SCHEDULE OF FREE VIRTUAL PROGRAMS

STAY CONNECTED WITH YOUR CANCER SUPPORT COMMUNITY FROM HOME

“%I am more than my cancer.”

THE CANCER SUPPORT COMMUNITY:
2010 Hogback Road, Suite 3 • Ann Arbor, MI 48105
734-489-9585 • 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

“%I was a little unsure at first about a virtual support group, but it actually feels almost like we’re all in the room together!”

www.cancersupportannarbor.org/virtual

support, education & hope
FOR ALL PEOPLE IMPACTED BY CANCER, ANYTIME, ANYWHERE

SOCiALLY DISTANCED, BUT NEVER ALONE. 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. All 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.

READY TO GET STARTED? Visit www.cancersupportannarbor.org/virtual where you’ll find registration links, instructions, confidentiality and safety information, and more. If you have any questions, please don’t hesitate to give us a call. You can reach Program Director Rosie Ingebritson, LMSW, at 734-489-9585.

NEW HERE? WE CAN’T WAIT TO MEET YOU! 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 Rosie at 734-489-9585 to get started.
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SUPPORT GROUPS
Connect with others and share support in a secure, professionally-facilitated support group live on Zoom, our HIPAA-compliant videoconferencing platform.

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 am-1 pm
- Tuesdays 6-8 pm
WEEKLY FAMILY AND FRIENDS GROUP
For loved ones of those diagnosed with cancer. Tuesdays 6-8 pm

SERIES SUPPORT GROUPS
SURVIVORSHIP TRANSITIONS
Five-week series for survivors finished with primary treatment. Find your new normal, mind, body, and spirit in this program that combines emotional support, exercise coaching, and education. To register, call 734.489.9585 or email rosie@cancersupportannarbor.org.

FOCUS: FACING CANCER TOGETHER
Five-week series for couples and care partners focusing on communication and coping as a team. To register, call 734.489.9585 or email rosie@cancersupportannarbor.org.

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 CHELSEA
For patients, survivors, and loved ones. During regular program delivery, this group meets at St. Joe’s Chelsea. Monthly, First Saturday 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. Monthly, First Thursday 6-7:30 pm

there is wellness here

HEALTHY LIFESTYLE CLASSES
Professionally-instructed healthy lifestyle and stress management classes meet via Zoom, our HIPAA-compliant videoconferencing platform. 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 classes are offered twice weekly.
- Mondays and Wednesdays 11 am-12 pm

GUIDED MEDITATION
Mediation 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 education here

EDUCATIONAL WORKSHOPS
LIVE EDUCATIONAL WORKSHOPS
Join us on Zoom to hear from expert speakers on hot topics in oncology, offered live at least once a month. Upcoming educational offerings are posted online at www.cancersupportannarbor.org/virtual.

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there is family here

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
Our professional facilitator guides kids through fun art projects that encourage sharing and conversation.
- Mondays 4:30-5:30 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 pm

you are welcome here

DIVERSITY, EQUITY, AND INCLUSION
The CSC recognizes that patients and loved ones holding marginalized identities face inequities throughout the cancer experience. We are committed to providing equitable access and a safe space for CSC members of any race, ethnicity, sexual orientation, gender identity, and ability.
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For patients and survivors.

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**LIVING WITH CANCER/FAMILY & FRIENDS CHELSEA**

For patients, survivors, and loved ones. During regular program delivery, this group meets at St. Joe’s Chelsea.

- **Monthly, First Thursday** 5:30-7 pm

**BLOOD CANCER SUPPORT GROUP**

For patients and survivors.

- **Monthly, Third Thursday** 6:30 pm

**PRIDE CANCER SUPPORT GROUP**

For patients, survivors, and loved ones identifying as bisexual, gay, lesbian, queer, transgender, two-spirit, and all other sexual and gender minorities.

- **Monthly, Third Thursday** 6:30 pm

**HEREDITARY COLORECTAL CANCER PEER GROUP**

For survivors, pre-vivors, and loved ones. Peer led.

- **Monthly, Third Wednesday** 6:30 pm

**YOUNG ADULT CANCER SUPPORT GROUP**

For patients and survivors ages 18-40ish.

- **Monthly, Fourth Monday** 6:30 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 or call Rosie at 734-489-9585 to schedule an appointment.

**there is wellness here**

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**there is community here**

**PROGRAMS TO KEEP YOU CONNECTED**

Our online social programs are designed to help ensure that you stay connected with others throughout this time of social distancing.

**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.

- **Wednesday** 2-3 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. Sign up to receive a weekly call from a trained volunteer or staff member just to check in and chat for awhile.

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