CANCER SUPPORT COMMUNITY INDIANA



THE COMPANION

SEPTEMBER/OCTOBER 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







Table of Contents

INDIANAPOLIS PROGRAMS

Counseling & Support Groups 3
Art Therapy 3
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 ***Katiew@cancersupportindy.org or 317-721-1468.***



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

Breast Cancer Support Group
Second & Fourth Saturday at 9:30AM (Hybrid)

Brothers Strengthening Brothers
Second Saturday at 9:30AM (In Person)

Family & Friends Support Group
Second Thursday at 6:30PM (Hybrid)

Indiana Neuroendocrine Tumor & Carcinoid Cancer Group (INTCC)
Third Saturday at 10:00AM (Virtual)

LGBTQIA+ Cancer Support Group
September 9 & October 28 at 6:30PM (Virtual)
(In person option available at Bloomington location)

Patient Support Group
Second Thursday at 6:30PM (Hybrid)

Prostate Cancer Support Group
Second & Fourth Wednesday at 6:30PM (Hybrid)

Strength in Sisterhood
First & Third Tuesday at 6:00PM (Virtual)

SAVE THE DATE!
Caregiver's Event

November 14, 2026

Cancer Support Community Indiana
5150 W 71st St.
Indianapolis, IN 46268

Stay tuned, more details to come!

SOCIAL PROGRAMS

Book Club

September 3 & October 1 • 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. This month's book will be *Malibu Rising* by Taylor Jenkins Reid For more information and to RSVP, please contact **Nina@cancersupportindy.org** or call **317-257-1505.**

Coffee & Coloring Club

Every Thursday

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.**

Lunch Bunch

Every Third Wednesday • 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

Primer Miércoles del Mes • 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

Every Second Thursday • 5:30PM (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.**

WELLNESS PROGRAMS

Sleep After Cancer: Understanding Sleep Problems & Building Better Rest

Monday, September 21 • 6:30PM (In Person)

Identifying sleep problems and building better rest can help improve your mood, boost energy, strengthen your immune system, and support both your physical and emotional health. Dr. Akudo Anokwute MD, DABSM, DABOM from Dreamland Health and Wellness, LLC will address sleep hygiene.
For more information and to RSVP, please contact **Nina@cancersupportindy.org** or call **317-257-1505.**

Plant-Based Cooking Demo

Tuesday, September 22 & Thursday, October 22 • 6:30PM (In Person)

Join us for a Plant-Based Cooking Demonstration and discover delicious, nutritious recipes that support your health during and after cancer treatment. Watch as flavorful dishes are prepared, learn practical nutrition tips, and enjoy samples of each recipe. You'll leave with fresh ideas to nourish your body and recipes to recreate at home. For more information and to RSVP, please contact **Nina@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 **Nina@cancersupportindy.org** or call **317-257-1505.**

WELLNESS PROGRAMS

Sound Bath Experience

Saturday, October 10 • 12:00PM (In Person)

Experience the soothing power of a sound bath and allow calming vibrations to help quiet your mind, release tension, and promote deep relaxation. Join us for an immersive wellness experience designed to nourish your body, mind, and spirit. It doesn't matter if you are sitting in a chair or lying on a mat, the calming sounds will engulf you. Pillows and mats are welcomed. Space is limited, reserved your experience today! 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**.

Indiana University Health

©2023 IUHealth

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Individual Counseling & Art Therapy - By Appointment Only	1 Stability & Balance 2:00PM	2 Chair Yoga 11:00AM LFN - Noche de Familia 6:00 PM	3 Coffee & Coloring 10:00AM Book Club 5:30PM Relaxation & Visualization 5:45PM	4 OFFICE CLOSED FOR LABOR DAY	5 OFFICE CLOSED FOR LABOR DAY
7 OFFICE CLOSED FOR LABOR DAY	8 Stability & Balance 2:00PM Strength in Sisterhood 6:00PM	9 Chair Yoga 11:00AM LGBTQIA+ Group 6:30PM Prostate Group 6:30PM	10 Coffee & Coloring 10:00AM Supper & Support 5:30PM Relaxation & Visualization 5:45PM Patient Group 6:30PM Friends & Family Support Group 6:30PM	11 All Programs by Appointment Only	12 Breast Cancer Group 9:30AM Brothers Strengthening Brothers 9:30AM Gentle Stretch Yoga 10:30AM
14	15 Stability & Balance 2:00PM	16 Chair Yoga 11:00AM Lunch Bunch 12:00PM	17 Coffee & Coloring 10:00AM Relaxation & Visualization 5:45PM	18 All Programs by Appointment Only	19 INTCC Group 10:00AM Gentle Stretch Yoga 10:30AM
21 Sleep After Cancer 630PM	22 Stability & Balance 2:00PM Strength in Sisterhood 6:00PM Plant-Based Cooking 6:30PM	23 Chair Yoga 11:00AM Prostate Group 6:30PM	24 Coffee & Coloring 10:00AM Relaxation & Visualization 5:45PM	25 All Programs by Appointment Only	26 Breast Cancer Group 9:30AM Gentle Stretch Yoga 10:30AM
28	29 Stability & Balance 2:00PM	30 Chair Yoga 11:00AM			

INDIANAPOLIS PROGRAMS

5150 W 71st Street, Indianapolis, IN 46268

CANCER SUPPORT COMMUNITY INDIANA

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Individual Counseling & Art Therapy - By Appointment Only			**1** Coffee & Coloring 10:00AM Book Club 5:30PM Relaxation & Visualization 5:45PM	**2** All Programs by Appointment Only	**3** OFFICE CLOSED FOR HOOSIERS OUTRUN CANCER
5	**6** Stability & Balance 2:00PM 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 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 Sound Bath 12:00PM
12	**13** Stability & Balance 2:00PM	**14** Chair Yoga 11:00AM Prostate Group 6:30PM	**15** Coffee & Coloring 10:00AM Relaxation & Visualization 5:45PM	**16** All Programs by Appointment Only	**17** INTCC Group 10:00AM Gentle Stretch Yoga 10:30AM
19	**20** Stability & Balance 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 Plant-Based Cooking 6:30PM	**23** All Programs by Appointment Only	**24** Breast Cancer Group 9:30AM Gentle Stretch Yoga 10:30AM
26	**27** Stability & Balance 2:00PM	**28** Chair Yoga 11:00AM LGBTQIA+ Group 6:30PM 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

COMMUNITY HEALTH NETWORK

Anyone with interest in any of the programs below, please contact 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.

SUPPORT GROUPS

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

Patient Support Group

Every Second & Fourth Wednesday
6:00PM (Virtual)

Prostate Support Group

Every Fourth Wednesday
6:30PM (Virtual)

COMMUNITY HEALTH NETWORK SURVIVORSHIP EDUCATION CLASSES

"These classes are facilitated by Community Health Network. To register, please visit **ecommunity.com/survivorship** or call **317-621-4961**.

Prostate Cancer & Nutrition

Tuesday, Setpember 1 • 6:30PM (Virtual)

Life After Cancer: Where is My Normal?

Tuesday, September 15 • 6:30PM (Virtual)

Breast Cancer & Nutrition

Tuesday, October 6 • 6:30PM (Virtual)

Cancer Prevention & Genetics

Tuesday, October 20 • 6:30PM (Virtual)

ART THERAPY

Art Therapy Group

Every First Friday • 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 **info@cancersupportindy.org**.

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 info@cancersupportindy.org or call 317-257-1505 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 • 5:30PM (Virtual)

Whether on a yoga mat or seated in a chair, this gentle yoga class offers mindful stretching to help increase flexibility, ease muscle tension, and support physical and emotional wellness. Perfect for all fitness levels and abilities.

COUNSELING & EDUCATION

Individual Counseling (For Survivors)

On Tuesdays (Virtual) and Wednesdays (In Person) by Appointment Only

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.



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

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 (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

In Person classes running Sept 8-Oct 29
Tuesdays • 5:30PM (Virtual)
Thursdays • 1:30PM (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.

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

Every Third Wednesday • 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.

Meaning in the Making

Every Second & Fourth Wednesday
1:30-3:30PM (In Person) RSVP Required

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.

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.**

Franciscan Lafayette Patient Support Group

Every First & Third Wednesday
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.

COUNSELING & SUPPORT PROGRAMS

Franciscan Lafayette Patient Support Group

Every First & Third Wednesday • 5:30-7:00PM (Virtual)

Open to any patient or survivor impacted by cancer. Contact **Katiew@cancersupportindy.org** or call **317-721-1468** for more information and to register.

Patient Support Group

Every Second & Fourth Wednesday • 6:00PM (Virtual)

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

Prostate Cancer Support Group

Every Second & Fourth Wednesday • 6:30PM (Virtual)

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

ART THERAPY PROGRAMS

Art Therapy Group

Every First Friday • 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 **info@cancersupportindy.org** for more information and to register.

WELLNESS PROGRAMS

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

Gentle Stretch Yoga @ Franciscan Health

Every Monday • 4:30PM (Virtual)

Whether on a yoga mat or seated in a chair, this gentle yoga class offers mindful stretching to help increase flexibility, ease muscle tension, and support physical and emotional wellness. Perfect for all fitness levels and abilities.
Contact **Katiew@cancersupportindy.org** or call **317-721-1468** for more information or to register.

Gentle Stretch Yoga @ Hendricks Health

Every Tuesday • 5:30PM (Virtual)

Whether on a yoga mat or seated in a chair, this gentle yoga class offers mindful stretching to help increase flexibility, ease muscle tension, and support physical and emotional wellness. Perfect for all fitness levels and abilities. Contact **info@cancersupportindy.org** for more information and to register.

Moving Beyond

In Person classes running Sept 8-Oct 29
Tuesdays • 5:30PM (Virtual)

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.

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

Franciscan HEALTH CANCER CENTER

Hendricks Regional Health

Lilly

Indiana University Health

Community Health Network

13 WTHR

INDIANA UNIVERSITY
MELVIN AND BREN SIMON COMPREHENSIVE CANCER CENTER
COMMUNITY OUTREACH AND ENGAGEMENT

John, Cathy and Margaret Langham

Nayar Family Foundation