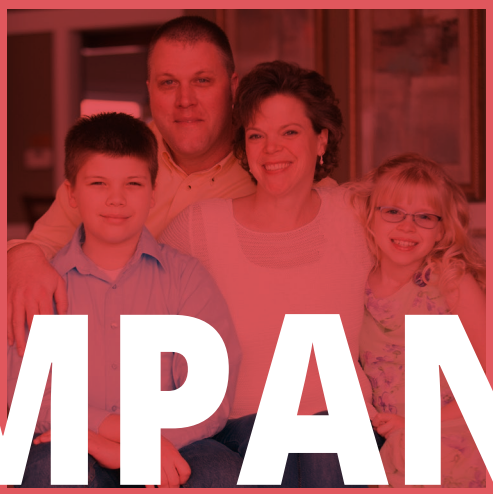


CANCER SUPPORT COMMUNITY INDIANA





CANCER SUPPORT COMMUNITY SOUTH CENTRAL INDIANA

THE COMPANION

MARCH/APRIL 2025







30

CANCER SUPPORT COMMUNITY INDIANA













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

Cancer Support Community offers FREE cancer support for individuals and families impacted by cancer.

This is a FREE publication. Please take one!

Scan the code to view The Companion on our website or visit **cancersupportindy.org**

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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 we proudly mark the 30th anniversary of Cancer Support Community Indiana, I am filled with immense gratitude and joy. This landmark achievement not only represents three decades of unwavering commitment to supporting individuals and families affected by cancer, but it also reflects the dedication and passion of our incredible staff, volunteers, and community partners.

Since our inception in 1995, we have been steadfast in our mission to provide comprehensive support services and resources that address the emotional, physical, and practical challenges faced by cancer patients and their families. Over the past three decades, we have grown from a small community organization to a statewide network with two satellite locations and twelve hospital and community partnerships. Cancer Support Community assists thousands of individuals in their journey through a wide range of programs, including counseling, support groups, education workshops and wellness activities.

As we reflect on our journey, I would like to highlight a few key accomplishments that underscore our impact:

1. **Community Engagement:** We have built a strong network of support that fosters a sense of belonging among our clients. Our support groups have become a safe haven for individuals to share their experiences and find solace in one another.
2. **Holistic Services**: Understanding that cancer affects not just the body, but the mind and spirit, we have expanded our services to include nutrition classes, art and music therapy, and mindfulness programs, addressing the complete needs of our clients.
3. **Education and Awareness:** We have played a pivotal role in raising awareness about cancer prevention and early detection in the state of Indiana through advocacy, outreach initiatives and educational workshops.
4. **Partnerships: Collaborating with healthcare providers,** we have ensured that our clients receive seamless care by bridging the gap between medical treatment and emotional support through collaborating with healthcare providers.

While we celebrate our past achievements, we remain focused on the future. Our commitment to innovation and excellence in service delivery will guide us as we expand our reach, enhance our programs, and continue to be a beacon of hope for those in need.

We invite you to join us as we celebrate this significant anniversary throughout the year. We will host several special events and together we will reflect on our accomplishments and look forward to a future filled with hope and healing.

On behalf of the Board of Trustees and the Staff of Cancer Support Community Indiana, thank you for allowing us to be an integral part of our journey.

With a grateful heart,

Dr. Terry Whitt Bailey
President & CEO

MAIN CAMPUS

*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.***

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.

COUNSELING 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 (In-person Only)
**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). **An intake is required before attending.** 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 Wed. of Each Month at 6:30PM (Hybrid)
4th Wed. of Each Month at 6:30PM (Virtual)

Strength in Sisterhood
1st Tue. of Each Month at 6:00PM (Virtual)
3rd Tue. of Each Month at 6:00PM (In-person)

Patient Support Group
2nd Tuesday of Each Month at 6:30PM

LGBTQIA+ Cancer Support Group
2nd Wednesday of Each Month at 6:30PM

Brothers Strengthening Brothers
2nd Saturday of Each Month at 9:30AM

Colorectal Cancer Support Group
3rd Wednesday of Each Month at 5:00PM

Self-Esteem & Body Image Support Group
2nd Tuesday of Each Month at 6:00PM

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!

PROGRAM ACCESS LEGEND
Virtual Only | In-person Only | Hybrid: offered in-person and virtually | Brief interview required. **Please call (317)-257-1505.**

MARCH

WELLNESS PROGRAMS

Fight the Fatigue: Chair Exercise Class

Every Monday • 2:00PM (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.

Ladies Self-Care Event NEW!

Saturday, March 15th • 12:00PM
(In-person Only)

Join us for a Ladies Self-Care Event filled with manicures and makeovers! This event is made possible by the Beauty in Medicine group at the Indiana University Medical School and the Lilly Breast Cancer Series. For more information and 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 Alex, email **courtney@cancersupportindy.org** or call our office at (317) 257-1505.

Roots in Resilience: Improving Well-Being in Cancer Survivors Through Nature NEW!

Tue., March 4th • 6:00PM (In-person Only)
Tue., March 11th • 6:00PM (In-person Only)

Join us for nature-based programs designed to improve the well-being of survivors! The session on March 4th will focus on being present in nature and grounding the five senses, as well as nature journaling. The session on March 11th will focus on breathing and stretching techniques while being connected to nature.
All sessions are to be held outdoors if the weather permits. To sign up, contact Courtney at **courtney@cancersupportindy.org** or call our office at (317) 257-1505.

Gentle Stretch Yoga

Every Monday • 2:00PM (Virtual)
Every Wednesday • 11:00AM (Hybrid)
Every Saturday • 10:30AM (Hybrid)

Monday yoga (floor style class) 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, March 17th • 5:30PM
(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 • 11:00AM (Hybrid)

Join us for a time of art and guided meditation on the first Saturday of each month from 11:00 a.m.-12:30 p.m. 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 • 5:45PM (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.

PROGRAM ACCESS LEGEND

Virtual Only | In-person Only | Hybrid: offered in-person and virtually | Brief interview required. **Please call (317)-257-1505.**

SOCIAL PROGRAMS

Brothers Strengthening Brothers through Survivorship

Saturday, March 8th • 9:30AM (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 Courtney at **courtney@cancersupportindy.org** or call (317) 257-1505.

Self-Esteem & Body Image Group NEW!

Tuesday, March 11th • 6:00PM (Hybrid)

This group is a safe and compassionate space for individuals impacted by cancer to connect, share, and explore topics related to self-esteem and body image. Whether you're navigating changes from treatment or seeking support in rebuilding confidence, this group provides a supportive community to discuss challenges and celebrate progress. This group is open to cancer patients and survivors at any stage of their journey. Whether you'd like to share, listen, or simply find support, this space is for you. To learn more or to RSVP, please email **savannah@cancersupportindy.org** or call (317) 426-0282.

Crafting & Conversations

Every Tuesday • 1:00 - 2:00PM (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 or in person 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 • 10:00AM (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 can help 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, March 6th • 5:30PM (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, March 19th • 12PM (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, March 13th • 5:30 – 6:15PM (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)

Este programa será completamente en español
This program is held entirely in Spanish
Una cena y grupo de apoyo para pacientes y sobrevivientes de cáncer y sus seres queridos.
A dinner & support group for cancer patients, survivors, & their families.
Confirma su asistencia por email a **alex@cancersupportindy. org.**

PROGRAM ACCESS LEGEND

Virtual Only | In-person Only | Hybrid: offered in-person and virtually | Brief interview required. **Please call (317)-257-1505.**

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Gentle Yoga 10:30AM Mindful Art 11:00AM
3 Gentle Yoga 2:00PM Fight the Fatigue Chair Exercise 2:00PM	**4** Crafting & Convos 1:00PM Roots in Resilience 6:00PM NEW! Strength in Sisterhood 6:00PM Virtual Reality Appointments Available	**5** Chair Yoga 11:00AM LFN - Noche de Familia 6:00 PM	**6** Coffee & Coloring 10:00AM Book Club 5:30PM Relaxation & Visualization 5:45PM	**7** All Programs by Appointment Only	**8** Breast Group 9:30AM Brothers Strengthening Brothers 9:30AM Gentle Yoga 10:30AM
10 Gentle Yoga 2:00PM Fight the Fatigue Chair Exercise 2:00PM	**11** Crafting & Convos 1:00PM Roots in Resilience 6:00PM NEW! Self-Esteem & Body Image Group 6:00PM NEW! Virtual Reality Appointments Available	**12** Chair Yoga 11:00AM LGBTQIA+ Group 6:30PM Living with Loss 6:30PM Prostate Group 6:30PM	**13** Coffee & Coloring 10:00AM Supper & Support 5:30PM Relaxation & Visualization 5:45PM Family & Friends Group 6:30PM Patient Group 6:30PM	**14** All Programs by Appointment Only	**15** INTCC Group 10:00AM Gentle Yoga 10:30AM Ladies Self-Care Event 12:00PM NEW!
17 Gentle Yoga 2:00PM Fight the Fatigue Chair Exercise 2:00PM Cooking for Wellness 5:30PM	**18** *Crafting & Convos Cancelled for Today* Strength in Sisterhood 6:00PM Virtual Reality Appointments Available	**19** Chair Yoga 11:00AM Lunch Bunch 12:00PM Colorectal Group 5:00PM	**20** Coffee & Coloring 10:00AM Relaxation & Visualization 5:45PM	**21** All Programs by Appointment Only	**22** Breast Group 9:30AM Gentle Yoga 10:30AM
24 Gentle Yoga 2:00PM Fight the Fatigue Chair Exercise 2:00PM	**25** Crafting & Convos 1:00PM Virtual Reality Appointments Available	**26** Chair Yoga 11:00AM Living with Loss 6:30PM Prostate Group 6:30PM	**27** Coffee & Coloring 10:00AM Relaxation & Visualization 5:45PM	**28** All Programs by Appointment Only	**29** Gentle Yoga 10:30AM
31 Gentle Yoga 2:00PM Fight the Fatigue Chair Exercise 2:00PM	**31**				

PROGRAM ACCESS LEGEND

Virtual Only | In-person Only | Hybrid: offered in-person and virtually | Brief interview required. **Please call (317)-257-1505.**

APRIL

WELLNESS PROGRAMS

Fight the Fatigue: Chair Exercise Class
Every Monday • 2:00PM (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 Alex, email **courtney@cancersupportindy.org** or call our office at (317) 257-1505.

Gentle Stretch Yoga
Every Monday • 2:00PM (Virtual)
Every Wednesday • 11:00AM (Hybrid)
Every Saturday • 10:30AM (Hybrid)
Monday yoga (floor style class) 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, April 21st • 5:30PM
(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 • 11:00AM (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 • 5:45PM (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.

EDUCATIONAL PROGRAMS

NEW!

Lunch & Learn: Fatigue & Chemobrain
Tuesday, April 22nd • 11:00AM-12:30PM
Tuesday, April 29th • 11:00AM-12:30PM
(In-person Only)
Join us for a free lunch and a workshop on the topics of fatigue and chemobrain, which will be presented by occupational therapy doctoral students! During session one (April 22nd), there will be a presentation and group discussion on fatigue and chemobrain, as well as a discussion on how occupational therapy relates to addressing these issues. During session two (April 29th), the occupational therapy doctoral students will work individually with participants to discuss solutions and resources for addressing fatigue and chemobrain. 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.*

PROGRAM ACCESS LEGEND
Virtual Only | In-person Only | Hybrid: offered in-person and virtually | Brief interview required. **Please call (317)-257-1505.**

SOCIAL PROGRAMS

Brothers Strengthening Brothers through Survivorship

Saturday, April 12th • 9:30AM (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 Courtney at **courtney@cancersupportindy.org** or call (317) 257-1505.

Self-Esteem & Body Image Group NEW!

Tuesday, April 8th • 6:00PM (Hybrid)

This group is a safe and compassionate space for individuals impacted by cancer to connect, share, and explore topics related to self-esteem and body image. Whether you're navigating changes from treatment or seeking support in rebuilding confidence, this group provides a supportive community to discuss challenges and celebrate progress. This group is open to cancer patients and survivors at any stage of their journey. Whether you'd like to share, listen, or simply find support, this space is for you. To learn more or to RSVP, please email **savannah@cancersupportindy.org** or call (317) 426-0282.

Crafting & Conversations

Every Tuesday • 1:00 - 2:00PM (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 or in person 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 • 10:00AM (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 can help 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, April 3rd • 5:30PM (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, April 16th • 12PM (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, April 10th • 5:30 – 6:15PM (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 6:00PM (In-person Only)

Este programa será completamente en español
This program is held entirely in Spanish
Una cena y grupo de apoyo para pacientes y sobrevivientes de cáncer y sus seres queridos.
A dinner & support group for cancer patients, survivors, & their families.
Confirma su asistencia por email a **alex@cancersupportindy.org.**

PROGRAM ACCESS LEGEND

Virtual Only | In-person Only | Hybrid: offered in-person and virtually | Brief interview required. **Please call (317)-257-1505.**

MAIN CAMPUS PROGRAMS

5150 W 71st Street, Indianapolis, IN 46268

CANCER SUPPORT COMMUNITY INDIANA

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 **Crafting & Convos** 1:00PM **Strength in Sisterhood** 6:00PM **Virtual Reality Appointments Available**	**2** **Chair Yoga** 11:00AM **LFN - Noche de Familia** 6:00 PM	**3** **Coffee & Coloring** 10:00AM **Book Club** 5:30PM **Relaxation & Visualization** 5:45PM	**4** **All Programs by Appointment Only**	**5** **Gentle Yoga** 10:30AM **Mindful Art** 11:00AM
7 **Gentle Yoga** 2:00PM **Fight the Fatigue Chair Exercise** 2:00PM	**8** **Crafting & Convos** 1:00PM **Self-Esteem & Body Image Group** NEW! 6:00PM **Virtual Reality Appointments Available**	**9** **Chair Yoga** 11:00AM **LGBTQIA+ Group** 6:30PM **Living with Loss** 6:30PM **Prostate Group** 6:30PM	**10** **Coffee & Coloring** 10:00AM **Supper & Support** 5:30PM **Relaxation & Visualization** 5:45PM **Family & Friends Group** 6:30PM **Patient Group** 6:30PM	**11** **All Programs by Appointment Only**	**12** **Breast Group** 9:30AM **Brothers Strengthening Brothers** 9:30AM **Hoosier Anamillo Group** 10:00AM **Gentle Yoga** 10:30AM
14 **Gentle Yoga** 2:00PM **Fight the Fatigue Chair Exercise** 2:00PM	**15** *Crafting & Convos Cancelled for Today* **Strength in Sisterhood** 6:00PM **Virtual Reality Appointments Available**	**16** **Chair Yoga** 11:00AM **Lunch Bunch** 12:00PM **Colorectal Group** 5:00PM	**17** **Coffee & Coloring** 10:00AM **Relaxation & Visualization** 5:45PM	**18** **All Programs by Appointment Only**	**19** **INTCC Group** 10:00AM **Gentle Yoga** 10:30AM
21 **Gentle Yoga** 2:00PM **Fight the Fatigue Chair Exercise** 2:00PM **Cooking for Wellness** 5:30PM	**22** **Crafting & Convos** 1:00PM **Lunch & Learn: Fatigue & Chemobrain** NEW! 11:00AM **Virtual Reality Appointments Available**	**23** **Chair Yoga** 11:00AM **Living with Loss** 6:30PM **Prostate Group** 6:30PM	**24** **Coffee & Coloring** 10:00AM **Relaxation & Visualization** 5:45PM	**25** **All Programs by Appointment Only**	**26** **Breast Group** 9:30AM **Gentle Yoga** 10:30AM
28 **Gentle Yoga** 2:00PM **Fight the Fatigue Chair Exercise** 2:00PM	**29** **Crafting & Convos** 1:00PM **Lunch & Learn: Fatigue & Chemobrain** NEW! 11:00AM **Virtual Reality Appointments Available**	**30** **Chair Yoga** 11:00AM			

PROGRAM ACCESS LEGEND

Virtual Only | In-person Only | Hybrid: offered in-person and virtually | Brief interview required. **Please call (317)-257-1505.**

CANCER SUPPORT COMMUNITY INDIANA

LOCATION
Cancer Support Community
5150 W. 71st Street | Indianapolis, IN 46268



3rd Monday of Each Month | 5:30pm

This class is held in-person and streamed online via Facebook Live.

To RSVP or for more info contact
Courtney@cancersupportindy.org or call (317)-431-7752.



2nd Saturday of Each Month | 9:30am

This group meets in person

To RSVP or for more info contact
Aaron@cancersupportindy.org or call (317)-431-7752.

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**

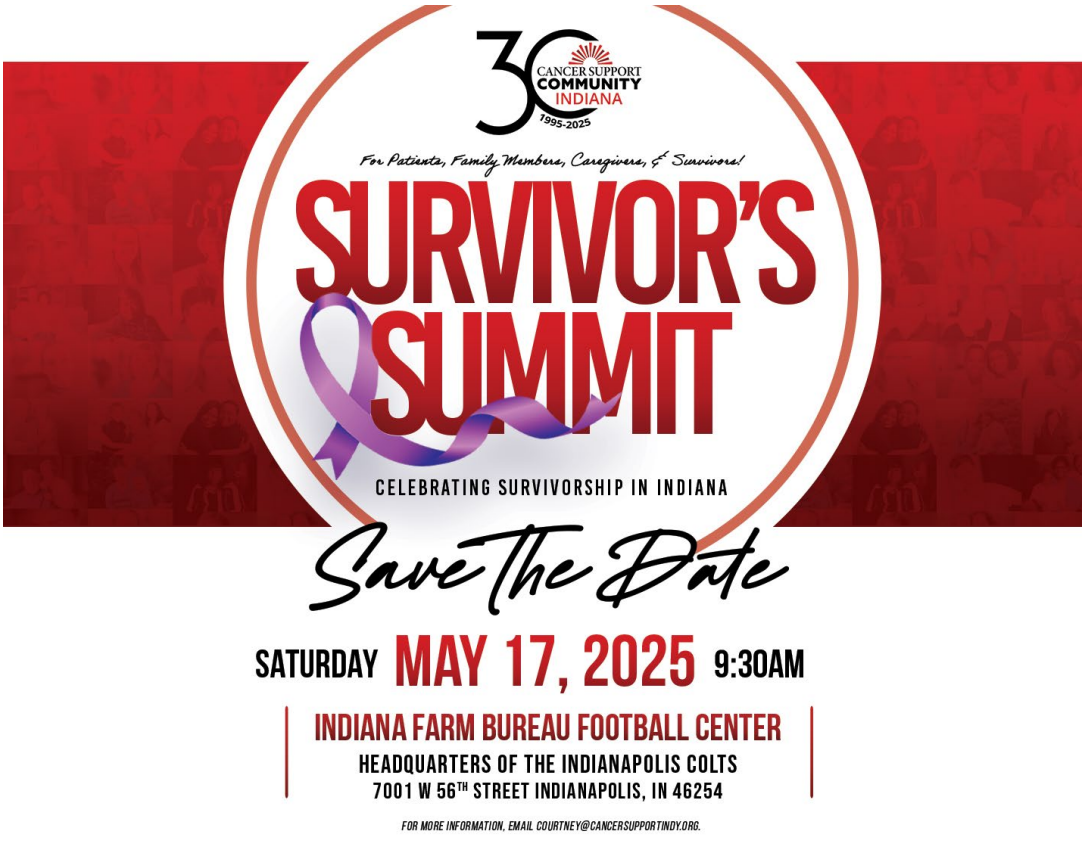


For more information on specific dates and times, please contact Ann Bredensteiner at 317.688.3395 or via email at abredens@iuhealth.org or visit **iuhealth.org/classes-events**.

IU HEALTH Indiana University Health

©2023 IUHealth

A portion of Cancer Support Community Indiana's funding comes from generous contributions raised through our fundraising events. These events are vital in helping us provide free support services to those impacted by cancer in our community. See below for upcoming events and how you can get involved!





BLOOMINGTON

1719 W 3rd Street, Bloomington, IN 47404

CANCER SUPPORT COMMUNITY SOUTH CENTRAL INDIANA
Powered by Bloomington Health Foundation

Anyone with interest in any of the programs below, contact Katie at **katie@cancersupportscin.org** or **(812)-929-0658**.
A brief conversation, in-person or over the phone, with one of our clinical staff will take place before getting started.

INDIVIDUAL COUNSELING

Individual Counseling
By Appointment Only (In-person & Virtual)
Meet with a counselor for one-on-one meetings to safely explore, discuss, and learn to cope with the stressors in your experience with cancer. For more information or to set up an appointment, contact Katie at **katie@cancersupportscin.org** or (812)-929-0658.
Brief interview is required.

NEW TO CANCER SUPPORT COMMUNITY?
ATTEND A NEWCOMER MEETING!

Want to know how to get involved in Cancer Support Community programs? Schedule a newcomer meeting with us to learn more about the programs we offer and how to get involved. Give us a call at 812.233.3286.

SUPPORT GROUPS

The in-person attendance option for each group is listed below. Many groups have a virtual attendance option through Zoom, with online connection accessible from any smart phone, tablet, or computer. Contact Katie at **katie@cancersupportscin.org** or (812)-929-0658 for more information. ***Brief interview is required.***

All-Cancer Support Group
1st & 3rd Wednesday of Each Month at 3:00AM

Breast Cancer Support Group
2nd & 4th Friday of Each Month at 9:30AM

Family & Friends Support Group
1st and 3rd Wed. of Each Month at 3:00PM

Living With Loss Support Group
3rd Monday of Each Month at 5:30PM

Prostate Cancer Support Group
2nd and 4th Wed. of Each Month from 5:30PM

Supportive Sounds Music Therapy Support Group
2nd Monday of Each Month at 5:30PM

Cancer Connection Group at Bedford Hospital
1st Tuesday of Each Month at 3:00PM
In-person only at IU Health Bedford Hospital, 2900 16th St. Bedford IN 47421

PROGRAM ACCESS LEGEND
Virtual Only | In-person Only | Hybrid: offered in-person and virtually | Brief interview required. **Please call (812)-929-0658.**

WELLNESS PROGRAMS

Reiki
Mondays and Wednesdays • By Appointment (In-person Only)

Reiki is a non-invasive, light-touch practice that assists in stress reduction. To schedule an appointment with our Reiki Provider, please call (812) 929-0658 or email **katie@cancersupportscin.org**. A brief intake is required.

Massage Therapy
Mondays and Fridays • By Appointment (In-person Only)

Massage Therapy is a great way to reduce muscle tension, improve circulation and increase flexibility. To schedule an appointment with our Certified Massage Therapist, please call (812) 929-0658 or email **katie@cancersupportscin.org.** A brief intake is required.

Gentle Yoga
Every Tuesday • 5:30-6:30PM (In-person & Virtual)

This yoga practice includes slow and smooth exercises and movements to help improve body awareness and range of motion. To register, email **katie@cancersupportscin.org.**

Strength & Resilience in Yoga
Every Wednesday • 10:00-11:00AM (In-person & Virtual)

This yoga practice includes moves that energize, strengthen, and build resilience in our bodies, minds, and spirits. Modifications to the poses will be provided to meet the needs of every participant. Breathing techniques as well as meditation will be included to provide rest and relaxation, important aspects of building resilience. To register, email **katie@cancersupportscin.org.**

Nutrition for Wellness
Saturday, April 12th 11:00AM–12:00PM (In-person)

Come learn from a local chef! This wellness program focuses on foods that provide good nutrition with easy effort. Follow along to a cooking demonstration, enjoy the prepared meal, and take the recipe home with you for future cooking. This month, we will meet at Ivy Tech Main Campus – The Yellowwood. Hope to see you there! To register, email **katie@cancersupportscin.org.**

Breathe & Release: The Jin Shin Jyutsu Edition
Wednesdays in April (Excluding April 16th) 12:00 -1:00PM (In-person & Virtual) NEW!

Get rid of Worry F-A-S-T (an acronym you'll learn more about) with Jin Shin Jyutsu, a practice that employs the breath, simple finger holds, and light touch to harmonize the body, mind and spirit.

In this series, we'll learn about the breath, the power of consciously inhaling and exhaling, ways to address the five "attitudes," and how to cultivate more ease in daily life. To register, email **katie@cancersupportscin.org.**

Qigong For Health And Vitality
Every Thursday • 10:00-10:45AM (In-person & Virtual)

The careful, fluid movements of qigong (pronounced chee-gong) have been shown to reduce stress, increase focus and concentration, and cultivate physical and emotional wellbeing. This class offers the option to participate sitting in a chair or standing. Please wear loose, comfortable clothing. To register, email **katie@cancersupportscin.org.**

Journeydance® With Tessa Bent NEW!
Saturday, April 5th • 11:00AM–12:15PM (In-person)

JourneyDance® is not about learning steps. It is a practice that combines guided and freestyle movements so you can get into your body, clear your mind, and release what no longer serves you. JourneyDance® provides a supportive space for participants to experience embodiment, explore emotions, and bring forth inner power. Suitable for everyone! Adaptations provided to accommodate all ability levels. To register, email **katie@cancersupportscin.org.**

Serene & Soothing Sound Bath (no water or towel required!)
Thursday, April 10th • 2:00-3:00PM (In-person)

Allow yourself to immerse in the tranquil sounds and vibrations that will surround you as you settle into a comfortable position. Feel the harmonizing resonance from a variety of gently played instruments, including singing bowls, gongs, chimes, drums, rain sticks... all providing you with a peaceful experience for your mind, body and soul. To register, email **katie@cancersupportscin.org.**

PROGRAM ACCESS LEGEND
Virtual Only | In-person Only | Hybrid: offered in-person and virtually | Brief interview required. **Please call (812)-929-0658.**

EDUCATION PROGRAMS

Scar Tissue & Cancer NEW!

Thursday, March 27th • 5:30-7:00PM
(In-person & VIrtual)

Although we all heal differently, scar tissue is something that is present after surgery and/or radiation therapy. Emily McClain, Occupational Therapist and Certified Lymphedema Therapist, will discuss all things scar tissue including: surgical scars, radiation fibrosis, healing timeframes, scar care, symptoms and impact on function, as well as treatment interventions and management for survivors. Q&A to follow the presentation. To register, email **katie@cancersupportscin.org.**

Calming Creations - Open Art Studio

Every Friday • 10:00-11:30AM
(In-person & Virtual)

This open art studio, led by Art Therapist, Bailee Taylor, will focus on engaging members with a relaxing and enjoyable art directive each week! Art materials will be provided, but participants are welcome to bring their own projects, if desired. As an Art Therapist and Licensed Mental Health Counselor, Bailee will provide social and emotional support in addition to the art created each class. To register, email **katie@cancersupportscin.org.**

Wig Fitting

Monday - Friday • By Appointment
(In-person)

Join us at our in-house boutique to try out different wigs, hats, and head scarves and find the best fit for you. You will learn about wig care and receive a wig, wig stand, and styling supplies to care for your new look. For more information, email **katie@cancersupportscin.org.**

SOCIAL PROGRAMS

The Morning Joannas

1st Tuesday of the month
9:00-10:30AM
(In-person & Virtual)

Female cancer survivors, please join us! Pour yourselves a cup of coffee and chat with other survivors for a relaxed get-together that will allow for good conversation and connection.
To register, email **katie@cancersupportscin.org.**

The Morning Joes

2nd Thursday of the month • 9:00-10:30AM
(In-person & Virtual)

Male cancer survivors, please join us! Pour yourselves a cup of coffee and chat with other survivors for a relaxed get-together that will allow for good conversation and connection.
To register, email **katie@cancersupportscin.org.**

Movie Night! NEW!

Friday, March 28th • 6:00-8:00PM
(In-person)

Aloha! Come put up your feet up, enjoy some movie theater treats and join us for a fun-filled evening of film with Moana 2! This invite is for the entire family, but space is limited so please pre-register each person attending.
To register, email **katie@cancersupportscin.org.**

Book Club

Thursday, April 24th • 2:00-3:00PM
(In-person & Virtual)

Please join us at our next Book Club! We're reading James by Percival Everett. We'll discuss, reflect, and review our experience with the book in this group discussion.
Please RSVP to reserve your space at group and a physical copy of the book!
To register, email **katie@cancersupportscin.org.**

PROGRAM ACCESS LEGEND
Virtual Only | In-person Only | Hybrid: offered in-person and virtually | Brief interview required. **Please call (812)-929-0658.**

BLOOMINGTON, IN
1719 W 3rd Street, Bloomington, IN 47404

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
3 **Reiki, Massage, and Wig Fittings available by appointment** Call 812-233-3286 to schedule	4 **Morning Joannas** 9:00AM **Cancer Connections Bedford** 3:00PM **Gentle Yoga** 5:30PM	5 **Strength & Resilience Yoga** 10:00AM **All-Cancer Group** 3:00 PM **Friends & Family Group** 3:00 PM	6 **Qigong for Health** 10:00AM	7 **Calming Creations** 10:00AM	8
10 **Supportive Sounds** 5:30PM	11 **Gentle Yoga** 5:30PM	12 **Strength & Resilience Yoga** 10:00AM **Prostate Cancer Support Group** 5:30 PM	13 **Morning Joes** 9:00AM **Qigong for Health** 10:00AM	14 **Calming Creations** 10:00AM **Breast Cancer Support Group** 10:00AM	15
17 **Living With Loss** 5:30PM	18 **Gentle Yoga** 5:30PM	19 **Strength & Resilience Yoga** 10:00AM **All-Cancer Group** 3:00 PM **Friends & Family Group** 3:00 PM	20 **Qigong for Health** 10:00AM	21 **Calming Creations** 10:00AM	22
24	25 **Gentle Yoga** 5:30PM	26 **Strength & Resilience Yoga** 10:00AM **Prostate Cancer Support Group** 5:30 PM	27 **Qigong for Health** 10:00AM **Scar Tissue & Cancer** NEW! 5:30PM	28 **Calming Creations** 10:00AM **Breast Cancer Support Group** 10:00AM **Family Movie Night** NEW! 6:00PM	29
31					

PROGRAM ACCESS LEGEND

Virtual Only | In-person Only | Hybrid: offered in-person and virtually | Brief interview required. **Please call (812)-929-0658.**

BLOOMINGTON, IN

1719 W 3rd Street, Bloomington, IN 47404

CANCER SUPPORT COMMUNITY SOUTH CENTRAL INDIANA
Powered by Bloomington Health Foundation

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 **Morning Joannas** 9:00AM **Cancer Connections Bedford** 3:00PM **Gentle Yoga** 5:30PM	**2** **Strength & Resilience Yoga** 10:00AM **Breathe & Release** NEW! 12:00 PM **All-Cancer Group** 3:00 PM **Friends & Family Group** 3:00 PM	**3** **Qigong for Health** 10:00AM	**4** **Calming Creations** 10:00AM	**5** **JourneyDance®** NEW! 11:00AM
7 **Reiki, Massage, and Wig Fittings available by appointment** Call 812-233-3286 to schedule	**8** **Gentle Yoga** 5:30PM	**9** **Strength & Resilience Yoga** 10:00AM **Breathe & Release** NEW! 12:00 PM **Prostate Cancer Support Group** 5:30 PM	**10** **Morning Joes** 9:00AM **Qigong for Health** 10:00AM **Sound Bath** 2:00PM	**11** **Calming Creations** 10:00AM **Breast Cancer Support Group** 10:00AM	**12** **Nutrition for Wellness** 11:00AM
14 **Supportive Sounds** 5:30PM	**15** **Gentle Yoga** 5:30PM	**16** **Strength & Resilience Yoga** 10:00AM **All-Cancer Group** 3:00 PM **Friends & Family Group** 3:00 PM	**17** **Qigong for Health** 10:00AM	**18** **Calming Creations** 10:00AM	**19**
21 **Living with Loss** 5:30PM	**22** **Gentle Yoga** 5:30PM	**23** **Strength & Resilience Yoga** 10:00AM **Breathe & Release** NEW! 12:00 PM **Prostate Cancer Support Group** 5:30 PM	**24** **Qigong for Health** 10:00AM **Book Club** 2:00PM	**25** **Calming Creations** 10:00AM **Breast Cancer Support Group** 10:00AM	**26**
28	**29** **Gentle Yoga** 5:30PM	**30** **Strength & Resilience Yoga** 10:00AM **Breathe & Release** NEW! 12:00 PM			

PROGRAM ACCESS LEGEND

Virtual Only | In-person Only | Hybrid: offered in-person and virtually | Brief interview required. **Please call (812)-929-0658.**

BLOOMINGTON, IN

1719 W 3rd Street, Bloomington, IN 47404



2nd Monday of the month | 5:30 p.m.

JOIN US IN PERSON OR VIRTUALLY!
RSVP Required.

Cancer Support Community
1719 W. 3rd Street | Bloomington, IN 47404

To RSVP or for more information, email
Katie@cancersupportscin.org or call **812-233-3286**



Thursday, March 27 | 5:30 - 7:30 p.m.

JOIN US IN PERSON OR VIRTUALLY!

Cancer Support Community
1719 W. 3rd Street | Bloomington, IN 47404

To RSVP or for more information, email
Katie@cancersupportscin.org or call **812-233-3286**

A portion of Cancer Support Community South Central Indiana's funding comes from generous contributions raised through our fundraising events. These events are vital in helping us provide free support services to those impacted by cancer in our community. See below for upcoming events and how you can get involved!

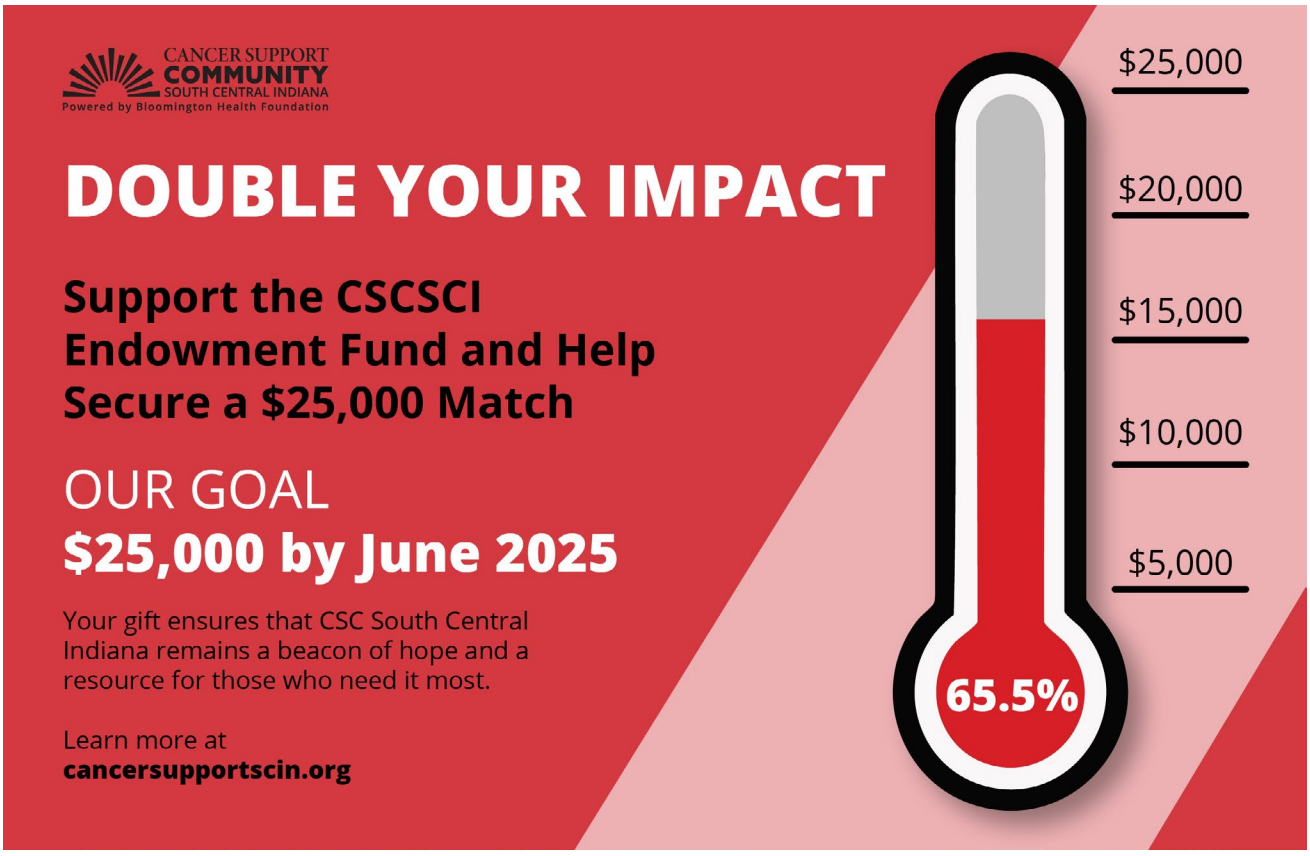


Join us for a powerful fundraising event dedicated to making a difference in the lives of those impacted by cancer.

During this heartwarming luncheon, you'll hear firsthand from cancer survivors, who will courageously share their inspiring journeys of resilience, hope, and triumph over adversity. Their stories serve as powerful reminders of the strength that can be found within each of us and the unwavering support that binds our community together.

cancersupportscin.org/strength-in-community-luncheon/

For more information email
Stephanie@cancersupportscin.org *or call* 812-233-3286.



WELLNESS PROGRAMS

Gentle Cardio & Strength Building
Every Tuesday • 5:30PM

Join us for our re-vamped class structure! Each class will build on the previous class(es). All fitness levels welcome and modifications will be available! Come join us, visit **ecommunity.com/survivorship** for information and to register for classes!

SUPPORT GROUPS

Please call **317.257.1505** for a brief interview first, then you will receive virtual link to join.

Patient Support Group
Every every 2nd and 4th Wed • 6:00PM

Prostate Support Group
Fourth Wednesday • 6:30PM

Metastatic Support Group
Third Thursday • 6:30PM

ART THERAPY

Art Therapy Group
Friday, March 7th • 1:00PM
Friday, April 4th • 1:00PM

Contact **faith@cancersupportindy.org** for more info or visit **ecommunity.com/survivorship** for information and to register.

SURVIVORSHIP

Please visit **ecommunity.com/survivorship** for information and to register for classes.

Cooking For Wellness
Monday, March 3rd • 6:30PM

Join Medical Nutritionist, Jodi Smith, in our virtual education class that explores healthy recipes to support nutritional needs for people impacted by cancer.

Protecting Your Kidneys: Before, During And After Treatment
Monday, March 17th • 6:30PM

Join Nurse Navigator, Tanya Lopez, as she discusses the role of our kidneys and why this is important with cancer treatment. She will also discuss the signs, symptoms, stages of chronic kidney disease, and what you can do to protect your kidneys.

Nutritional Wellness
Monday, April 7th • 6:30PM

Join Medical Nutritionist, Jodi Smith, in our virtual education class that explores healthy foods to support nutritional needs for people impacted by cancer.

Cancer And Nutrition: Myths Vs. Facts
Monday, April 21st • 6:30PM

There is a lot of information about nutrition and cancer, and it is sometimes hard to know what to believe. In this presentation, Gina Goodwin, Registered Dietitian, will "bust" some of the common myths and misconceptions about nutrition and cancer.

MASSAGE THERAPY

By appointment only. Must call Faith at **(317)-499-3083** to determine eligibility and schedule

Community East
Monday • Hours Vary

Community North
Tuesday-Thursday • Hours Vary

Community South
Tuesday-Thursday • Hours Vary

New Massage Therapy Eligibility Rules: Effective January 2025

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.

PROGRAM ACCESS LEGEND

Virtual Only | In-person Only

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Massage (East) Cooking for Wellness 6:30PM	**4** Massage (North & South) Cardio & Strength 5:30PM	**5** Massage (North & South)	**6** Massage (North & South)	**7** Art Therapy Group 1:00PM
10 Massage (East)	**11** Massage (North & South) Cardio & Strength 5:30PM	**12** Massage (North & South) Patient Support Group 6:00PM	**13** Massage (North & South)	**14**
17 Massage (East) Protecting Your Kidneys 6:30PM	**18** Massage (North & South) Cardio & Strength 5:30PM	**19** Massage (North & South)	**20** Massage (North & South) Metastatic Group 6:30PM	**21**
24 Massage (East)	**25** Massage (North & South) Cardio & Strength 5:30PM	**26** Massage (North & South) Patient Support Group 6:00PM Prostate Support Group 6:30PM	**27** Massage (North & South)	**28**
31 Massage (East)				

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Massage (North & South) Cardio & Strength 5:30PM	**2** Massage (North & South)	**3** Massage (North & South)	**4** Art Therapy Group 1:00PM
7 Massage (East) Nutritional Wellness 6:30PM	**8** Massage (North & South) Cardio & Strength 5:30PM	**9** Massage (North & South) Patient Support Group 6:00PM	**10** Massage (North & South)	**11**
14 Massage (East)	**15** Massage (North & South) Cardio & Strength 5:30PM	**16** Massage (North & South)	**17** Massage (North & South) Metastatic Group 6:30PM	**18**
21 Massage (East) Cancer & Nutrition 6:30PM	**22** Massage (North & South) Cardio & Strength 5:30PM	**23** Massage (North & South) Patient Support Group 6:00PM Prostate Support Group 6:30PM	**24** Massage (North & South)	**25**
28 Massage (East)	**29** Massage (North & South) Cardio & Strength 5:30PM	**30** Massage (North & South)		

PROGRAM ACCESS LEGEND

Virtual Only In-person Only

Programs are held virtually and in-person at the HRH Danville campus at:

1000 E Main Street, Danville, IN 46122

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, at **kathleen@cancersupportindy.org** 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.

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!

To schedule, please call: **(317)-661-1727,** or email: **kathleen@cancersupportindy.org.**

WELLNESS

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

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 more information.

PROGRAM ACCESS LEGEND

Virtual Only | In-person Only | Hybrid: offered in-person and virtually

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 **Yoga** 5:30PM **Individual Counseling** *By appointment only* **Virtual Reality Headsets** *By appointment only*	5	6	7
10	11 **Yoga** 5:30PM **Individual Counseling** *By appointment only* **Virtual Reality Headsets** *By appointment only*	12 **Individual Counseling** *By appointment only*	13	14
17	18 **Yoga** 5:30PM**Individual Counseling** *By appointment only* **Virtual Reality Headsets** *By appointment only*	19 **Individual Counseling** *By appointment only*	20	21
24 31	25 **Yoga** 5:30PM **Individual Counseling** *By appointment only* **Virtual Reality Headsets** *By appointment only*	26 **Individual Counseling** *By appointment only*	27	28

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **Yoga** 5:30PM-6:30PM **Individual Counseling** *By appointment only* **Virtual Reality Headsets** *By appointment only*	2 **Individual Counseling** *By appointment only*	3	4
7	8 **Yoga** 5:30PM-6:30PM **Individual Counseling** *By appointment only* **Virtual Reality Headsets** *By appointment only*	9 **Individual Counseling** *By appointment only*	10	11
14	15 **Yoga** 5:30PM **Individual Counseling** *By appointment only* **Virtual Reality Headsets** *By appointment only*	16 **Individual Counseling** *By appointment only*	17	18
21	22 **Yoga** 5:30PM **Individual Counseling** *By appointment only* **Virtual Reality Headsets** *By appointment only*	23 **Individual Counseling** *By appointment only*	24	25
28	29 **Yoga** 5:30PM **Individual Counseling** *By appointment only* **Virtual Reality Headsets** *By appointment only*	30 **Individual Counseling** *By appointment only*		

PROGRAM ACCESS LEGEND

Virtual Only | In-person Only | Hybrid: offered in-person and virtually

FRANCISCAN HEALTH CANCER CENTER

In-person programs are held at the Cancer Center at:

8111 S. Emerson Ave., Indianapolis, IN 46237

WELLNESS PROGRAMS

Resilience Workshop NEW!

FOR PATIENTS & CAREGIVERS (In-person)
Monday, March 31st • 12:00AM-1:00PM
RSVP Required

This workshop offers a supportive space to explore resilience-building techniques tailored for those navigating the emotional challenges of a cancer journey. Participants will engage in discussions, mindfulness exercises, and coping strategies to foster strength, emotional balance, and a sense of control. To RSVP, please contact Savannah at (317)-426-0282 or email **savannah@cancersupportindy.org**

Resilience Workshop NEW!

FOR FRANCISCAN STAFF (In-person)
Monday, April 7th • 12:00AM-1:00PM
RSVP Required

In this workshop, we'll explore practical strategies to build resilience, manage stress, and prevent burnout in the demanding healthcare environment. Through mindfulness techniques, self-care practices, and real-world applications, participants will gain tools to enhance well-being while continuing to provide compassionate care. To RSVP, please contact Savannah at (317)-426-0282 or email **savannah@cancersupportindy.org**

Virtual Reality Meditation Sessions

Every 2nd and 4th Monday
11:00-1:00PM (In-person)
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 • 4:30-5:30PM (Virtual)

For more information or to sign up, please contact Kayla at (317)-499-3077 or email **kaylaepplin@cancersupportindy.org**

Moving Beyond New session beginning April 2025!

Tuesdays • 5:30-7:30PM (Virtual)
Thursdays • 1:30-3:30PM (In-person)
Brief Interview Required

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 (3170-499-3077 or email **movingbeyond@cancersupportindy.org**

SOCIAL PROGRAMS

Crafter's Corner

3rd Wednesday of Each Month • 1:00-3:00PM (In-person)
RSVP Required

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**

Art Cart In Infusion

Every Wednesday on the Infusion Unit
Varying Times

For more information, please contact Kayla at (317)-499-3077 or email **kaylaepplin@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.

Franciscan Lafayette Patient Support Group

1st and 3rd Wednesday of Each Month
5:30-7:00PM (Virtual)
Brief Interview Required

For more information, please contact Kayla at (317)-499-3077 or email **kaylaepplin@cancersupportindy.org**

PROGRAM ACCESS LEGEND

Virtual Only | In-person Only

All-Cancer Support Group

3rd Monday of Each Month • 6:00-7:30PM (In-person)

Brief Interview Required

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**

Individual Counseling & Art Therapy Sessions

(Virtual and In-person)

Brief Interview Required

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

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 **Gentle Yoga** 4:30PM **Individual Counseling & Art Therapy services** *By appointment only*	**4** **Individual Counseling & Art Therapy services** *By appointment only*	**5** **Lafayette Patient Group** 5:30PM **Individual Counseling & Art Therapy services** *By appointment only*	**6** **Individual Counseling & Art Therapy services** *By appointment only*	**7** **Individual Counseling & Art Therapy services** *By appointment only*
10 **VR Meditation** 11:00AM **Gentle Yoga** 4:30PM **Individual Counseling & Art Therapy services** *By appointment only*	**11** **Individual Counseling& Art Therapy services** *By appointment only*	**12** **Individual Counseling& Art Therapy services** *By appointment only*	**13** **Individual Counseling& Art Therapy services** *By appointment only*	**14** **Individual Counseling& Art Therapy services** *By appointment only*
17 **Gentle Yoga** 4:30PM **All Cancer Group** 6:00PM **Individual Counseling & Art Therapy services** *By appointment only*	**18** **Individual Counseling& Art Therapy services** *By appointment only*	**19** **Crafter's Corner** 1:00PM **Lafayette Patient Group** 5:30PM **Individual Counseling Virtual Reality Headsets** *By appointment only*	**20** **Individual Counseling& Art Therapy services** *By appointment only*	**21** **Individual Counseling& Art Therapy services** *By appointment only*
24 **VR Meditation** 11:00AM **Gentle Yoga** 4:30PM **Individual Counseling & Art Therapy services** *By appointment only*	**25** **Individual Counseling& Art Therapy services** *By appointment only*	**26** **Individual Counseling& Art Therapy services** *By appointment only*	**27** **Individual Counseling& Art Therapy services** *By appointment only*	**28** **Individual Counseling& Art Therapy services** *By appointment only*
31 **Resilience Workshop** *(Patients & Caregivers)* NEW! 12:00PM **Gentle Yoga** 4:30PM **Individual Counseling & Art Therapy services** *By appointment only*				

PROGRAM ACCESS LEGEND

Virtual Only In-person Only

FRANCISCAN HEALTH CANCER CENTER

8111 S. Emerson Ave., Indianapolis, IN 46237

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **Individual Counseling & Art Therapy services** *By appointment only*	**2** **Lafayette Patient Group** 5:30PM **Individual Counseling & Art Therapy services** *By appointment only*	**3** **Individual Counseling & Art Therapy services** *By appointment only*	**4** **Individual Counseling & Art Therapy services** *By appointment only*
7 **Resilience Workshop** *(Healthcare Staff)* NEW! 12:00PM **Gentle Yoga** 4:30PM **Individual Counseling & Art Therapy services** *By appointment only*	**8** **Individual Counseling & Art Therapy services** *By appointment only*	**9** **Individual Counseling & Art Therapy services** *By appointment only*	**10** **Individual Counseling & Art Therapy services** *By appointment only*	**11** **Individual Counseling & Art Therapy services** *By appointment only*
14 **VR Meditation** 11:00AM **Gentle Yoga** 4:30PM **Individual Counseling & Art Therapy services** *By appointment only*	**15** **Individual Counseling & Art Therapy services** *By appointment only*	**16** **Crafter's Corner** 1:00PM **Lafayette Patient Group** 5:30PM **Individual Counseling & Art Therapy services** *By appointment only*	**17** **Individual Counseling & Art Therapy services** *By appointment only*	**18** **Individual Counseling & Art Therapy services** *By appointment only*
21 **Gentle Yoga** 4:30PM **All Cancer Group** 6:00PM **Individual Counseling & Art Therapy services** *By appointment only*	**22** **Moving Beyond** 5:30PM NEW! **Individual Counseling & Art Therapy services** *By appointment only*	**23** **Individual Counseling & Art Therapy services** *By appointment only*	**24** **Moving Beyond** 1:30PM NEW! **Individual Counseling & Art Therapy services** *By appointment only*	**25** **Individual Counseling & Art Therapy services** *By appointment only*
28 **VR Meditation** 11:00AM **Gentle Yoga** 4:30PM **Individual Counseling & Art Therapy services** *By appointment only*	**29** **Moving Beyond** 5:30PM NEW! **Individual Counseling & Art Therapy services** *By appointment only*	**30** **Individual Counseling & Art Therapy services** *By appointment only*		



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For more information on Hoosiers Outrun Cancer visit **hoosiersoutruncancer.org.**

ABOUT CANCER SUPPORT COMMUNITY

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!

30 CANCER SUPPORT COMMUNITY INDIANA 1995-2025

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