CANCER SUPPORT COMMUNITY INDIANA
1995-2025

Survivor Parade during 2025
Hoosiers Outrun Cancer

THE COMPANION

NOVEMBER/DECEMBER 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!

OUR COMMUNITY IS STRONGER THAN CANCER

We have a lot to be THANKFUL for!

This autumn has been a busy and exciting season for Cancer Support Community Indiana! We are deeply grateful to our donors, volunteers, and staff for their outstanding efforts in making our events such a success. Thanks to you, we are able to carry out our mission: ensuring that no one faces cancer alone.

The **9th Annual Jay W. Archer Memorial Golf Shamble** raised more than $87,000! Year after year, this event continues to grow, providing vital support for our programming at Cancer Support Community. A heartfelt thank you goes out to all the golfers, sponsors, volunteers, Eagle Creek Golf Club, the Archer Family, the golf committee and staff for helping make it such a memorable day. Interested in joining us next year? Mark your calendar for the 10th Annual event on September 17, 2026!



This year's **Hoosiers Outrun Cancer** was another uplifting success, raising more than $440,000 for our participants! This achievement would not have been possible without the generosity of our sponsors, donors, Survivors, walk/run participants, staff, and the dedicated volunteers who kept the event running smoothly. This event is a huge undertaking and over 4,300 participants joined us for a beautiful day in Bloomington, Indiana.

Our Annual **Fall Festival** celebrated its 10th year! Focused on bringing people together, this tradition continues to unite the Pike Township community with Cancer Support Community participants. We extend our gratitude to our community partners, participants, and staff for creating such a joyful evening of fun and fellowship.

Sista Strut returned with another inspiring walk at Victory Field, bringing together Survivors and supporters. This national event is dedicated to raising awareness about breast cancer specifically in women of color. Always a day filled with energy and community, it wouldn't be possible without the efforts of our incredible volunteers and staff.

Paint the Town Pink was also a tremendous success! Centered around the theme Awareness Saves Lives, this event would not have been possible without the support of Bloomington's business community. Thank you for helping us spread the message and advance our mission!

Looking to get involved in upcoming events?
Cancer Support Community Indiana will host its Annual Caregiver Event on Saturday, Nov. 1—a special day honoring the loved ones who provide care and support to our participants and Survivors. For more information, please call (317) 257-1505.

And don't miss our Holiday Party on Friday, Dec. 5! Join us for an evening of celebration, community, and holiday cheer. For more information, please call (317) 257-1505 for the Indianapolis celebration and (812) 233-3286 for the Bloomington celebration.

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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. Please contact **savannah@cancersupportindy.org or 317-426-0282***

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.**

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

Art Bereavement Support Group NEW!
Wednesday, November 5,12, and 19 at 5:30PM (In-person only)
This group is a supportive space for anyone grieving the loss or anticipating grieving the loss of a loved one before the holidays.

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

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

EDUCATIONAL PROGRAMS

Mindful Motion

NEW!

Wednesday, Nov. 19 • 5:30PM (Virtual)

Join Aika Yoshida, PT, DPT, Cert MDT, RYT, as she provides insight on the importance of movement wellness screenings and how they may help YOU, the participant, stay active, confident, and capable in the activities that matter most to you.

WELLNESS PROGRAMS

Mindful Art

First Saturday • 11:00AM (Hybrid)

Mindful Art combines creative expression with guided meditation to offer a calming and reflective experience. 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.**

Self-Esteem & Body Image

NEW!

Every Monday in November • 5:30PM (Virtual)

Join us for a 4-week virtual workshop series designed to strengthen self-esteem and promote a healthier body image. Each session will provide psychoeducation, group discussion, and a supportive environment for pesonal growth. **RSVP required,** please contact **savannh@cancersupportindy.org** or call **317-257-1505**

Balance and Fall Risk Screenings

NEW!

Monday, Dec. 1 • 2:00PM (In-person Only)

RSVP required, please contact **sofia@cancersupportindy.org** or call **317-257-1505**

SOCIAL PROGRAMS

Art as a Path to Healing

2nd Thursday of Each Month • 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, Nov 6 • 5:30PM (Virtual)

Thursday, Dec. 4 • 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, Nov. 19 • 12PM (In-person Only)

Wednesday, Dec. 17 • 12PM (In-person Only)

Lunch Bunch offers a free lunch and friendly conversation with fellow CSC participants at our West 71st Street location in Indianapolis. RSVP required—*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.**

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

INDIANAPOLIS PROGRAMS

5150 W 71st Street, Indianapolis, IN 46268

Supper & Support

Tuesday, Nov. 13 • 5:30 – 6:15PM (In-person)
Thursday, Dec. 11 • 5:30 – 6:15PM (In-person)

Supper and Support brings CSC participants and facilitators together for an evening of shared conversation, connection, and a free dinner at our West 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.**

Brothers Strengthening Brothers Through Survivorship

Saturday, Nov. 8 • 9:30AM (Hybrid)
Saturday, Dec. 13 • 9:30AM (Hybrid)

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.**

Caring for Our Caregivers NEW!

Saturday, Nov. 1 • 10:00AM (In-person Only)

Join us for a delicious Olive Garden meal, soothing massages, and an engaging presentation on ways to decrease caregiver burnout. This day is all about you—relax, unwind, and let us pamper you in gratitude for the **c**are and compassion you give every day**.** 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.)* For more information and to RSVP, please contact **sofia@cancersupportindy.org** or call **317-257-1505.**

Just For Young Adults NEW!

Wednesday, Nov. 5,12 and 19 • 6:00PM
(Hybrid)

In this three-week series, young patients (Age range between 18 and 34 years old) can discuss with their peers a variety of topics, including body image, social connection and future planning, in a safe space designed just for young adults. For more information and to RSVP, please contact **aubrienne@cancersupportindy.org** or call **317-257-1505.**

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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NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Caring for Our Caregivers NEW! 10:00AM Mindful Art 11:00AM
3 Self Esteem & Body Image NEW! 5:30PM	**4** Crafting & Convos 1:00PM Strength in Sisterhood 6:00PM	**5** Art Bereavement Support Group NEW! 5:30PM Just for Young Adults NEW! 6:00 PM 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 Cancer Group 9:30AM Brothers Strengthening Brothers 9:30AM
10 Self Esteem & Body Image NEW! 5:30PM	**11** Crafting & Convos 1:00PM Supper & Support 5:30PM	**12** Art Bereavement Support Group NEW! 5:30PM Just for Young Adults NEW! 6:00 PM Prostate Group 6:30PM LGBTQIA+ Group 6:30PM	**13** Coffee & Coloring 10:00AM Art as a Path to Healing 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
17 Self Esteem & Body Image NEW! 5:30PM	**18** Crafting & Convos 1:00PM Strength in Sisterhood 6:00PM	**19** Lunch Bunch 12:00PM Art Bereavement Support Group NEW! 5:30PM Mindful Motion NEW! 5:30PM Just for Young Adults NEW! 6:00 PM	**20** Coffee & Coloring 10:00AM Colorectal Group 5:30PM Relaxation & Visualization 5:45PM	**21** All Programs by Appointment Only	**22** Breast Cancer Group 9:30AM
24 Self Esteem & Body Image NEW! 5:30PM	**25** Crafting & Convos 1:00PM	**26** Prostate Group 6:30PM	**27** CLOSED FOR THANKSGIVING	**28** CLOSED FOR THANKSGIVING	**29** CLOSED FOR THANKSGIVING

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

INDIANAPOLIS PROGRAMS

5150 W 71st Street, Indianapolis, IN 46268

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **Balance and Fall Risk Screenings** NEW! 2:00PM	**2** **Crafting & Convos** 1:00PM **Strength in Sisterhood** 6:00PM	**3** **LFN - Noche de Familia** 6:00 PM	**4** **Coffee & Coloring** 10:00AM **Book Club** 5:30PM **Relaxation & Visualization** 5:45PM	**5** **Holiday Party** NEW! 5:00PM	**6** **Mindful Art** 11:00AM
8	**9** **Crafting & Convos** 1:00PM	**10** **LGBTQIA+ Group** 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
15	**16** **Crafting & Convos** 1:00PM **Strength in Sisterhood** 6:00PM	**17** **Lunch Bunch** 12:00PM	**18** **Coffee & Coloring** 10:00AM **Colorectal Group** 5:30PM **Relaxation & Visualization** 5:45PM	**19** **All Programs by Appointment Only**	**20** **INTCC Group** 10:00AM
2	**23** **Crafting & Convos** 1:00PM	**24** **CLOSED FOR THE HOLIDAYS**	**25** **CLOSED FOR THE HOLIDAYS**	**26** **CLOSED FOR THE HOLIDAYS**	**27** **CLOSED FOR THE HOLIDAYS**
29 **CLOSED FOR THE HOLIDAYS**	**30** **CLOSED FOR THE HOLIDAYS**	**31** **CLOSED FOR THE HOLIDAYS**			

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 (Indianapolis location) or 812-233-3286 (Bloomington location)!**



GEMS (Give Every Month Society)

Giving a gift every month demonstrates your ongoing commitment to support your neighbors impacted by cancer as they find support, education and hope at Cancer Support Community.

GEMS members are a valuable partner as they provide steady and reliable source of funding so we can continue to provide our free services and support. **All gifts of every size make a difference. A community that stands together is stronger than cancer.**

At Cancer Support Community we focus on providing psychosocial support to complement medical treatments in order to nurture every part of a patient as they learn, grow, and recover. Our services include:

- **Educational Workshops**
- **Wellness Classes**
- **Support Groups**
- **Counseling Services**
- **Social Programming**

You can help people impacted by cancer find support, education and hope by supporting Cancer Support Community Indiana with a monthly gift. **Visit our website to become one of our GEMS, or scan the QR code!**

Scan the QR code to get started

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
Holiday Schedule
2nd Friday of Each Month at 10:00AM

Family & Friends Writing Together
Special Edition
November 19 • 3:00PM

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

Living With Loss Support Group
Holiday Schedule
3rd 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
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
Cancelled Nov. 26, Dec. 24 & Dec. 31
(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
Cancelled Nov. 25, Dec. 23 & Dec. 30
(Now Offered Only Virtually)
Gentle Yoga includes slow and smooth exercises and movements to help improve body awareness and range of motion.

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

Tai Chi
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.

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, Dec. 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!).

EDUCATION PROGRAMS

Reiki Practice for Self-Care NEW!
Thursday, Nov. 13 • 5:30PM (In-person)
Led by our CSC Reiki provider, Becky Holtzman, we will learn how Reiki can be used for self-care in this educational program. We will cover a short history of Reiki and discuss how the practice is traditionally taught, then learn hand placements for self-Reiki (also called self-treatment or self-practice). Becky will guide us in a soothing 30-minute self-practice, and we'll wrap up with tips for getting into the habit of practicing at home, and how to access reputable sources for learning more about Reiki.

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.

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.

Nutrition for Wellness
Saturday, Nov. 8 • 11:00AM-Noon (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 BJ's Restaurant & Brewhouse. Hope to see you there!
RSVP required.

SOCIAL PROGRAMS

The Morning Joannas
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.

Book Club
Thursday, Dec. 11 • 2:00-3:00PM
(In-person & Virtual)
It's our bring-your-favorite-book meeting! No "required" reading to close out the year - just space to chat about best (and worst) reads of 2025.

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.

Holiday Party

NEW!

Friday, Dec. 5 • 6:00-8:00PM (In-person)

Join us for a festive meal and celebration of our CSC community! We will gather at Hoosier Energy to share dinner, conversation, and memories of the year. Door prizes, kids' crafts, holiday games, and family fun await. **Please call or email to RSVP!**

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.





BLOOMINGTON PROGRAMS

1719 W 3rd Street, Bloomington, IN 47404

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 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
3	**4** Morning Joannas 10:00AM Tai Chi 10:30AM NEW! Caregiver Check-in 12:00PM Cancer Connections 3:00PM Gentle Yoga 5:30PM	**5** Strength & Resilience Yoga 10:00AM All-Cancer Group 3:00 PM Family & Friends Group 3:00 PM	**6** Qigong for Health 10:00AM Sound Bath 2:00PM Reiki Practice for Self-Care 5:30PM NEW!	**7** Calming Creations 10:00AM	**8** Nutrition for Wellness 11:00AM
10 Supportive Sounds 5:30PM	**11** Tai Chi 10:30AM NEW! Gentle Yoga 5:30PM Prostate Cancer Support Group 5:30 PM	**12** Strength & Resilience Yoga 10:00AM LGBTQIA+ Support Group 6:30 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** Tai Chi 10:30AM NEW! Gentle Yoga 5:30PM	**19** Strength & Resilience Yoga 10:00AM All-Cancer Group 3:00 PM Family & Friends Writing Together 3:00 PM NEW!	**20** Qigong for Health 10:00AM	**21** Calming Creations 10:00AM	**22**
24	**25** Prostate Cancer Support Group 5:30 PM	**26**	**27** CLOSED FOR THANKSGIVING	**28** CLOSED FOR THANKSGIVING	**29** CLOSED FOR THANKSGIVING

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

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **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	**2** **Morning Joannas** 10:00AM **Caregiver Check-in** 12:00PM **Cancer Connection** 3:00PM **Gentle Yoga** 5:30PM	**3** **Strength & Resilience Yoga** 10:00AM **All-Cancer Group** 3:00PM **Family & Friends Group** 3:00PM	**4** **Qigong for Health** 10:00AM	**5** **Calming Creations** 10:00AM **Holiday Party** 6:00PM NEW!	**6**
8 **Supportive Sounds** 5:30PM	**9** **Gentle Yoga** 5:30PM **Prostate Cancer Support Group** 5:30 PM	**10** **Strength & Resilience Yoga** 10:00AM **LGBTQIA+ Support Group** 6:30PM	**11** **Morning Joes** 9:00AM **Qigong for Health** 10:00AM **Book Club** 2:00PM **Serene & Soothing Sound Bath** 2:00PM	**12** **Calming Creations** 10:00AM **Breast Cancer Support Group** 10:00AM	**13**
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29 CLOSED FOR THE HOLIDAYS	**30** CLOSED FOR THE HOLIDAYS	**31** CLOSED FOR THE HOLIDAYS			

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, Nov. 3 • 6:30PM
Monday, Dec. 1 • 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.

Debunking Myths of Palliative Care
Monday, Nov. 17 • 6:30PM

Join us as we discuss myths commonly misunderstood about Palliative Care in an Oncology setting and learn ways that Palliative Care can support patients in Oncology.

Calming Connections
Monday, Dec. 15 • 6:30PM

Join us as we learn more about the connection between emotional well-being and the nervous system while practicing two creative, and calming, coping skills! Please bring paper, markers, crayons, and/or colored pencils.

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, some Fridays • Hours Vary

Community South
Tuesday & Wednesday, some Fridays • 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

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Massage (East) Gentle Cardio & Strength 5:30PM Cooking for Wellness 6:30PM	**4** Massage (North & South)	**5** Massage (North & South)	**6** Massage (North)	**7** Art Therapy Group 1:00PM
10 Massage (East) Gentle Cardio & Strength 5:30PM	**11** Massage (North & South)	**12** Massage (North & South) Patient Support Group 6:00PM	**13** Massage (North)	**14**
17 Massage (East) Gentle Cardio & Strength 5:30PM Debunking Myths of Palliative Care 6:30PM	**18** Massage (North & South)	**19** Massage (North & South)	**20** Massage (North) Metastatic Group 6:30PM	**21**
24 Massage (East) Gentle Cardio & Strength 5:30PM	**25** Massage (North & South)	**26** Massage (North & South) Patient Support Group 6:00PM Prostate Support Group 6:30PM	**27** CLOSED FOR THANKSGIVING	**28** CLOSED FOR THANKSGIVING

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Massage (East) Gentle Cardio & Strength 5:30PM Cooking for Wellness 6:30PM	**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	**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 Calming Connections 6:30PM	**16** Massage (North & South)	**17** Massage (North & South)	**18** Massage (North) Metastatic Group 6:30PM	**19**
22 Massage (East) Gentle Cardio & Strength 5:30PM	**23** Massage (North & South)	**24** CLOSED FOR THE HOLIDAYS	**25** CLOSED FOR THE HOLIDAYS	**26** CLOSED FOR THE HOLIDAYS
29 CLOSED FOR THE HOLIDAYS	**30** CLOSED FOR THE HOLIDAYS	**31** CLOSED FOR THE HOLIDAYS		

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

NOVEMBER

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

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	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
15	16 **Gentle Stretch Yoga** 5:30PM **Individual Counseling** *By appointment only* **Virtual Reality Headsets** *By appointment only*	17 **Individual Counseling** *By appointment only* **Virtual Reality Headsets** *By appointment only*	18	19
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 **CLOSED FOR THE HOLIDAYS**	26 **CLOSED FOR THE HOLIDAYS**
29 **CLOSED FOR THE HOLIDAYS**	30 **CLOSED FOR THE HOLIDAYS**	31 **CLOSED FOR THE HOLIDAYS**		

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-12:00PM (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 **katiew@cancersupportindy.org** or call **317-721-1468** for more information or to register.

Art Cart In Infusion
Varying Days/Times
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.

Picture Frame Decorating
NEW!
Tuesday, Nov. 4 • 2:00PM (In-person)
At our "come when you can" Thanksgiving event, you'll decorate a picture frame with paint, beads, and other embellishments to showcase a photo of whatever you're most thankful for. All supplies are included—just bring your special photo! **RSVP Required,** please email **savannah@cancersupportindy.org** or call **317-426-0282.**

Holiday Cookie Decorating
NEW!
Tuesday, Dec. 9 • 12:30PM (In-person)
Want to get creative without the mess of baking cookies in your own kitchen? Join us in decorating (and eating) delicious hoilday cookies! We welcome all patients, survivors, caregivers, and Franciscan Cancer Center Staff! **RSVP required,** please email **savannah@cancersupportindy.org.**

COUNSELING, ART THERAPY & SUPPORT GROUP SERVICES

Free sessions allowing the safe exploration and discussion of life stressors cancer patients and their caregivers experience. Contact Savannah at **317-426-0282** or email **savannah@cancersupportindy.org** for more information or to register. **A brief intake interview is required.**

Individual Counseling & Art Therapy Sessions
By Appointment Only
(Virtual and In-person)

All-Cancer Support Group
3rd Monday of Each Month • 6:00 (In-person)

Franciscan Lafayette Patient Support Group
First and Third Wednesday of Each Month
5:30-7:00PM (Virtual)
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)
Art therapy techniques and materials help participants navigate cancer and build tools to reduce stress and anxiety. Contact **katiew@cancersupportindy.org** or call **317-721-1468** for more information or to register.

Open Art Studio
Every Monday until Dec. 8 • 1:00-3:00PM (Hybrid)
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
Every Tuesday • 5:30-7:30PM (Virtual)
Every Thursday • 1:30-3:30PM (In-Person)
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.
Will resume in the spring of 2026.

PROGRAM ACCESS LEGEND Virtual Only In-person Only

FRANCISCAN HEALTH CANCER CENTER

8111 S. Emerson Ave., Indianapolis, IN 46237

Individual Counseling & Art Therapy Services
Available by appointment only, both virtual and in-person

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Open Art Studio 1:00PM Gentle Stretch Yoga 4:30PM	**4** Picture Frame Decorating 2:00PM NEW!	**5** Lafayette Patient Group 5:30PM	**6**	**7**
10 VR Meditation 11:00AM Open Art Studio 1:00PM Gentle Stretch Yoga 4:30PM	**11**	**12** Meaning in the Making 1:30PM	**13**	**14**
17 Open Art Studio 1:00PM Gentle Stretch Yoga 4:30PM All Cancer Group 6:00PM	**18**	**19** Crafter's Corner 1:00PM Lafayette Patient Group 5:30PM	**20**	**21**
24 VR Meditation 11:00AM Open Art Studio 1:00PM Gentle Stretch Yoga 4:30PM	**25**	**26** Meaning in the Making 1:30PM	**27** CLOSED FOR THANKSGIVING	**28** CLOSED FOR THANKSGIVING

Individual Counseling & Art Therapy Services
Available by appointment only, both virtual and in-person

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Open Art Studio 1:00PM Gentle StretchYoga 4:30PM	**2**	**3** Lafayette Patient Group 5:30PM	**4**	**5**
8 VR Meditation 11:00AM Open Art Studio 1:00PM Gentle StretchYoga 4:30PM	**9** Holiday Cookie Decorating 12:30PM NEW!	**10** Meaning in the Making 1:30PM	**11**	**12**
15 Gentle Stretch Yoga 4:30PM All Cancer Group 6:00PM	**16**	**17** Crafter's Corner 1:00PM Lafayette Patient Group 5:30PM	**18**	**19**
22 VR Meditation 11:00AM Gentle Stretch Yoga 4:30PM	**23**	**24** CLOSED FOR THE HOLIDAYS	**25** CLOSED FOR THE HOLIDAYS	**26** CLOSED FOR THE HOLIDAYS
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PROGRAM ACCESS LEGEND Virtual Only In-person Only

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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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