

THE COMPANION

JANUARY/FEBRUARY 2026

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 our programs

OUR COMMUNITY IS STRONGER THAN CANCER

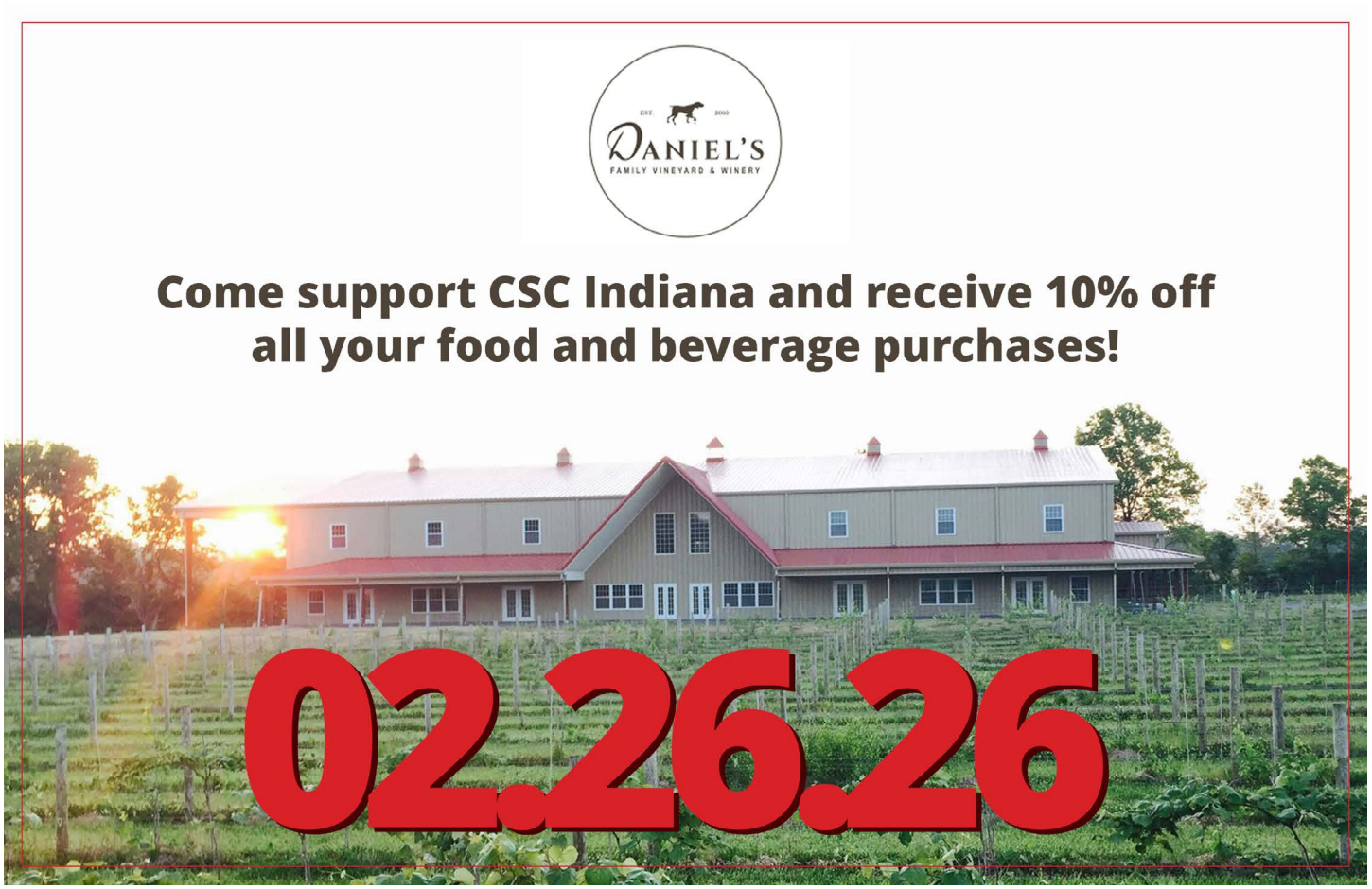




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CANCER SUPPORT COMMUNITY INDIANA

INDIANAPOLIS

CANCER SUPPORT COMMUNITY INDIANA

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 (in-person and virtually) or virtual format. **An intake interview is required before attending.** To register and for more information, please contact **info@cancersupportindy.org** or **call 317-257-1505**.

Breast Cancer Support Group
2nd & 4th Saturday of Each Month at 9:30AM (Hybrid)

Family & Friends Support Group
2nd Thursday of Each Month at 6:30PM (Hybrid)

Indiana Neuroendocrine Tumor & Carcinoid Cancer Group (INTCC)
3rd Saturday of Each Month at 10:00AM (Hybrid)

Prostate Cancer Support Group
2nd Wed. of Each Month at 6:30PM (Hybrid)
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 (Virtual Only)

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

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

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

EDUCATIONAL PROGRAMS

Symptom Management
NEW!
4th Monday of Each Month
6:00PM (Virtual) RSVP Required
Join us for a supportive, educational session led by an oncology rehabilitation specialist. Learn about common long-term side effects of cancer treatment—such as pain, fatigue, lymphedema, mobility changes, pelvic floor issues—and explore practical strategies to improve strength, energy, and daily function. To RSVP and for more information, please contact **sofia@cancersupportindy.org** or **call 317-257-1505**.

Monthly Topics:
January: Head & Neck Cancer
February: Breast Cancer
March: Gynecologic Oncology including Female Bladder Cancer
April: Prostate & Male Bladder Cancer

NEW TO CANCER SUPPORT COMMUNITY?
ATTEND A NEWCOMER MEETING!

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!

ART THERAPY

Art as a Path to Healing

2nd Thursday of Each Month
6:30-8:00PM (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 **317-721-1468.**

SOCIAL PROGRAMS

Coffee & Coloring Club

Every Tuesday & Thursday
1:00PM on Tuesdays (Virtual)
10:00am on Thursdays (Virtual)

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, Jan. 15 • 5:30PM (Virtual)
Thursday, Feb. 5 • 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, Jan. 21 • 12:00PM (In-person Only)
Wednesday, Feb. 18 • 12:00PM (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.**

Supper & Support

2nd Thursday of Each Month
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

2nd Saturday of Each Month
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 **sofia@cancersupportindy.org** or call **317-257-1505.**

Noche De Familia/ Latino Family Night

Primer miércoles del mes • 6:00 PM
1st Wednesday of Each Month
6:00 PM (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. Para mas information contacte a "Sofia@Cancersupportindy.org o llame a 317.257.1505 ext 2.

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.**

Ink, Soul and Connection NEW!

Monday, Jan. 26 • 6:30PM (Hybrid)
Monday, Feb. 16 • 6:30PM (Hybrid)

Join Rick Tinkle, MA, MDiv who will be mentoring the Ink, Soul and Connection group. This group will focus on healing, and hope. This group will be a sacred space for reflection and renewal—grounded in compassion, grace, and connection. Together, we'll explore faith-rooted strategies for building resilience, nurturing healing, and rediscovering hope. Plan to have a journal or notebook, as we will spend time in guided journaling to deepen your experience. For more information and to RSVP, please contact **sofia@cancersupportindy.org** or call **317-257-1505.**

WELLNESS PROGRAMS

Stability & Balance

NEW!

Every Tuesday starting Jan. 20 • 2:00PM (In-person Only)

This class is a standing, drills and skills class with a seated stretch and relaxation segment. A chair is utilized for support while standing in class and seated support for the stretch and relaxation. This class is designed to improve balance, agility, mobility, and power in older adults. Participants must be comfortable exercising in a standing position for a minimum of 30 minutes and are encouraged to bring a bottle of water. For more information and to RSVP, please contact **sofia@cancersupportindy.org** or call **317-257-1505.**

Yoga

Every Wednesday (Chair) • 11:00AM (Hybrid)
Every Saturday (Gentle Stretch) • 10:30AM (Hybrid)

Gentle Stretch 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.**

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.**

Creative Writers Group

NEW!

2nd and 4th Tuesday of Each Month • 2:00PM (Hybrid)

Join our relaxed and supportive Creative Writing Group, open to all levels! We will explore different styles—short stories, poetry, haiku, journaling, and more. It's a fun, judgment-free space to get creative, connect with others, and let your imagination grow. Come write with us! For more information and to RSVP, please contact **sofia@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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CANCER SUPPORT COMMUNITY INDIANA

INDIANAPOLIS PROGRAMS

5150 W 71st Street, Indianapolis, IN 46268

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Individual Counseling & Art Therapy Programs by Appointment Only			**1** CLOSED	**2** CLOSED	**3**
5	**6** Coffee & Coloring 1:00PM Strength in Sisterhood 6:00PM	**7** Chair Yoga 11:00AM LFN - Noche de Familia 6:00 PM	**8** Coffee & Coloring 10:00AM Supper & Support 5:30PM Relaxation & Visualization 5:45PM Family & Friends Group 6:30PM Art as a Path to Healing 6:30PM Patient Group 6:30PM	**9** All Programs by Appointment Only	**10** Breast Cancer Group 9:30AM Brothers Strengthening Brothers 9:30AM Gentle Stretch Yoga 10:30AM
12	**13** Coffee & Coloring 1:00PM Creative Writers Group NEW! 2:00PM	**14** Chair Yoga 11:00AM Prostate Group 6:30PM LGBTQIA+ Group 6:30PM	**15** Coffee & Coloring 10:00AM Book Club 5:30PM Colorectal Group 5:30PM Relaxation & Visualization 5:45PM	**16** All Programs by Appointment Only	**17** INTCC Group 10:00AM Gentle Stretch Yoga 10:30AM
19 CLOSED FOR MLK DAY	**20** Coffee & Coloring 1:00PM Stability & Balance NEW! 2:00PM Strength in Sisterhood 6:00PM	**21** Chair Yoga 11:00AM Lunch Bunch 12:00PM	**22** Coffee & Coloring 10:00AM Relaxation & Visualization 5:45PM	**23** All Programs by Appointment Only	**24** Breast Cancer Group 9:30AM Gentle Stretch Yoga 10:30AM
26 Symptom Management: Head & Neck Cancer NEW! 6:00PM Ink Soul and Connection NEW! 6:30PM	**27** Coffee & Coloring 1:00PM Creative Writers Group NEW! 2:00PM Stability & Balance NEW! 2:00PM	**28** Chair Yoga 11:00AM Prostate Group 6:30PM	**29** Coffee & Coloring 10:00AM Relaxation & Visualization 5:45PM	**30** All Programs by Appointment Only	**31** Gentle Stretch Yoga 10:30AM

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

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	**3** **Coffee & Coloring** 1:00PM **Stability & Balance** 2:00PM NEW! **Strength in Sisterhood** 6:00PM	**4** **Chair Yoga** 11:00AM **LFN - Noche de Familia** 6:00 PM	**5** **Coffee & Coloring** 10:00AM **Book Club** 5:30PM **Relaxation & Visualization** 5:45PM	**6**	**7** **Gentle Stretch Yoga** 10:30AM **Mindful Art** 11:00AM
9	**10** **Coffee & Coloring** 1:00PM **Creative Writers Group** 2:00PM NEW! **Stability & Balance** 2:00PM NEW!	**11** **Chair Yoga** 11:00AM **LGBTQIA+ Group** 6:30PM **Prostate Group** 6:30PM	**12** **Coffee & Coloring** 10:00AM **Supper & Support** 5:30PM **Relaxation & Visualization** 5:45PM **Art as a Path to Healing** 6:30PM **Family & Friends Group** 6:30PM **Patient Group** 6:30PM	**13** **All Programs by Appointment Only**	**14** **Breast Cancer Group** 9:30AM **Brothers Strengthening Brothers** 9:30AM **Gentle Stretch Yoga** 10:30AM
16 **Ink Soul and Connection** 6:30PM NEW!	**17** **Coffee & Coloring** 1:00PM **Stability & Balance** 2:00PM NEW! **Strength in Sisterhood** 6:00PM	**18** **Chair Yoga** 11:00AM **Lunch Bunch** 12:00PM	**19** **Coffee & Coloring** 10:00AM **Colorectal Group** 5:30PM **Relaxation & Visualization** 5:45PM	**20** **All Programs by Appointment Only**	**21** **INTCC Group** 10:00AM **Gentle Stretch Yoga** 10:30AM
23 **Symptom Management: Breast Cancer** 6:00PM NEW!	**24** **Coffee & Coloring** 1:00PM **Creative Writers Group** 2:00PM NEW! **Stability & Balance** 2:00PM NEW!	**25** **Chair Yoga** 11:00AM **Prostate Group** 6:30PM	**26** **Coffee & Coloring** 10:00AM **Relaxation & Visualization** 5:45PM	**27**	**28** **Breast Cancer Group** 9:30AM **Gentle Stretch Yoga** 10:30AM

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.

ART THERAPY

Art Therapy Group
Friday, Jan. 9 • 1:00PM
Friday, Feb. 6 • 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. For more information and to RSVP, please contact **faith@cancersupportindy.org**.

SUPPORT GROUPS

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

Patient Support Group
Wednesday, Jan. 14 & Jan. 28 • 6:00PM
Wednesday, Feb. 11 & Feb. 25 • 6:00PM

Prostate Support Group
Wednesday, Jan. 28 • 6:30PM
Wednesday, Feb. 25 • 6:30PM

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

Massage Therapy Eligibility Rules

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

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.

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.



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.

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.

Moving Beyond
Virtual & In-person classes starting in April
Moving Beyond is an 8-week program designed to help cancer survivors and caregivers thrive and live a healthy life after treatment. This program occurs twice a year, once in the Spring and once in the Fall. Contact **movingbeyond@cancersupportindy.org** or call **317-426-0282** for more information.

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 and Comfort Kits in Infusion
Varying Days/Times
Contact **savannah@cancersupportindy.org** or call **317-426-0282** for more information.

Open Art Studio
Every Monday • 1:00-2:45PM (Hybrid)
A supportive space to create, reflect, and connect with others impacted by cancer. Materials provided. Contact **savannah@cancersupportindy.org** for more information or to register.

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.

Valentine's Craft Event
Tuesday, Feb. 3 • 2:00-4:00PM (In-person)
Email **savannah@cancersupportindy.org** or call **317-426-0282** for more information or to register.

COUNSELING, ART THERAPY & SUPPORT GROUP SERVICES

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. These groups are open to any patient or survivor impacted by cancer. Contact Savannah at **317-426-0282** or email **savannah@cancersupportindy.org** for more information or to register.
A brief intake interview is required.

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)

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

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 intake interview is required.

PROGRAM ACCESS LEGEND Virtual Only In-person Only

VIRTUAL OFFERINGS

These programs are offered virtually, so you can take advantage of them no matter where you live.

SOCIAL PROGRAMS

Open Art Studio

Every Monday • 1:00-2:45PM

A supportive space to create, reflect, and connect with others impacted by cancer. Materials provided. Contact **savannah@cancersupportindy.org** or call **317-426-0282** for more information and to register.

COUNSELING & SUPPORT PROGRAMS

Patient Support Group

Second and fourth Wednesday • 6:00PM

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

Prostate Cancer Support Group

Fourth Wednesday • 6:30PM

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

Franciscan Lafayette Patient Support Group

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

Open to any patient or survivor impacted by cancer. Contact **savannah@cancersupportindy.org** or call **317-426-0282** for more information and to register.

ART THERAPY PROGRAMS

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. Contact **faith@cancersupportindy.org** for more information and to register.

WELLNESS PROGRAMS

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

Moving Beyond

Virtual & In-person classes starting in April

Moving Beyond is an 8-week program designed to help cancer survivors and caregivers thrive and live a healthy life after treatment. This program occurs twice a year, once in the Spring and once in the Fall. Contact **movingbeyond@cancersupportindy.org** for more information.

Symptom Management

NEW!

4th Monday of Each Month
6:00PM (Virtual) RSVP Required

Join us for a supportive, educational session led by an oncology rehabilitation specialist. Learn about common long-term side effects of cancer treatment—such as pain, fatigue, lymphedema, mobility changes, pelvic floor issues—and explore practical strategies to improve strength, energy, and daily function. To register and for more information, please contact **info@cancersupportindy.org** or **call 317-257-1505**.

Monthly Topics:
Jan: Head & Neck Cancer
Feb: Breast Cancer
Mar: Gynecologic Oncology
Apr: Prostate & Male Bladder Cancer

Gentle Stretch Yoga

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

Gentle Stretch Yoga offers slow, supportive movements to enhance flexibility and body awareness. Please contact **kathleen@cancersupportindy.org** or call **317-661-1727** for more info and to register.

CANCER SUPPORT COMMUNITY INDIANA

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!

Charity Navigator FOUR-STAR

GUIDESTAR PLATINUM TRANSPARENCY 2021

CONTACT US

CANCER SUPPORT COMMUNITY INDIANA
(317) 257-1505
info@cancersupportindy.org

VISIT US

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

SUPPORT OUR PROGRAMS BY MAKING A DONATION
Scan to Donate

PROGRAM SPONSORS

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13 WTHR

John, Cathy and Margaret Langham

Nayar Family Foundation