only)*
Tis' the season to celebrate! Join the CSC Indiana community as we gather to have a time of seasonal celebration and reflection of the year. This event is open-house style. Festive holiday attire is encouraged! Your friends and family are welcome to join us! For more information, email Courtney at courtney@cancersupportindy.org or call (317) 257-1505.

Brothers Strengthening Brothers through Survivorship
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Book Club

Thursday, December 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, December 18th • 12 pm *(In-person Only)*

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Supper & Support

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

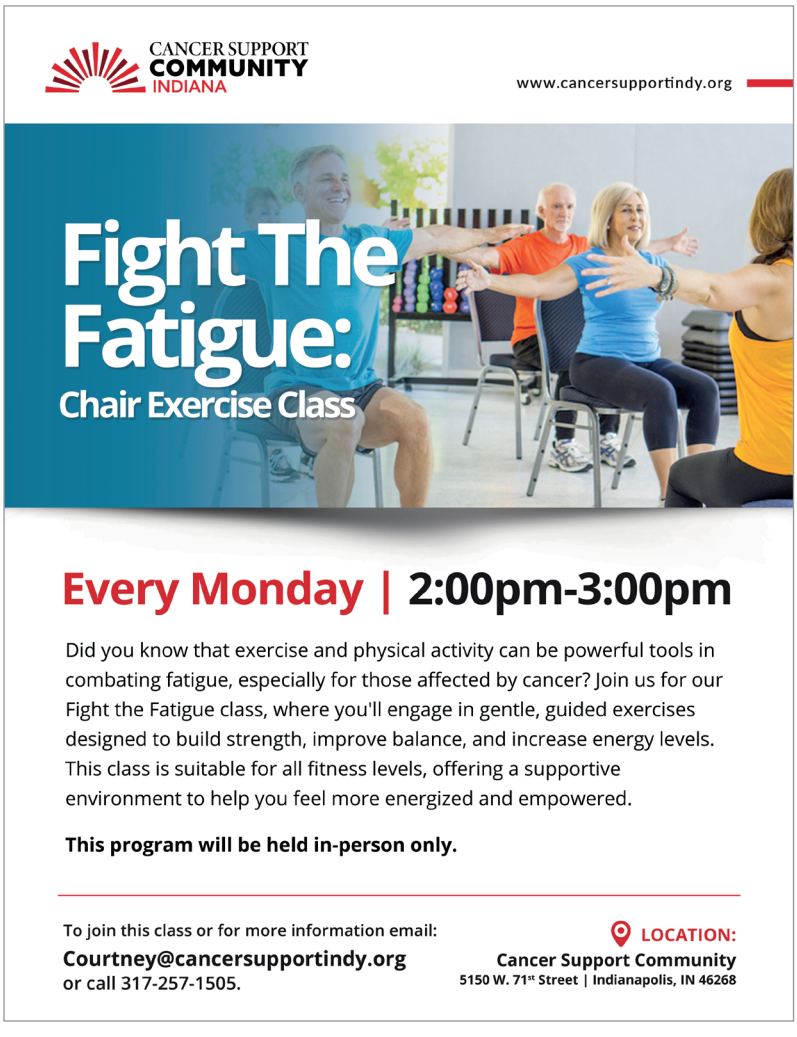
Join other CSC participants and facilitators for a time of dinner and fellowship as we share a meal and conversation. Free dinner is provided for all. This is an in-person only program at our W. 71st Street location in Indianapolis. To join this program, contact Courtney at courtney@cancersupportindy.org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

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CANCER SUPPORT COMMUNITY INDIANA | Community Health Network

November/December 2024

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Art Therapy Group 1:00P Massage (South)
4 Massage (South) Massage (East) Massage (North) Survivorship 6:30P	5 Massage (North) Cardio & Strength 5:30P	6 Massage (North) Massage (South)	7 Guided Meditation 5:30P	8 Massage (South)
11 Massage (South) Massage (East) Massage (North)	12 Massage (North) Cardio & Strength 5:30P	13 Massage (North) Massage (South) Patient Support Grp 6:00P	14 Guided Meditation 5:30P	15 Massage (South)
18 Massage (South) Massage (East) Massage (North) Survivorship 6:30P	19 Massage (North) Cardio & Strength 5:30P	20 Massage (North) Massage (South)	21 Guided Meditation 5:30P Metastatic Group 6:30P	22 Massage (South)
25 Massage (South) Massage (East) Massage (North)	26 Massage (North) Cardio & Strength 5:30P	27 Massage (North) Massage (South) Patient Support Grp 6:00P Prostate Grp 6:30P	28 **CSC CLOSED IN OBSERVANCE OF THANKSGIVING**	29

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Massage (South) Massage (East) Massage (North) Survivorship 6:30P	3 Massage (North) Cardio & Strength 5:30P	4 Massage (North) Massage (South)	5 Guided Meditation 5:30P Massage (North)	6 Art Therapy Group 1:00P Massage (South)
9 Massage (South) Massage (East) Massage (North)	10 Massage (North) Cardio & Strength 5:30P	11 Massage (North) Massage (South) Patient Support Grp 6:00P	12 Guided Meditation 5:30P Massage (North)	13 Massage (South)
16 Massage (South) Massage (East) Massage (North) Survivorship 6:30P	17 Massage (North) Cardio & Strength 5:30P	18 Massage (North) Massage (South)	19 Guided Meditation 5:30P Metastatic Group 6:30P Massage (North)	20 Massage (South)
23	24 **CSC CLOSED FOR THE HOLIDAY SEASON**	25	26	27
30 **CSC CLOSED FOR THE HOLIDAY SEASON**	31			

November/December 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, November 4th • 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.

THRIVING WITH METASTATIC DISEASE | Monday, November 18th • 6:30P
Living and thriving with metastatic disease is challenging. Join our discussion about this complex process and how to make sure that your voice feels empowered during this journey.

COOKING FOR WELLNESS | Monday, December 2nd • 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.

INTIMACY, SEXUAL WELLNESS AND YOUR CANCER JOURNEY | Monday, December 16th • 6:30P
Join Amy K. Hayes, MD, FACOG, specialist in intimacy and sexual wellness, and members of our breast and gynecologic surgical oncology team, for a discussion on how cancer and treatments may affect intimacy during and after treatment. Learn ways to improve and preserve a women's sexual enjoyment and function that may have changed due to cancer treatments and therapies.

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 • Hours Vary – Please call Faith at 317.499.3083 to schedule
COMMUNITY SOUTH | Mon Wed 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

November/December 2024

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

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5 Yoga 5:30P-6:30P Individual Counseling- By appointment only	6 Individual Counseling- By appointment only	7	8 ***Acknowledging the good you already have in life is the foundation for all.***
11	12 Yoga 5:30P-6:30P Individual Counseling- By appointment only	13 Individual Counseling- By appointment only	14	15
18	19 Yoga 5:30P-6:30P Individual Counseling- By appointment only	20 Individual Counseling- By appointment only	21	22 ***Someone is grateful to have you in their lives!***
25	26 Yoga 5:30P-6:30P Individual Counseling- By appointment only	27	28 **CSC CLOSED IN OBSERVANCE OF THANKSGIVING**	29

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Yoga 5:30P-6:30P Individual Counseling- By appointment only	3 Individual Counseling- By appointment only	4	5
9	10 Yoga 5:30P-6:30P Individual Counseling- By appointment only	11 Individual Counseling- By appointment only	12	13 ***What does Santa clean his sleigh with? Santa-tizer!***
16	17 Yoga 5:30P-6:30P Individual Counseling- By appointment only	18 Individual Counseling- By appointment only	19	20 ***The true magic of the holidays lies in your heart.***
23	24 **CSC CLOSED FOR THE HOLIDAY SEASON**	25	26	27
30 **CSC CLOSED FOR THE HOLIDAY SEASON**	31			

November/December 2024 Hendricks Regional Health Program Offerings

WELLNESS AND ART PROGRAMS

GENTLE STRETCH YOGA

Every Tuesday • 5:30 – 6:30PM ***(Virtual)***

Please contact **Kathleen Smith** at **317.661.1727** or email kathleen@cancersupportindy.org for information on joining the class.

VIRTUAL REALITY HEADSETS

***By Appointment ONLY on Tuesdays**

Kick back and relax with our VR headsets! Please contact **Kathleen Smith** at **317.661.1727** or email kathleen@cancersupportindy.org to reserve a 20-minute slot.

COUNSELING 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.

The holidays can be hard, get some support!

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

November/December 2024

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

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Individual Counseling & Art Therapy services are available Mon-Fri *By appointment only
4 Gentle Yoga 4:30P Gratitude Bracelets 11:30A	**5** Moving Beyond 5:30P	**6** Laf Patient Grp 5:30P	**7** What can you do to fill your cup today?	**8** Individual Counseling & Art Therapy services are available Mon-Fri *By appointment only
11 VR Meditation 11:00A Gentle Yoga 4:30P	**12** Coming together with other survivors creates a powerful connection. Call to join All Cancer Group next Monday!	**13** Don't forget to sign up for Crafter's Corner!	**14** Take a moment to BREATHE.	**15** Individual Counseling & Art Therapy services are available Mon-Fri *By appointment only
18 Gentle Yoga 4:30P All Cancer Grp 6:00P	**19** Your best may look different each day, and that is okay.	**20** Crafter's Corner 1:00P Laf Patient Grp 5:30P	**21** Do something kind for yourself today. You are worth it!	**22** Individual Counseling & Art Therapy services are available Mon-Fri *By appointment only
25 VR Meditation 11:00A Gentle Yoga 4:30P	**26** You are RESILIENT.	**27** Thanksgiving week is the perfect time to practice Gratitude!	**28** **CSC CLOSED IN OBSERVANCE OF THANKSGIVING**	**29**

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Gentle Yoga 4:30P Holiday Cookies 11:30A	**3** Have you tried VR Meditation yet? It meets each 2nd and 4th Monday!	**4** Laf Patient Grp 5:30P	**5** What brings you happiness today?	**6** Individual Counseling & Art Therapy services are available Mon-Fri *By appointment only
9 VR Meditation 11:30A Gentle Yoga 4:30P	**10** Take a moment to BREATHE.	**11** Come fill your cup with cheer and consider joining a new CSC program!	**12** Did you know yoga is a great way to refresh your mind and body? Try it out with us next Monday!	**13** Individual Counseling & Art Therapy services are available Mon-Fri *By appointment only
16 Gentle Yoga 4:30P All Cancer Grp 6:00P	**17** What are you grateful for today?	**18** Laf Patient Grp 5:30P	**19** Do something today just for you.	**20** Individual Counseling & Art Therapy services are available Mon-Fri *By appointment only
23 VR Meditation 11:30A Gentle Yoga 4:30P	**24** **CSC CLOSED FOR THE HOLIDAY SEASON**	**25**	**26**	**27**
30 **CSC CLOSED FOR THE HOLIDAY SEASON**	**31**			

CANCER SUPPORT COMMUNITY INDIANA | Franciscan HEALTH CANCER CENTER

November/December 2024 Franciscan Health Program Offerings

WELLNESS PROGRAMS

VIRTUAL REALITY MEDITATION SESSIONS *(In-person)*

Every 2nd and 4th Monday • 11:00-1:00 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 Savannah at 317.426.0282 or email savannah@cancersupportindy.org

GENTLE STRETCH YOGA

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

For more information or to sign up, please contact Tiffany at 317.499.3077 or email tiffany@cancersupportindy.org

MOVING BEYOND **Will resume in 2025** **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

GETTING GRATEFUL WITH GRATITUDE BRACELETS *(In-person)*

November 4th • 11:30AM-1:30PM

Gratitude is an integral part in fostering physical, mental, emotional, and spiritual health. Stop in and join us to create a bracelet with gratitude! To RSVP, please contact Savannah at 317.426.0282 or email savannah@cancersupportindy.org

HOLIDAY COOKIE DECORATING *(In-person)*

December 2nd • 11:30AM-1:30PM

Want to get creative without the mess of baking cookies in your own kitchen? Join us in decorating (and eating) delicious holiday cookies! To RSVP, please contact Savannah at 317.426.0282 or email savannah@cancersupportindy.org

CRAFTER'S CORNER *(In-person)* **Not meeting in December**

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 Tiffany at 317.499.3077 or email tiffany@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 Savannah at 317.426.0282 or email savannah@cancersupportindy.org

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 Tiffany at 317.499.3077 or email tiffany@cancersupportindy.org

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

Please contact Tiffany at 317.499.3077 or email tiffany@cancersupportindy.org for individual counseling 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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