In response to the COVID–19 emergency, the Cancer Support Community of Greater Ann Arbor (CSC) has temporarily suspended face-to-face programs and is offering virtual programs in their place. While we hope to resume normal programming as soon as possible, our top priority is the safety of our members, volunteers, staff, and community.

Even though we can’t be physically present, we are in this together. That’s why the CSC is offering a wide variety of live support groups and classes that you can access using your computer, tablet, smartphone, or telephone. Virtual programs are offered free of charge and there is something for everyone; we welcome all people impacted by cancer including patients, survivors, family and friends of all ages.

“To register for virtual programs, and to find detailed instructions for logging on to live groups and classes, please visit our virtual programs page:

www.cancersupportannarbor.org/virtual

Questions? Don’t hesitate to give us a call! You can reach Program Director Rosie Ingebritson at 734-489-9585 or Program Coordinator Taylor Leathead at 734-489-9653.

NEW HERE? YOU’RE NOT ALONE. Join us for a one-on-one new member meeting via phone or videoconference to learn more about all the ways that this community can support you and your loved ones. Call Taylor at 734-489-9653 to get started.

“I am more than my cancer.”
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“I am more than my cancer.”

THE CANCER SUPPORT COMMUNITY.
2010 Hogback Road, Suite 3 • Ann Arbor, MI 48108
734-975-2500 • www.cancersupportannarbor.org

OUR STAFF IS WORKING FROM HOME, BUT WE’RE STILL AVAILABLE DURING BUSINESS HOURS:
Monday - Thursday: 9:00 am - 5:00 pm
Friday: 9:00 am - 12:00 pm
**there is support here**

**LIVE SUPPORT GROUPS**

Connect with others and share support in a virtual, professionally-facilitated support group. All virtual groups meet via Zoom, our HIPAA-compliant video conferencing system. If you don’t have a device that can run Zoom, you can call in from your telephone.

**WEEKLY GROUPS**

**WEEKLY LIVING WITH CANCER GROUPS**
For patients and survivors in active treatment or up to about a year post-treatment. Two different groups meet weekly:
- **Mondays 11-1 am**
- **Tuesdays 6-8 pm**

**WEEKLY FAMILY AND FRIENDS GROUP**
For loved ones of those diagnosed with cancer.
- **Tuesdays 6-8 pm**

**BI-WEEKLY AND MONTHLY GROUPS**

**METASTATIC CANCER SUPPORT GROUP**
For those living with metastatic cancer. Bi-weekly.
- **Second & Fourth Wednesday 10 am-12 pm**

**LIFE BEYOND CANCER SURVIVORSHIP GROUP**
For survivors finished with primary treatment.
- **Monthly, First Monday 6-7:30 pm**

**BREAST CANCER SUPPORT GROUP**
For patients and survivors.
- **Monthly, First Wednesday 6-7:30 pm**

**LIVING WITH CANCER/FAMILY & FRIENDS BRIGHTON**
For patients, survivors, and loved ones. During regular program delivery, this group meets at St. Joe’s Brighton. All are welcome in the virtual program.
- **Monthly, Third Wednesday 6-7:30 pm**

**BLOOD CANCER SUPPORT GROUP**
For patients and survivors.
- **Monthly, Third Thursday 6-7:30 pm**

**PRIDE CANCER SUPPORT GROUP**
For patients, survivors, and loved ones identifying as bi-sexual, gay, lesbian, queer, transgender, two-spirit, and all other sexual and gender minorities.
- **Monthly, Third Thursday 6-7:30 pm**

**YOUNG ADULT CANCER SUPPORT GROUP**
For patients and survivors ages 18-40ish.
- **Monthly, Fourth Monday 6-7:30 pm**

**HEREDITARY COLORECTAL CANCER PEER GROUP**
This peer-led discussion group welcomes those living with hereditary syndromes including Lynch syndrome, FAP, and others, as well as their loved ones.
- **Monthly, Third Thursday 6-7:30 pm**

**ONE-ON-ONE SUPPORT**
Our clinical social work staff is here to offer one-on-one emotional support over the phone or videoconference.
Visit [www.cancersupportannarbor.org/virtual](http://www.cancersupportannarbor.org/virtual) or call Rosie at 734-489-9585 to schedule an appointment.

To protect your privacy, all virtual programs require registration and are password protected. Visit [www.cancersupportannarbor.org/virtual](http://www.cancersupportannarbor.org/virtual) to sign up and we’ll send you the login information.

**there is wellness here**

**LIVE HEALTHY LIFESTYLE CLASSES**
Professionally-instructed healthy lifestyle and stress management classes meet via Zoom, our HIPAA-compliant videoconferencing system. Those with all levels of ability and experience are welcome.

**GENTLE YOGA**
Engaging in gentle exercise can help boost immune function, reduce stress, and keep your body strong, but it can be hard to find ways to stay active when you’re social distancing; that’s why CSC virtual yoga is now offered twice weekly.
- **Mondays and Wednesdays 11 am-12 pm**

**GUIDED MEDITATION**
Meditation has been shown to decrease anxiety, improve sleep, and help manage symptoms and side effects. Join us for a guided mindful meditation offered twice weekly.
- **Tuesdays and Thursdays 1-2 pm**

**RECORDED CLASSES**
Recorded classes with CSC instructors including yoga, tai chi, and meditation, are available on demand.

**there is family here**

**LIVE PROGRAMS FOR KIDS**
Professionally-instructed programs keep kids engaged and connected with others. All live kids’ programs require a parent in the room.

**CREATIVE KIDS**
In this new weekly videoconference, our professional facilitator will guide kids through fun art projects with plenty of opportunities for sharing and conversation.
- **Mondays 4-5 pm**

**KIDS KICKING CANCER**
This virtual version of our popular kids’ martial arts class incorporates upper body exercises, deep breathing, and meditation to help kids manage feelings.
- **Thursdays 4:30-5 pm**

**there is community here**

**LIVE PROGRAMS TO KEEP YOU CONNECTED**
Our new social programs are designed to help ensure that you stay connected with others throughout this time of social distancing.

“it helps me so much to be able to log in and see other people, to talk and laugh with them.”

**COMMUNITY AND CREATIVITY**
Explore your creativity and connect with others! Our instructor will lead a creative expression project using supplies you have at home— a pen and paper is enough! No art experience required.
- **Wednesdays 2-3:30 pm**

**COFFEE AND CONVERSATION**
This weekly video conference gathering is a chance to come together (virtually) with others, chat and see some friendly faces.
- **Fridays 10-11 am**

**FRIENDLY CALLER PROGRAM**
We could all use a little more connection right now, and we hope this program will help reduce feelings of isolation in our community. Sign up to receive a weekly call from a trained volunteer or staff member.

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**RECORDED EDUCATIONAL WORKSHOPS**
A library of recorded presentations with expert guests are available on demand. While face-to-face programs are suspended, we will continue adding new content here, so check our virtual programs page from time to time and see what’s new!

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WEEKLY GROUPS

For patients and survivors in active treatment or up to about a year post-treatment. Two different groups meet weekly:
- Mondays 11 am-1 pm
- Tuesdays 6-8 pm

WEEKLY FAMILY AND FRIENDS GROUP

For loved ones of those diagnosed with cancer. Tuesdays 6-8 pm

“it means a lot to connect with my group these days. They remind me I’m not alone.”

BI-WEEKLY AND MONTHLY GROUPS

MетASTATIC CANCER SUPPORT GROUP
For those living with metastatic cancer. Bi-weekly, Second & Fourth Wednesday 10 am-12 pm

LIFE BEYOND CANCER SURVIVORSHIP GROUP
For survivors finished with primary treatment. Monthly, First Monday 6-7:30 pm

BREAST CANCER SUPPORT GROUP
For patients and survivors. Monthly, First Wednesday 6-7:30 pm

LIVING WITH CANCER/FAMILY & FRIENDS CHELSEA
For patients, survivors, and loved ones. During regular program delivery, this group meets at St. Joe’s Chelsea. All are welcome in the virtual program. Monthly, First Thursday 11 am-12:30 pm

LIVING WITH CANCER/FAMILY & FRIENDS CANTON
For patients, survivors, and loved ones. During regular program delivery, this group meets at St. Joe’s Canton. All are welcome in the virtual program. Monthly, First Thursday 6-7:30 pm

ONE-ON-ONE SUPPORT
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PROSTATE CANCER SUPPORT GROUP
For patients, survivors, and partners. Monthly, First Wednesday 6-7:30 pm

LIVING WITH LOSS
For patients and survivors. Monthly, First Wednesday 6-7:30 pm

LUNG CANCER SUPPORT GROUP
For patients and survivors. Monthly, Second Thursday, 11 am-12:30 pm

AFRICAN AMERICAN FELLOWSHIP
For patients, survivors, and loved ones identifying as Black or African American. Monthly, Second Thursday 6-8 pm

LIVING WITH CANCER/FAMILY & FRIENDS BRIGHTON
For patients, survivors, and loved ones. During regular program delivery, this group meets at St. Joe’s Brighton. All are welcome in the virtual program. Monthly, third Wednesday 6-7:30 pm

BLOOD CANCER SUPPORT GROUP
For patients and survivors. Monthly, Third Thursday 6-7:30 pm

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LUNG CANCER SUPPORT GROUP
For all those who have lost a loved one to cancer. Monthly Second Wednesday 6-7:30 pm

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