

2024 "Healing Moments" Participants

30 CANCER SUPPORT COMMUNITY INDIANA 1995-2025

THE COMPANION

SEPTEMBER/OCTOBER 2025

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

Scan the code to view **Indianapolis, IN** programs

Scan the code to view **Bloomington, IN** programs

Cancer Support Community offers 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 Friends,

As we transition into the beauty of autumn, Cancer Support Community Indiana remains steadfast in our commitment to ensuring that no one faces cancer alone. Each and every individual touched by cancer – patients, survivors, caregivers, family, and friends – is at the heart of our mission.

We understand the unique challenges that a cancer diagnosis presents, and it is our unwavering desire to support everyone impacted by this disease. That is why all our programs and services are offered free of charge to participants, thanks to the generosity of our donors, sponsors, and the community. We believe that access to vital support should never be a barrier to care.

We are proud to offer a diverse range of programs and services to meet the varied needs of our participants. Whether you prefer to connect in-person or virtually, we have something for you. Our programs are offered through our Bloomington and Franciscan satellite offices, and we also partner with a host of hospital systems across central and south-central Indiana. Also, stay tuned for our first university satellite location at Indiana University!

Cancer Support Community Indiana services include vital offerings such as counseling, art and music therapy, yoga, nutrition and wellness, and massage, all designed to complement traditional medical treatments and nurture the holistic well-being of those whom we serve. We are dedicated to providing the psychosocial support necessary to empower individuals on their cancer journey.

Within the pages of this September/October Companion, you will find details on upcoming programs, services and events offered in-person and/or virtually. We encourage you to explore the offerings and discover the strength and connection that awaits.

Table of Contents

INDIANAPOLIS PROGRAMS
Counseling & Support Groups 3
Educational Programs 4
Wellness & Social Programs 4

FUNDRAISING NEWS 8

BLOOMINGTON PROGRAMS
Counseling & Support Groups 9
Wellness Programs 9
Education Programs 10
Social Programs 11

COMMUNITY HEALTH NETWORK PROGRAMS 14

HENDRICKS REGIONAL HEALTH PROGRAMS 16

FRANCISCAN HEALTH PROGRAMS 18

Together, we can continue to build a powerful community where everyone impacted by cancer finds the support and hope they deserve.

With warmth and gratitude,

Dr. Terry Whitt Bailey
President & CEO

INDIANAPOLIS

*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 Indianapolis 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.

Anyone with interest in any of the programs below, please contact sofia@cancersupportindy.org or call 317-257-1505 for more info and to register.

COUNSELING SERVICES

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

Individual Counseling & Art Therapy sessions
By Appointment Only (In-person & Virtual)
Brief interview required.

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! Give us a call to schedule an individual meeting with one of our staff members. We can't wait to meet you!

Call 317-257-1505 for Indianapolis, IN
Call 812-233-3286 for Bloomington, IN

SUPPORT GROUPS

The following patient and caregiver support groups are held in a hybrid format (in-person and virtually). **An intake interview is required before attending.** For information on how to participate, please contact **sofia@cancersupportindy.org or call 317-257-1505.**

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
4th Wed. of Each Month at 6:30PM (Virtual Only)

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

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

LGBTQIA+ Cancer Support Group
2nd Wednesday of Each Month at 6:30PM
(In-person option now available at Bloomington, IN location)

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

Colorectal Cancer Support Group
3rd Thursday of Each Month at 5:30PM

EDUCATIONAL PROGRAMS

Lymphedema Education Session NEW!

Monday, Sept. 15 • 6:00PM (Virtual)

Lymphedema Education Session offers helpful information about what lymphedema is, how to manage it, and tips for reducing risk—empowering you with tools to better understand and care for your body. For more information and to RSVP, please contact **sofia@cancersupportindy.org** or call **317-257-1505.**

WELLNESS PROGRAMS

Yoga

Every Wednesday (Chair) • 11:00AM (Hybrid)
Every Saturday (Floor-Style) • 10:30AM (Hybrid)

Yoga offers slow, supportive movements to enhance flexibility and body awareness, with a chair-style class on Wednesdays and a floor-style class on Saturdays. For more information and to RSVP, please contact **sofia@cancersupportindy.org** or call **317-257-1505.**

Mindful Art

First Saturday • 11:00AM (Hybrid)

Mindful Art combines creative expression with guided meditation to offer a calming and reflective experience. Mindful Art will be happenig the second Saturday in September only and will go back to the normal schedule in October. For more information and to RSVP, please contact **sofia@cancersupportindy.org** or call **317-257-1505.**

Relaxation & Visualization

Every Thursday • 5:45PM (Virtual)

Relaxation & Visualization is a virtual guided practice designed to help you unwind and de-stress—many participants report improved sleep and a greater sense of calm. For more information and to RSVP, please contact **sofia@cancersupportindy.org** or call **317-257-1505.**

SOCIAL PROGRAMS

Brothers Strengthening Brothers Through Survivorship

Saturday, Sept. 13 • 9:30AM (In-person Only)
Saturday, Oct. 11 • 9:30AM (In-person Only)

Brothers Strengthening Brothers provides an opportunity for African American men with a cancer diagnosis to connect with other individuals who are facing similar challenges and breakthroughs. For more information and to RSVP, please contact **aaron@cancersupportindy.org** or call **317-257-1505.**

Art as a Path to Healing

Every Thursday • 5:30-7:30PM (In-person Only)

Art as a Path to Healing uses art therapy techniques, materials, and directives to empower participants in navigating their cancer journeys while building tools for stress and anxiety reduction. Contact **katiew@Cancersupportindy.org** for more info or call 317-257-1505

Crafting & Conversations

Every Tuesday • 1:00 - 2:00PM (Hybrid)

Crafting & Conversations brings together the calming benefits of knitting and crocheting with virtual connection, offering space to share projects, exchange tips, and enjoy open, engaging conversations on a variety of topics. For more information and to RSVP, please contact **sofia@cancersupportindy.org** or call **317-257-1505.**

Coffee & Coloring Club

Every Thursday • 10:00AM (Hybrid)

Coffee & Coloring offers a peaceful start to your day with the calming, meditative benefits of coloring—bring your favorite morning drink, gather a few coloring materials, and add a splash of creativity to your morning routine. For more information and to RSVP, please contact **sofia@cancersupportindy.org** or call **317-257-1505.**

Book Club

Thursday, Sept. 4 • 5:30PM (Virtual)
Thursday, Oct. 2 • 5:30PM (Virtual)

Book Club invites readers to explore a variety of genres and come together virtually for engaging discussions around a selected book each session. For more information and to RSVP, please contact **sofia@cancersupportindy.org** or call **317-257-1505.**

Lunch Bunch

Wednesday, Sept. 17 • 12PM (In-person Only)
Wednesday, Oct. 15 • 12PM (In-person Only)

Lunch Bunch offers a free lunch and friendly conversation with fellow CSC participants at our W 71st Street location in Indianapolis—*please let us know if you have any food allergies.* For more information and to RSVP, please contact **sofia@cancersupportindy.org** or call **317-257-1505.**

Fall Festival

Friday, Oct. 17 • 5-7PM (In-person Only)

Join us at 5150 W 71st Street, Indianapolis, IN 46268 for an evening packed with fall festivities! Enjoy a cookout, face painting, caramel apple station, pumpkin painting, games, crafts, a bounce house, hot cider & cocoa bar, and much more. Bring the whole family for food, fun, and fall cheer! RSVP to **sofia@cancersupportindy.org** and let us know how many guests you'll be bringing.

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

Supper & Support

Thursday, Sept. 11 • 5:30 – 6:15PM
Thursday, Oct. 9 • 5:30 – 6:15PM
(In-person Only)

Supper and Support brings CSC participants and facilitators together for an evening of shared conversation, connection, and a free dinner at our W 71st Street location in Indianapolis. *Please let us know if you have any food allergies.* For more information and to RSVP, please contact **sofia@cancersupportindy.org** or call **317-257-1505.**

Noche De Familia/ Latino Family Night

Primer miércoles del mes • 6:00 PM
First Wednesday of each month • 6:00PM
(In-person Only)

Este programa será completamente en español. Una cena y grupo de apoyo para pacientes y sobrevivientes de cáncer y sus seres queridos.

Latino Family Night is a dinner and support group for cancer patients, survivors and their families. *(This program is held entirely in Spanish.)*



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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SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 LABOR DAY	**2** Crafting & Convos 1:00PM Strength in Sisterhood 6:00PM	**3** Chair Yoga 11:00AM LFN - Noche de Familia 6:00 PM	**4** Coffee & Coloring 10:00AM Book Club 5:30PM Art as a Path to Healing 5:30PM Relaxation & Visualization 5:45PM	**5** All Programs by Appointment Only	**6** Gentle Stretch Yoga 10:30AM
8	**9** Crafting & Convos 1:00PM	**10** Chair Yoga 11:00AM LGBTQIA+ Group 6:30PM Living with Loss 6:30PM Prostate Group 6:30PM	**11** Coffee & Coloring 10:00AM Supper & Support 5:30PM Art as a Path to Healing 5:30PM Relaxation & Visualization 5:45PM Family & Friends Group 6:30PM Patient Group 6:30PM	**12** All Programs by Appointment Only	**13** Breast Cancer Group 9:30AM Brothers Strengthening Brothers 9:30AM Gentle Stretch Yoga 10:30AM Mindful Art 11:00AM Rescheduled
15 Lymphodema Education Session 6:00PM NEW!	**16** Crafting & Convos 1:00PM Strength in Sisterhood 6:00PM	**17** Chair Yoga 11:00AM Lunch Bunch 12:00PM	**18** Jay Archer Golf Shamble Coffee & Coloring 10:00AM Colorectal Group 5:30PM Art as a Path to Healing 5:30PM Relaxation & Visualization 5:45PM	**19** All Programs by Appointment Only	**20** INTCC Group 10:00AM Gentle Stretch Yoga 10:30AM
22	**23** Crafting & Convos 1:00PM	**24** Chair Yoga 11:00AM Living with Loss 6:30PM Prostate Group 6:30PM	**25** Coffee & Coloring 10:00AM Art as a Path to Healing 5:30PM Relaxation & Visualization 5:45PM	**26** All Programs by Appointment Only	**27** Breast Cancer Group 9:30AM Gentle Stretch Yoga 10:30AM
29	**30** Crafting & Convos 1:00PM				

PROGRAM ACCESS LEGEND Virtual Only · In-person Only · Hybrid: offered in-person and virtually

INDIANAPOLIS PROGRAMS

5150 W 71st Street, Indianapolis, IN 46268

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 **Chair Yoga** 11:00AM **LFN - Noche de Familia** 6:00 PM	**2** **Coffee & Coloring** 10:00AM **Book Club** 5:30PM **Art as a Path to Healing** 5:30PM **Relaxation & Visualization** 5:45PM	**3** All Programs by Appointment Only	**4** **Gentle Stretch Yoga** 10:30AM **Mindful Art** 11:00AM
6	**7** **Crafting & Convos** 1:00PM **Strength in Sisterhood** 6:00PM	**8** **Chair Yoga** 11:00AM **LGBTQIA+ Group** 6:30PM **Living with Loss** 6:30PM **Prostate Group** 6:30PM	**9** **Coffee & Coloring** 10:00AM **Supper & Support** 5:30PM **Art as a Path to Healing** 5:30PM **Relaxation & Visualization** 5:45PM **Family & Friends Group** 6:30PM **Patient Group** 6:30PM	**10** All Programs by Appointment Only	**11** **Breast Cancer Group** 9:30AM **Brothers Strengthening Brothers** 9:30AM **Gentle Stretch Yoga** 10:30AM
13	**14** **Crafting & Convos** 1:00PM	**15** **Chair Yoga** 11:00AM **Lunch Bunch** 12:00PM	**16** **Coffee & Coloring** 10:00AM **Colorectal Group** 5:30PM **Art as a Path to Healing** 5:30PM **Relaxation & Visualization** 5:45PM	**17** **Fall Festival** 5:00PM	**18** **INTCC Group** 10:00AM **Gentle Stretch Yoga** 10:30AM
20	**21** **Crafting & Convos** 1:00PM **Strength in Sisterhood** 6:00PM	**22** **Chair Yoga** 11:00AM **Living with Loss** 6:30PM **Prostate Group** 6:30PM	**23** **Coffee & Coloring** 10:00AM **Art as a Path to Healing** 5:30PM **Relaxation & Visualization** 5:45PM	**24** All Programs by Appointment Only	**25** **Breast Cancer Group** 9:30AM **Gentle Stretch Yoga** 10:30AM
27	**28** **Crafting & Convos** 1:00PM	**29** **Chair Yoga** 11:00AM	**30** **Coffee & Coloring** 10:00AM **Art as a Path to Healing** 5:30PM **Relaxation & Visualization** 5:45PM	**31** All Programs by Appointment Only	

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

FUNDRAISING NEWS

These events are vital in helping us provide free support services to those impacted by cancer in our community. See below for upcoming events. **Let us know if you want to get involved by calling 317-257-1505!**







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, please contact katie@cancersupportscin.org or call 812-929-0658 for more info and to register.

A brief conversation, in-person or over the phone, with one of our clinical staff will take place before getting started.

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. ***Brief interview is required before joining.***

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

Breast Cancer Support Group
2nd & 4th Friday of Each Month at 10:00AM

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

Living With Loss Support Group
New Schedule
4th Monday of Each Month at 5:30PM

Prostate Cancer Support Group
2nd and 4th Tuesday of Each Month at 5:30PM

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

Cancer Connections 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

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

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. ***Brief interview is required before joining.***

WELLNESS PROGRAMS

Reiki
Mondays and Wednesdays • By Appointment (In-person)
Reiki is a non-invasive, light touch practice that supports relaxation and reduces stress.

Massage Therapy
Mondays and Fridays • By Appointment (In-person)
Massage Therapy focuses on relieving muscle tension, enhancing circulation, and improving flexibility to support overall physical well-being and relaxation.

Strength & Resilience in Yoga
Every Wednesday • 10:00-11:00AM (In-person & Virtual)
Strength and Resilience Yoga incorporates energizing and strengthening poses with modifications, along with breathing techniques and meditation to build resilience in body, mind, and spirit.

Gentle Yoga
Every Tuesday • 5:30-6:30PM (In-person & Virtual)
Gentle Yoga includes slow and smooth exercises and movements to help improve body awareness and range of motion.

Breathe & Release
First and Third Wednesday • 12:00 -1:00PM (In-person & Virtual)
Breathe & Release invites participants to explore skillful breathing through shared breathwork, guided meditations, and supportive techniques to welcoming in the breath and enjoying the release of exhale.

Qigong For Health And Vitality
Every Thursday • 10:00-10:45AM
(In-person & Virtual)
Qigong is a gentle movement practice that uses slow, flowing motions to reduce stress, enhance focus, and support emotional and physical well-being; participants may choose to stand or sit.

Serene & Soothing Sound Bath
Thursday, Sept. 11 • 2:00-3:00PM
(In-person)
Serene and Soothing Sound Bath invites you to relax and unwind as you're immersed in calming sounds and vibrations from gently played instruments like singing bowls, gongs, chimes, drums, and rain sticks (no water or towel required!).

JourneyDance® NEW!
Saturday, Sept. 20 • 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.

Tai Chi NEW!
Oct. 28, Nov. 4, Nov. 11 and Nov. 18
10:30-11:30AM (In-person)
This four-week, progressive series will teach the fundamentals of Tai Chi, a practice that can yield many health benefits, including improved balance. Class is led by 20-year Tai Chi practitioner, Kathi Bethell.

EDUCATION PROGRAMS

Calming Creations - Open Art Studio
Every Friday • 10:00-11:30AM
(In-person & Virtual)
Calming Creations is a weekly open art studio led by Art Therapist Bailee Taylor, featuring relaxing and engaging art activities each session. All materials are provided, and you're welcome to work on your own creative projects as well.

Wig Fitting
Monday - Friday • By Appointment
(In-person)
Wig Fitting takes place in our in-house boutique, where you can explore a variety of wigs, hats, and head scarves to find your best fit. You will learn about wig care and receive a complimentary wig, stand, and styling supplies to support your new look.

Coping with the Fear of Recurrence NEW!
Thursday, Sept. 25 • 6:00-7:30PM
(In-person at IU Health Bedford Hospital)
Facilitated by a licensed clinical social worker, this educational presentation will discuss healthy ways to manage the fear and anxiety of a cancer recurrence. We will explore mental health interventions, emotional maintenance plans, and tools for empowerment for taking control in your post-treatment life. This program takes place at IU Health Bedford Hospital 2900 16th St, Bedford, IN 47421.

SOCIAL PROGRAMS

The Morning Joannas New Schedule
1st Tuesday of each month
10:00-11:30AM
(In-person & Virtual)
The Morning Joannas welcomes female cancer survivors to a relaxed and uplifting gathering, offering space for meaningful conversation, connection, and community.

The Morning Joes

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

The Morning Joes welcomes male cancer survivors to a relaxed and uplifting gathering, offering space for meaningful conversation, connection, and community.

Caregiver Check-in

1st Tuesday of each Month • 12:00-1:00PM
(Virtual)

Caregiver Check-In is a chance for caregivers to pause, take a breath, and connect with others who understand—offering a moment of rest and support in the midst of your busy day.

Book Club

Thursday, Oct. 23 • 2:00-3:00PM
(In-person & Virtual)

Book Club is a welcoming space for readers to explore a variety of genres and come together for meaningful discussion. RSVP to reserve your physical copy of the month's selected book!

Earthbound Expression: Special Edition of Open Art Studio

NEW!

Friday, Oct. 17 • 10:00-11:30AM
(In-person)

Art therapy and ecotherapy combine for this special edition of Calming Creations - Open Art Studio! We'll be meeting at a local park to get creative in the fresh fall air. RSVP to save your spot and ensure your materials.

Series: Exploring Alcohol Ink

NEW!

Thursday, Sept. 25 and Thursday, Oct. 23
1:00-3:00PM
(In-person)

Please join artist Gail Fairfield to learn about and creatively explore Alcohol Ink! This two-part series is a great opportunity to dabble in this artform, express yourself and connect with others while you do it. No experience required. Space is limited and RSVP is required.



BLOOMINGTON PROGRAMS

1719 W 3rd Street, Bloomington, IN 47404

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 LABOR DAY	**2** Morning Joannas 10:00AM New Schedule Caregiver Check-in 12:00PM Cancer Connections 3:00PM Gentle Yoga 5:30PM Virtual Today Only	**3** Strength & Resilience Yoga 10:00AM Breathe & Release 12:00 PM All-Cancer Group 3:00 PM Family & Friends Group 3:00 PM	**4** Qigong for Health 10:00AM	**5** Calming Creations 10:00AM	**6** Reiki available by appointment M and W Massage available by appointment M and F Wig Fittings available by appointment M-F Call 812-233-3286 to schedule
8 Supportive Sounds 5:30PM New Schedule	**9** Gentle Yoga 5:30PM Virtual Today Only Prostate Cancer Support Group 5:30 PM	**10** Strength & Resilience Yoga 10:00AM LGBTQIA+ Support Group 6:30 PM	**11** Morning Joes 9:00AM Qigong for Health 10:00AM Sound Bath 2:00PM	**12** Calming Creations 10:00AM Breast Cancer Support Group 10:00AM	**13**
15	**16** Gentle Yoga 5:30PM	**17** Strength & Resilience Yoga 10:00AM Breathe & Release 12:00 PM All-Cancer Group 3:00 PM Family & Friends Group 3:00 PM	**18** Qigong for Health 10:00AM	**19** Calming Creations 10:00AM	**20** Journey Dance® 11:00AM NEW!
22 Living With Loss 5:30PM New Schedule	**23** Gentle Yoga 5:30PM Prostate Cancer Support Group 5:30 PM	**24** Strength & Resilience Yoga 10:00AM	**25** Qigong for Health 10:00AM Exploring Alcohol Ink 1:00PM NEW! Coping with the Fear of Recurrence 6:00PM NEW!	**26** Calming Creations 10:00AM Breast Cancer Support Group 10:00AM	**27**
29	**30** Gentle Yoga 5:30PM Virtual Today Only				

PROGRAM ACCESS LEGEND Virtual Only · In-person Only · Hybrid: offered in-person and virtually

BLOOMINGTON PROGRAMS

1719 W 3rd Street, Bloomington, IN 47404

CANCER SUPPORT COMMUNITY SOUTH CENTRAL INDIANA
Powered by Bloomington Health Foundation

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Reiki available by appointment M and W **Massage available by appointment M and F** **Wig Fittings available by appointment M-F** Call 812-233-3286 to schedule		**1** **Strength & Resilience Yoga** 10:00AM Virtual Today Only **Breathe & Release** 12:00PM **All-Cancer Group** 3:00PM **Family & Friends Group** 3:00PM	**2** **Qigong for Health** 10:00AM Virtual Today Only	**3** **Calming Creations** 10:00AM	**4** **Hoosiers Outrun Cancer**	**5**
6	**7** **Morning Joannas** 10:00AM **Caregiver Check-in** 12:00PM **Cancer Connections** 3:00PM **Gentle Yoga** 5:30PM	**8** **Strength & Resilience Yoga** 10:00AM **LGBTQIA+ Support Group** 6:30PM	**9** **Morning Joes** 9:00AM **Qigong for Health** 10:00AM **LGBTQIA+ Support Group** 6:30 PM	**10** **Calming Creations** 10:00AM **Breast Cancer Support Group** 10:00AM	**11**	**12**
13 **Supportive Sounds** 5:30PM	**14** **Gentle Yoga** 5:30PM **Prostate Cancer Support Group** 5:30 PM	**15** **Strength & Resilience Yoga** 10:00AM **Breathe & Release** 12:00 PM **All-Cancer Group** 3:00PM **Family & Friends Group** 3:00PM	**16** **Qigong for Health** 10:00AM	**17** **Earthbound Expression: Open Art Studio** 10:00AM NEW!	**18**	**19**
20	**21** **Gentle Yoga** 5:30PM	**22** **Strength & Resilience Yoga** 10:00AM	**23** **Qigong for Health** 10:00AM **Series: Exploring Alcohol Ink** 1:00PM NEW! **Book Club** 2:00PM	**24** **Calming Creations** 10:00AM **Breast Cancer Support Group** 10:00AM	**25**	**26** **Paint The Town Pink**
27 **Living with Loss** 5:30PM	**28** **Tai Chi** 10:30AM NEW! **Gentle Yoga** 5:30PM **Prostate Cancer Support Group** 5:30 PM	**29** **Strength & Resilience Yoga** 10:00AM	**30** **Qigong for Health** 10:00AM	**31** **Calming Creations** 10:00AM		

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

COMMUNITY HEALTH NETWORK

Anyone with interest in any of the programs below, please contact faith@cancersupportindy.org or call 317-499-3083 for more info and to register.

WELLNESS PROGRAMS

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

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

Gentle Cardio and Strength Building offers low-impact movement to improve endurance, strength, and overall wellness—modifications are available, and all fitness levels are welcome.

SUPPORT GROUPS

A brief interview is required before joining. Please call **317-257-1505** to get started.

Patient Support Group
Second and fourth Wednesday • 6:00PM

Prostate Support Group
Fourth Wednesday • 6:30PM

Metastatic Support Group
Third Thursday • 6:30PM

SURVIVORSHIP

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

Cooking For Wellness
Monday, Sept. 8 • 6:30PM

Cooking for Wellness introduces basic cooking techniques alongside recipes and tips for healthy eating habits, offering a hands-on approach to nourishing meals.

Self-Esteem and Body Image
Monday, Sept. 22 • 6:30PM

Self-Esteem and Body Image explores how cancer and its treatment can impact the way we see and feel about our bodies and ourselves. Led by Savannah Shelton, LMHCA, this session offers space for reflection while introducing tools to support self-acceptance, personal growth, and a deeper understanding of your worth at every stage of your journey

Nutritional Wellness
Monday, Oct. 6 • 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.

Recognizing Late and Long-Term Side Effects from Breast Cancer Treatment: Strategies for Management
Monday, Oct. 20 • 6:30PM

Join one of our breast navigators as she discusses ways to support breast cancer patients. We will provide awareness of possible late and long-term side effects due to breast cancer treatment and what to monitor post treatment.

ART THERAPY

Art Therapy Group
1st Friday of each Month • 1:00PM

Art Therapy Group provides a supportive space to explore your thoughts and emotions through creative expression, using art materials and guided prompts to promote healing, reduce stress, and encourage personal insight—no artistic experience needed.

MASSAGE THERAPY

By appointment only. Please call Faith at 317-499-3083 to determine eligibility and to schedule a massage.

Community East
Monday • Hours Vary

Community North
Tuesday-Thursday • Hours Vary

Community South
Tuesday & Wednesday • 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

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 LABOR DAY	**2** Massage (North & South)	**3** Massage (North & South)	**4** Massage (North)	**5** Art Therapy Group 1:00PM
8 Massage (East) Gentle Cardio & Strength 5:30PM Cooking for Wellness 6:30PM	**9** Massage (North & South)	**10** Massage (North & South) Patient Support Group 6:00PM	**11** Massage (North)	**12**
15 Massage (East) Gentle Cardio & Strength 5:30PM	**16** Massage (North & South)	**17** Massage (North & South)	**18** Massage (North) Metastatic Group 6:30PM	**19**
22 Massage (East) Gentle Cardio & Strength 5:30PM Self-Esteem & Body Image 6:30PM	**23** Massage (North & South)	**24** Massage (North & South) Patient Support Group 6:00PM Prostate Support Group 6:30PM	**25** Massage (North)	**26**
29 Massage (East) Gentle Cardio & Strength 5:30PM	**30** Massage (North & South)			

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Massage (North & South)	**2** Massage (North)	**3** Art Therapy Group 1:00PM
6 Massage (East) Gentle Cardio & Strength 5:30PM Nutritional Wellness 6:30PM	**7** Massage (North & South)	**8** Massage (North & South) Patient Support Group 6:00PM	**9** Massage (North)	**10**
13 Massage (East) Gentle Cardio & Strength 5:30PM	**14** Massage (North & South)	**15** Massage (North & South)	**16** Massage (North) Metastatic Group 6:30PM	**17**
20 Massage (East) Gentle Cardio & Strength 5:30PM Recognizing Side Effects from Breast Cancer 6:30PM	**21** Massage (North & South)	**22** Massage (North & South) Patient Support Group 6:00PM Prostate Support Group 6:30PM	**23** Massage (North)	**24**
27 Massage (East) Gentle Cardio & Strength 5:30PM	**28** Massage (North & South)	**29** Massage (North & South)	**30** Massage (North)	**31**

PROGRAM ACCESS LEGEND Virtual Only In-person Only

HENDRICKS REGIONAL HEALTH

Anyone with interest in any of the programs below, please contact kathleen@cancersupportindy.org or call 317-661-1727 for more info and to register.

CANCER SUPPORT COMMUNITY INDIANA

Hendricks Regional Health

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

1000 E Main Street, Danville, IN 46122

WELLNESS & ART

Gentle Stretch Yoga
Every Tuesday • 5:30 – 6:30PM (Virtual)

Gentle Stretch Yoga offers slow, supportive movements to enhance flexibility and body awareness.

Virtual Reality Headsets
By Appointment ONLY on Tuesdays and Wednesdays

Virtual Reality Meditation Sessions invite you to unwind using immersive VR headsets designed to reduce stress and support coping skills.



By Appointment Only

Hendricks Regional Health
1000 E Main Street | Danville, IN 46122

Contact kathleen@cancersupportindy.org or call (317) 661-1727 for more information and how to join!

COUNSELING & EDUCATION

Individual Counseling (For Survivors)
On Tuesdays and Wednesdays by Appointment Only

Individual Counseling Sessions provide personalized support to help you navigate the emotional challenges of cancer and its impact on you and your loved ones, with up to eight FREE sessions available—you don't have to face cancer alone.

Individual Education Sessions (For Survivors & Caregivers)
By Appointment Only

Individual Education Sessions are one-on-one, personalized meetings designed to help you manage the stress and emotional challenges of cancer—whether you're in treatment or supporting a loved one. You'll learn practical tools and techniques to reduce anxiety and regain a sense of control. These sessions are educational in nature and **are not a form of counseling.**

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.

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

HENDRICKS REGIONAL HEALTH

1000 E Main Street, Danville, IN 46122

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 LABOR DAY	2 Gentle Stretch Yoga 5:30PM Individual Counseling *By appointment only* Virtual Reality Headsets *By appointment only*	3 Individual Counseling *By appointment only* Virtual Reality Headsets *By appointment only*	4	5
8	9 Gentle Stretch Yoga 5:30PM Individual Counseling *By appointment only* Virtual Reality Headsets *By appointment only*	10 Individual Counseling *By appointment only* Virtual Reality Headsets *By appointment only*	11	12
13	15 Gentle Stretch Yoga 5:30PM Individual Counseling *By appointment only* Virtual Reality Headsets *By appointment only*	16 Individual Counseling *By appointment only* Virtual Reality Headsets *By appointment only*	17	18
22	23 Gentle Stretch Yoga 5:30PM Individual Counseling *By appointment only* Virtual Reality Headsets *By appointment only*	24 Individual Counseling *By appointment only* Virtual Reality Headsets *By appointment only*	25	26
29	30 Gentle Stretch Yoga 5:30PM Individual Counseling *By appointment only* Virtual Reality Headsets *By appointment only*			

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Individual Counseling *By appointment only* Virtual Reality Headsets *By appointment only*	2	3
6	7 Gentle Stretch Yoga 5:30PM Individual Counseling *By appointment only* Virtual Reality Headsets *By appointment only*	8 Individual Counseling *By appointment only* Virtual Reality Headsets *By appointment only*	9	10
13	14 Gentle Stretch Yoga 5:30PM Individual Counseling *By appointment only* Virtual Reality Headsets *By appointment only*	15 Individual Counseling *By appointment only* Virtual Reality Headsets *By appointment only*	16	17
20	21 Gentle Stretch Yoga 5:30PM Individual Counseling *By appointment only* Virtual Reality Headsets *By appointment only*	22 Individual Counseling *By appointment only* Virtual Reality Headsets *By appointment only*	23	24
27	28 Gentle Stretch Yoga 5:30PM Individual Counseling *By appointment only* Virtual Reality Headsets *By appointment only*	29 Individual Counseling *By appointment only* Virtual Reality Headsets *By appointment only*	30	31

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 Avenue, Indianapolis, IN 46237

WELLNESS PROGRAMS

Virtual Reality Meditation Sessions

2nd and 4th Monday of Each Month
11:00AM-1:00PM (In-person)

RSVP Required

Virtual Reality Meditation Sessions invite you to unwind using immersive VR headsets designed to reduce stress and support coping skills—open to patients, survivors, caregivers, and oncology healthcare professionals. Contact Savannah at **317-426-0282** or email **savannah@cancersupportindy.org** for more information or to register.

Gentle Stretch Yoga

Every Monday • 4:30-5:30PM (Virtual)

Gentle Stretch Yoga offers slow, supportive movements to enhance flexibility and body awareness. Contact **savannah@cancersupportindy.org** or call **317-426-0282** for more information or to register.

SOCIAL PROGRAMS

Crafter's Corner

Third Wednesday of Each Month • 1:00-3:00PM (In-person)

RSVP Required

Crafter's Corner is a welcoming space to gather each month, enjoy creative time together, and make something beautiful—materials are provided at no cost. Contact **savannah@cancersupportindy.org** or call **317-426-0282** for more information or to register.

Art Cart In Infusion

Every Wednesday on the Infusion Unit
Times Vary

Art Cart in Infusion brings creativity directly to you during your infusion session, as a member of our staff visits each chair offering the chance to create, connect, or simply enjoy a relaxing art activity together. Contact **katiew@cancersupportindy.org** or call **317-721-1468** for more information or to register.

COUNSELING, ART THERAPY & SUPPORT GROUP SERVICES

These free sessions allow the safe exploration and discussion of life stressors cancer patients and their caregivers experience; coping mechanisms are taught, and couples and family counseling are also offered. Contact Savannah at **317-426-0282** or email **savannah@cancersupportindy.org** for more information or to register.

A brief interview is required before participation.

Individual Counseling & Art Therapy Sessions

By Appointment Only
(Virtual and In-person)

All-Cancer Support Group

New Sept. Schedule

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

Franciscan Lafayette Patient Support Group

First and Third Wednesday of Each Month
5:30-7:00PM (Virtual)

This group is open to any patient or survivor impacted by cancer.

Meaning in the Making

2nd & 4th Wednesday of Each Month
1:30-3:30PM (In-person)

Meaning in the Making uses art therapy techniques, materials, and directives to empower participants in navigating their cancer journeys while building tools for stress and anxiety reduction. Contact **katiew@cancersupportindy.org** or call **317-721-1468** for more information or to register.

Open Art Studio

NEW!

Every Monday •1:00-3:00PM (Hybrid)

Join our free Open Art Studio class – a supportive space to create, reflect, and connect with others impacted by cancer. Materials provided. Contact **meghan@cancersupportindy.org** for more information or to register.

Moving Beyond

Returning

Every Tuesday • 5:30-7:30PM (Virtual)
Every Thursday • 1:30-3:30PM (In-Person)

Moving Beyond is an eight-week program designed to help cancer survivors and caregivers thrive and live a healthy life after treatment. Contact **movingbeyond@cancersupportindy.org** for more information.

PROGRAM ACCESS LEGEND Virtual Only In-person Only

FRANCISCAN HEALTH CANCER CENTER

8111 S. Emerson Ave., Indianapolis, IN 46237

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 **LABOR DAY**	**2** **Individual Counseling & Art Therapy Services** *Available by appointment only, both virtual and in-person*	**3** **Lafayette Patient Group** 5:30PM **Art Cart in Infusion** Times Vary	**4**	**5**
8 **VR Meditation** 11:00AM **Open Art Studio** 1:00PM **Gentle Stretch Yoga** 4:30PM **All Cancer Group** 6:00PM	**9** **Moving Beyond** 5:30PM	**10** **Meaning in the Making** 1:30PM **Art Cart in Infusion** Times Vary	**11** **Moving Beyond** 1:30PM	**12**
15 **Open Art Studio** 1:00PM **Gentle Stretch Yoga** 4:30PM	**16** **Moving Beyond** 5:30PM	**17** **Crafter's Corner** 1:00PM **Lafayette Patient Group** 5:30PM **Art Cart in Infusion** Times Vary	**18** **Moving Beyond** 1:30PM	**19**
22 **VR Meditation** 11:00AM **Open Art Studio** 1:00PM **Gentle Stretch Yoga** 4:30PM	**23** **Moving Beyond** 5:30PM	**24** **Meaning in the Making** 1:30PM **Art Cart in Infusion** Times Vary	**25** **Moving Beyond** 1:30PM	**26**
29 **Open Art Studio** 1:00PM **Gentle Stretch Yoga** 4:30PM	**30** **Moving Beyond** 5:30PM			

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Individual Counseling & Art Therapy Services *Available by appointment only, both virtual and in-person*		**1** **Lafayette Patient Group** 5:30PM **Art Cart in Infusion** Times Vary	**2** **Moving Beyond** 1:30PM	**3**
6 **Open Art Studio** 1:00PM **Gentle StretchYoga** 4:30PM	**7** **Moving Beyond** 5:30PM	**8** **Meaning in the Making** 1:30PM **Art Cart in Infusion** Times Vary	**9** **Moving Beyond** 1:30PM	**10**
13 **VR Meditation** 11:00AM **Open Art Studio** 1:00PM **Gentle Stretch Yoga** 4:30PM	**14** **Moving Beyond** 5:30PM	**15** **Crafter's Corner** 1:00PM **Lafayette Patient Group** 5:30PM **Art Cart in Infusion** Times Vary	**16** **Moving Beyond** 1:30PM	**17**
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PROGRAM ACCESS LEGEND Virtual Only In-person Only

INDIANAPOLIS PROGRAM SPONSORS

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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!

CONTACT US

INDIANAPOLIS
(317) 257-1505
info@cancersupportindy.org

SOUTH CENTRAL INDIANA
(812) 233-3286
info@cancersupportscin.org

VISIT US

INDIANAPOLIS LOCATION
5150 W 71st Street | Indianapolis, IN 46268
cancersupportindy.org

BLOOMINGTON LOCATION
1719 W 3rd Street | Bloomington, IN 47404
cancersupportscin.org

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