

CANCER SUPPORT COMMUNITY INDIANA

THE COMPANION

MARCH/APRIL 2026

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

Scan the code to view our 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





Table of Contents

INDIANAPOLIS PROGRAMS
Counseling & Support Groups 3
Educational Programs 3
Art Therapy 4
Social Programs 4
Wellness Programs 5

COMMUNITY HEALTH NETWORK PROGRAMS 8

HENDRICKS REGIONAL HEALTH PROGRAMS 9

FRANCISCAN HEALTH PROGRAMS 10

VIRTUAL OFFERINGS 11

CANCER SUPPORT COMMUNITY INDIANA

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 Nina@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 (Hybrid)
Brief interview required. Please contact ***info@cancersupportindy.org or 317-426-0282***

EDUCATIONAL PROGRAMS

Symptom Management

March 23 & April 27
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 **Nina@cancersupportindy.org** or **call 317-257-1505**.

Monthly Topics:
March: Gynecologic Oncology including Female Bladder Cancer
April: Prostate & Male Bladder Cancer

SUPPORT GROUPS

The following patient and caregiver support groups are held in a hybrid (in person and virtually), in person, or virtual format. **An intake interview is required before attending.** To register and for more information, please contact **Nina@cancersupportindy.org** or **call 317-257-1505**.

Breast Cancer Support Group
March 14, 28 & April 11, 25 at 9:30AM (Hybrid)

Brothers Strengthening Brothers
March 14 & April 11 at 9:30AM (In Person)

Colorectal Cancer Support Group
March 19 & April 16 at 5:30PM (Hybrid)

Family & Friends Support Group
March 12 & April 9 at 6:30PM (Hybrid)

Indiana Neuroendocrine Tumor & Carcinoid Cancer Group (INTCC)
March 21 & April 18 at 10:00AM (Hybrid)

LGBTQIA+ Cancer Support Group
March 11 & April 8 at 6:30PM (Virtual)
(In person option available at Bloomington location)

Patient Support Group
March 12 & April 9 at 6:30PM (Hybrid)

Prostate Cancer Support Group
March 11, 25 & April 8, 22 @ 6:30PM (Hybrid)

Strength in Sisterhood
March 3, 17 & April 7, 21 at 6:00PM (Virtual)

NEW TO CANCER SUPPORT COMMUNITY?
ATTEND A NEWCOMER MEETING!

Every Tuesday, Wednesday & Thursday
10:00AM - 1:00PM

You are not alone. By attending a newcomer meeting you'll learn more about Cancer Support Community, the programs we offer and how to get involved. Call 317-257-1505 to reserve your spot. We can't wait to meet you!

ART THERAPY

Art as a Path to Healing

Thursday, March 12 & April 9 • 6:30PM (In Person)

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

Book Club

Thursday, March 5 & April 2 • 5:30PM (Virtual)

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

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 **Nina@cancersupportindy.org** or call **317-257-1505.**

Creative Writers

Tuesday, March 10, 24 & April 14, 28 • 2:00PM (Hybrid)

Join our relaxed and supportive creative writing group. We will explore different styles—short stories, poetry, haiku, journaling, and more. This will be a fun, judgment-free space to get creative, connect with others, and let your imagination grow. Open to all levels! Come write with us! For more information and to RSVP, please contact **Nina@cancersupportindy.org** or call **317-257-1505.**

Family & Friends Game Night

NEW!

Thursday, March 12 • 6:00PM (In Person)

Enjoy card games and a relaxed welcoming atmosphere. It will be a fun night to connect and unwind with friends and family. For more information and to RSVP, please contact **Nina@cancersupportindy.org** or call **317-257-1505.**

Ink, Soul and Connection

Monday, March 16 & April 13 • 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. It 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 **Nina@cancersupportindy.org** or call **317-257-1505.**

Lunch Bunch

Wednesday, March 18 & April 15 • 12:00PM (In Person)

Lunch Bunch offers free lunch and friendly conversation with fellow CSC participants at our W. 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 **Nina@cancersupportindy.org** or call **317-257-1505.**

Noche De Familia/ Latino Family Night

Miércoles, Marzo 4 & Abril 1 • 6:00 PM (En Persona)

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 **Nina@cancersupportindy.org** o llame a **317-257-1505.**

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

Supper & Support

Thursday, March 12 & April 9 • 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 W. 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 **Nina@cancersupportindy.org** or cal **317-257-1505.**

Urban Line Dancing

NEW!

Wednesday, March 4 & 18 • 6:30 – 7:30PM (In Person)

It's time to put on your dancing shoes! Pink-4-Ever Ending Disparities and their Survivorship Is A Lifestyle initiative will host line dancing at CSC. All participants are welcome to attend. No experience necessary! We hope that you find this to be a fun class where you can invite your partner, friends, or family. For more information and to RSVP, please contact **Nina@cancersupportindy.org** or cal **317-257-1505.**

INDIANAPOLIS PROGRAMS

5150 W 71st Street, Indianapolis, IN 46268

CANCER SUPPORT COMMUNITY INDIANA

WELLNESS PROGRAMS

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 **Nina@cancersupportindy.org** or call **317-257-1505.**

Stability & Balance

Every Tuesday • 2:00PM (In Person)

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 **Nina@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 **Nina@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**.

IU HEALTH Indiana University Health

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MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	**3** Coffee & Coloring 1:00PM Stability & Balance 2:00PM Strength in Sisterhood 6:00PM	**4** Chair Yoga 11:00AM LFN - Noche de Familia 6:00 PM NEW! Urban Line Dancing 6:30PM	**5** Coffee & Coloring 10:00AM Book Club 5:30PM Relaxation & Visualization 5:45PM	**6** All Programs by Appointment Only	**7** Gentle Stretch Yoga 10:30AM
9	**10** Coffee & Coloring 1:00PM Creative Writers 2:00PM Stability & Balance 2:00PM	**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 Family & Friends Game Night NEW! 6:00PM 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	**17** Coffee & Coloring 1:00PM Stability & Balance 2:00PM Strength in Sisterhood 6:00PM	**18** Chair Yoga 11:00AM NEW! Lunch Bunch 12:00PM Urban Line Dancing 6:30PM	**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: Gynecological Oncology 6:00PM	**24** Coffee & Coloring 1:00PM Creative Writers 2:00PM Stability & Balance 2:00PM	**25** Chair Yoga 11:00AM Prostate Group 6:30PM	**26** Coffee & Coloring 10:00AM Relaxation & Visualization 5:45PM	**27** All Programs by Appointment Only	**28** Breast Cancer Group 9:30AM Gentle Stretch Yoga 10:30AM

INDIANAPOLIS PROGRAMS

5150 W 71st Street, Indianapolis, IN 46268

CANCER SUPPORT COMMUNITY INDIANA

APRIL

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 **Relaxation & Visualization** 5:45PM	**3** **All Programs by Appointment Only**	**4** **Gentle Stretch Yoga** 10:30AM
6	**7** **Coffee & Coloring** 1:00PM **Stability & Balance** 2:00PM **Strength in Sisterhood** 6:00PM	**8** **Chair Yoga** 11:00AM **LGBTQIA+ Group** 6:30PM **Prostate Group** 6:30PM	**9** **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	**10** **All Programs by Appointment Only**	**11** **Breast Cancer Group** 9:30AM **Brothers Strengthening Brothers** 9:30AM **Gentle Stretch Yoga** 10:30AM
13 **Ink Soul and Connection** 6:30PM	**14** **Coffee & Coloring** 1:00PM **Creative Writers Group** 2:00PM **Stability & Balance** 2:00PM	**15** **Chair Yoga** 11:00AM **Lunch Bunch** 12:00PM	**16** **Coffee & Coloring** 10:00AM **Colorectal Group** 5:30PM **Relaxation & Visualization** 5:45PM	**17** **All Programs by Appointment Only**	**18** **INTCC Group** 10:00AM **Gentle Stretch Yoga** 10:30AM
20	**21** **Coffee & Coloring** 1:00PM **Stability & Balance** 2:00PM **Strength in Sisterhood** 6:00PM	**22** **Chair Yoga** 11:00AM **Prostate Group** 6:30PM	**23** **Coffee & Coloring** 10:00AM **Relaxation & Visualization** 5:45PM	**24** **All Programs by Appointment Only**	**25** **Breast Cancer Group** 9:30AM **Gentle Stretch Yoga** 10:30AM
27 **Symptom Management: Prostate and Male Bladder Cancer** 6:00PM	**28** **Coffee & Coloring** 1:00PM **Creative Writers Group** 2:00PM **Stability & Balance** 2:00PM	**29** **Chair Yoga** 11:00AM	**30** **Coffee & Coloring** 10:00AM **Relaxation & Visualization** 5:45PM		

COMMUNITY HEALTH NETWORK

Anyone with interest in any of the programs below, please contact Jessica@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 (Virtual)

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, March 6 & April 3 • 1:00PM (Virtual)

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 **Jessica@cancersupportindy.org**.

SUPPORT GROUPS

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

Patient Support Group

Wednesday, March 11, 25 & April 8, 22
6:00PM (Virtual)

Prostate Support Group

Wednesday, March 25 & April 22
6:30PM (Virtual)

MASSAGE THERAPY

By appointment only. Please call **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. Please call 317-499-3083 to determine eligibility.

Note: Hormone therapy does not qualify patient for massage therapy at the Community Health Network.

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

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.

COUNSELING & EDUCATION

Individual Counseling (For Survivors)

On Tuesdays and Wednesdays by Appointment Only (Hybrid)

Individual Counseling Sessions provide personalized support to help navigate the emotional challenges of cancer and its impact. Up to eight FREE sessions available. No one should have to face cancer alone.

By appointment only.

CANCER SUPPORT COMMUNITY INDIANA | Hendricks Regional Health



Hendricks Regional Health
1000 East Main St | Danville, IN 46122

For more information and to register, e-mail kathleen@cancersupportindy.org or call 317-257-1505.

FRANCISCAN HEALTH CANCER CENTER

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

WELLNESS PROGRAMS

Gentle Stretch Yoga
Every Monday • 4:30-5:30PM (Virtual)
Gentle Stretch Yoga offers slow, supportive movements to enhance flexibility and body awareness. Contact **Katiew@cancersupportindy.org** or call **317-721-1468** for more information or to register.

Moving Beyond
Virtual & In Person classes starting April 21
Tuesday, April 21 & 28 • 5:30-7:30PM (Virtual)
Thursday, April 23 & 30 • 1:30-3:30PM (In Person)
Moving Beyond is an 8-week program designed to help cancer survivors and caregivers thrive and live a healthy life after treatment. This program occurs twice a year, once in the Spring and once in the Fall.
Contact **movingbeyond@cancersupportindy.org** or call **317-721-1468** for more information.

Virtual Reality Meditation Sessions
Monday, March 9, 23 & April 13, 27
11:00AM-12:00PM (In Person) **RSVP Required**
These 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 Katie at **317-721-1468** or email **Katiew@cancersupportindy.org** for more information or to register.

SOCIAL PROGRAMS

Art Cart and Comfort Kits in Infusion
Varying Days/Times (In Person)
Contact **Katiew@cancersupportindy.org** or call **317-721-1468** for more information.

Crafter's Corner
Wednesday, March 18 & April 15 • 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.

Lucky Craft Event
Tuesday, March 24 • 3:00-5:00PM (In Person)
Email **Katiew@cancersupportindy.org** or call **317-721-1468** for more information or to register.

Meaning in the Making
Wednesday, March 11, 25 & April 8, 22
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
Every Monday • 1:00-2:45PM (Hybrid)
A supportive space to create, reflect, and connect with others impacted by cancer. Materials provided. Contact **Katiew@cancersupportindy.org** 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 Katie at **317-721-1468** or email **Katiew@cancersupportindy.org** for more information or to register.
A brief intake interview is required.

All-Cancer Support Group
Monday, March 16 & April 20 • 6:00 (In Person)

Franciscan Lafayette Patient Support Group
Wednesday, March 4, 18 & April 1, 15
5:30-7:00PM (Virtual)

Individual Counseling & Art Therapy Sessions
By Appointment Only (Hybrid)

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 Katie at **317-721-1468** or email **Katiew@cancersupportindy.org** for more information or to register.
A brief intake interview is required.

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

COUNSELING & SUPPORT PROGRAMS

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A brief interview is required before joining. Please call **317-257-1505** or **info@cancersupportindy.org** to get started.

Prostate Cancer Support Group
Wednesday, March 11, 25 & April 8, 22 • 6:30PM (Virtual)
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ART THERAPY PROGRAMS

Art Therapy Group
Friday, March 6 & April 3 • 1:00PM (Virtual)
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 **Jessica@cancersupportindy.org** for more information and to register.

WELLNESS PROGRAMS

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Every Monday • 4:30-5:30PM (Virtual)
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NEW!
March 23 & April 27
6:00PM (Virtual) RSVP Required
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Monthly Topics:
Mar: Gynecologic Oncology
Apr: Prostate & Male Bladder Cancer

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
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PROGRAM SPONSORS

Franciscan HEALTH CANCER CENTER

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Lilly

Indiana University Health

Community Health Network

13 WTHR

John, Cathy and Margaret Langham

Nayar Family Foundation