



# Support, education & hope.

**SUPPORT WHEREVER YOU NEED IT.** The Cancer Support Community is proud to offer a variety of options for program participation to help keep our members and community safe. We are currently offering a selection of hybrid programs with options to join in person or via Zoom, a wide variety of Zoom-based virtual programs, and our ever-growing collection of recorded on-demand classes.

All 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.

**READY TO GET STARTED?** Visit [www.cancersupportannarbor.org/programs](http://www.cancersupportannarbor.org/programs) where you'll find an up-to-date calendar, registration forms, instructions, and more. You're also welcome to give us a call to sign up, learn more, and get all your questions answered at 734-975-2500.

**PLANNING TO JOIN US IN PERSON?** Please make sure to review our guidelines for face-to-face program participation on Page 2.

Hybrid programs are subject to change, and we hope to add more in-person opportunities in the coming months. To view the most up-to-date offerings, please visit [www.cancersupportannarbor.org/programs](http://www.cancersupportannarbor.org/programs) or scan the QR code.



**PROGRAM PARTNERS:** TRINITY HEALTH • MICHIGAN MEDICINE UROLOGIC ONCOLOGY • MICHIGAN MEDICINE CANCER GENETICS • ANN ARBOR AREA COMMUNITY FOUNDATION • ANN ARBOR KIWANIS CLUB FOUNDATION • CHILDREN'S LEUKEMIA FOUNDATION OF MICHIGAN • HARRY A. & MARGARET D. TOWSLEY FOUNDATION • JAMES A. & FAITH KNIGHT FOUNDATION • KIDS KICKING CANCER • MOVE WELLNESS • RALPH C. WILSON, JR. LEGACY FUNDS AT THE COMMUNITY FOUNDATION FOR SOUTHEAST MICHIGAN

# IN-PERSON PROGRAM PROCEDURES

The following safety policies and procedures are in place in an effort to keep our community as safe as possible:

- Up-to-date Covid vaccinations are required for all eligible members, staff, and visitors to attend in-person programs
- Masks are required for all in-person, indoor programs
- All members, staff, and visitors are required to pass a standard screening and temperature check upon entrance to the facility
- Programs are staggered to limit exposure
- An upgraded ventilation system has been installed to increase airflow

If you're unable or unwilling to adhere to any of these policies, our virtual programs will continue to be available long-term, and all hybrid programs offer the option to join via Zoom. Questions? Please call our office at 734-975-2500.

## CURRENT HYBRID OFFERINGS

Hybrid programs, which offer the option to join in person at the CSC or via Zoom, are subject to change, and we hope to add more in-person opportunities in the coming months.

### **PROGRAMS WITH AN IN-PERSON OPTION AS OF JUNE 2022**

are indicated with a blue box like this one!

To view the most up-to-date hybrid programs, please visit [www.cancersupportannarbor.org/programs](http://www.cancersupportannarbor.org/programs) or scan the QR code.

We look forward to seeing you in person or on Zoom soon!



# There is support here.

## SUPPORT GROUPS

All professionally-facilitated support groups are currently available via Zoom, with select hybrid programs offering the option to attend in person (indicated with a blue box).

If you have questions or are wondering which group might be right for you, please call Taylor at 734-975-2500 for a pre-group orientation.

To register, please call 734-975-2500 or visit [www.cancersupportannarbor.org/programs](http://www.cancersupportannarbor.org/programs).

### WEEKLY GROUPS

#### LIVING WITH CANCER GROUPS

For patients and survivors in treatment or up to about a year post-treatment.

*Mondays 11 am-1 pm*

*Tuesdays 6-8 pm*

#### FAMILY AND FRIENDS GROUP

For loved ones of those in treatment for cancer or up to a year post-treatment.

*Tuesdays 6-8 pm*

### BI-WEEKLY AND MONTHLY GROUPS

#### AFRICAN AMERICAN FELLOWSHIP

For patients, survivors, and loved ones identifying as Black or African American.

*Monthly, Second Thursday 6-8 pm*

#### BLOOD CANCER SUPPORT GROUP

For patients and survivors.

*Monthly, Third Thursday 6-7:30 pm*

#### BRAIN TUMOR SUPPORT GROUP

For patients, survivors, and caregivers impacted by primary brain tumors.

*Monthly, Second Thursday 7-8:30 pm*

#### BREAST CANCER SUPPORT GROUP

For patients and survivors.

*Monthly, First Wednesday 6-7:30 pm*

#### CREATIVITY FOR WELLNESS: ART-BASED SUPPORT GROUP

For patients, survivors, and loved ones.

*Monthly, First Thursday 11am-12:30 pm*

#### HEAD & NECK CANCER SUPPORT GROUP

For patients, survivors, and loved ones.

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

#### HEREDITARY COLORECTAL CANCER PEER GROUP (PEER-FACILITATED)

For survivors, pre-vivors, and loved ones.

*Monthly, Third Thursday 6:30-8 pm*

#### LIFE BEYOND CANCER SURVIVORSHIP GROUP

For survivors finished with primary treatment.

*Monthly, First Monday 6-7:30 pm*

#### LIVING WITH CANCER/FAMILY & FRIENDS:

During in-person program delivery, monthly groups bring together patients, survivors, and loved ones at Trinity Health partner locations. If one of these is close to home, join us virtually to get acquainted before we come back in person!

**BRIGHTON:** *Third Wednesday 6-7:30 pm*

**CANTON:** *First Thursday 6-7:30 pm*

**CHELSEA:** *First Thursday 11 am-12:30 pm*

**LIVONIA:** *Coming soon!*

#### LIVING WITH LOSS

For all those who have lost a loved one to cancer.

*Monthly, Second Wednesday 6-7:30 pm*

## **BI-WEEKLY AND MONTHLY GROUPS (CONTINUED)**

### **LUNG CANCER SUPPORT GROUP**

For patients and survivors.

*Monthly, Second Thursday 11 am-12:30 pm*

### **METASTATIC CANCER SUPPORT GROUP**

For those living with metastatic cancer.

*Bi-weekly, Second & Fourth Wed. 10 am-12 pm*

### **PRIDE CANCER SUPPORT GROUP**

For LGBTQ+ patients, survivors, and loved ones.

*Monthly, Third Thursday 6-7:30 pm*

### **PROSTATE CANCER SUPPORT GROUP**

For patients, survivors, and partners.

*Monthly, First Wednesday 6-7:30 pm*

### **YOUNG ADULT CANCER SUPPORT GROUP**

For patients and survivors ages 18-40ish.

*Monthly, Fourth Monday 6-7:30 pm*

## **SERIES SUPPORT GROUPS**

Series groups are scheduled based on interest and availability. Select series will be offered using a hybrid model with the option to attend in person. To register, please visit [www.cancersupportann Arbor.org/programs](http://www.cancersupportann Arbor.org/programs) or call Taylor at 734-975-2500.

### **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. *Next series TBD; register now and we'll call you to schedule.*

## **CANCER 101**

Six-week series for those diagnosed in the past six months to help ease the adjustment to living with cancer. *Next series TBD; register now and we'll call you to schedule.*

### **FOCUS: FACING CANCER TOGETHER**

Five-week series for couples and care partners focusing on communication and coping as a team. *Next series TBD; register now and we'll call you to schedule.*

### **KID SUPPORT, TEEN TIME, AND PARENT SUPPORT**

Four-week series for families impacted by cancer. Age-appropriate activities using art and play help kids express their feelings, while parents and teens have their own spaces to talk with others who truly understand. *Next series TBD; register now and we'll call you to schedule.*

## **ONE-ON-ONE SUPPORT**

Our clinical social work staff is here to offer one-on-one emotional support as needed. Please visit [www.cancersupportann Arbor.org/programs](http://www.cancersupportann Arbor.org/programs) or call Taylor at 734-975-2500 to schedule.

### **ONCOLOGY COUNSELING WITH TRINITY HEALTH CANCER CENTERS**

Through an innovative partnership with Trinity Health, professional counseling services are available to all patients, survivors, and loved ones receiving care at Trinity Health Cancer Centers in Ann Arbor, Brighton, Canton, Chelsea, Brighton Cancer Centers, and Livonia Cancer Center. To learn more about oncology counseling with Trinity Health, visit [www.cancersupportann Arbor.org/counseling](http://www.cancersupportann Arbor.org/counseling).

*Available in person, by phone, or on Zoom.*

# There is education here.

## **EDUCATIONAL WORKSHOPS WITH EXPERT SPEAKERS**

Join us on Zoom to hear from expert speakers on hot topics in oncology. Register at [www.cancersupportannarbor.org/programs](http://www.cancersupportannarbor.org/programs) or call 734-975-2500.

### **ONCOLOGY NUTRITION FOR OPTIMAL WELLNESS**

*Monday, July 11, 6-7:30 pm with Melissa Shannon-Hagen, RD, CSO, University of Michigan Health*

This free workshop will explore the science of oncology nutrition, healthy foods that can help optimize nutrition at any stage of disease or survivorship, and strategies to make healthy eating a daily habit, with plenty of time for discussion and questions.

### **PELVIC FLOOR RECOVERY FOR BREAST AND GYNECOLOGIC CANCERS**

*Monday, July 18, 6-7:30 pm with Jessica Sommerville, DPT, The Recovery Project*

Changes in sexual function and pelvic floor health are common in people diagnosed with breast and gynecologic cancers, but they're not always talked about. Join us to learn more and explore how PT and OT can help throughout the course of treatment and into survivorship.

### **ESTATE PLANNING**

*Thursday, August 4, 12-1:30 pm with Michael Crowley, JD, Conlin, McKenney & Philbrick, P.C.*

Estate planning is the process of documenting wishes for your finances, assets, and personal care in case you can't manage them on your own. This may include a will, durable power of attorney, advance medical directives, beneficiary designations, and more. Learn more about the process and get your questions answered live on Zoom with Estate Planning Attorney Michael Crowley.

### **I DON'T FEEL LIKE MYSELF: EMOTIONAL IMPACTS OF CANCER AND CAREGIVING**

*Monday, August 8, 6-7:30 pm with Michelle Riba, MD, University of Michigan Health*

Emotional distress, anxiety, and depression are common side effects of cancer that loved ones may also experience. But even once you recognize that you're struggling, it's not always easy to figure out how to start feeling better. Join Dr. Michelle Riba, director of the University of Michigan Rogel Cancer Center's PsychOncology program, to discuss the emotional side effects of cancer, medical and complementary therapies, and plenty of time for Q&A.

### **UNDERSTANDING RADIATION THERAPY**

*Tuesday, September 20, 6-7:30 pm with Richard Cattaneo, MD, Trinity Health*

This workshop will offer a look at radiation therapies, how they work to treat cancer, and what to expect when you or a loved one undergoes radiation. Radiation Oncologist Dr. Cattaneo will allow plenty of time for Q&A.

### **BEHIND THE SCENES OF CANCER CARE**

*Monday, September 26, 6-7:30 pm with Eva Bieniek, MD, University of Michigan Health*

Medical care for cancer is complicated. Have you ever wondered how all the pieces fit together? Join us for a workshop with Radiation Oncologist Eva Bieniek, MD, exploring how your cancer care team works together including tumor board, multidisciplinary care, seeking a second opinion, and more. As always, discussion and questions will be welcome.

## There is wellness here.

### HEALTHY LIFESTYLE CLASSES

Professionally-instructed exercise, nutrition, and stress management classes welcome patients, survivors, and loved ones with all levels of ability and experience. All classes are currently available via Zoom, with select hybrid programs offering the option to attend in person (indicated with a blue box).

To register, please call 734-975-2500 or visit [www.cancersupportannarbor.org/programs](http://www.cancersupportannarbor.org/programs).

### COOKING FOR WELLNESS

Join registered oncology dietitian Linn Storch to learn about the science of nutrition as it relates to cancer and try out healthy recipes.

*Monthly, Second Wednesday 4-6 pm*

### GENTLE YOGA

Engaging in gentle exercise can help boost immune function, reduce stress, and keep your body strong. Our professionally-instructed yoga classes offer a gentle, restorative option for beginners and experienced yogis alike.

*Mon., Wed., and Fri. 11 am-12 pm*

### GUIDED MEDITATION

Meditation has been shown to decrease anxiety, improve sleep, and help manage symptoms and side effects of cancer.

*Tuesdays 1-2 pm*

### KIDS KICKING CANCER

This special kids' martial arts class incorporates upper body exercises, deep breathing, and meditation to help kids manage feelings when cancer is in the family. *Note: in-person only, call for dates and times.*

### ZUMBA GOLD

This gentle version of Zumba provides a fun workout set to music.

*Thursdays 11 am-12 pm*

## There is community here.

### PROGRAMS TO KEEP YOU CONNECTED

Whether in person, by phone, or on Zoom, staying connected with others is so important when cancer is a part of life. To register and view up-to-date social offerings, please visit [www.cancersupportannarbor.org/programs](http://www.cancersupportannarbor.org/programs) or call 734-975-2500.

### SUMMER NIGHTS AT GALLUP PARK

Our popular summer event is back! Join us at Gallup Park for dinner and enjoy boating or just a peaceful evening by the water with your friends from CSC.

This outdoor event is *in-person only*, and registration is required. Call 734-975-2500 or visit [www.cancersupportannarbor.org/programs](http://www.cancersupportannarbor.org/programs) to sign up.

*Thursdays June 23 and July 28, 6-8 pm*

### COFFEE AND CONVERSATION ON ZOOM

This weekly Zoom gathering is a chance to chat and see some friendly faces.

*Fridays 10-11 am*

### COMMUNITY AND CREATIVITY ON ZOOM

Explore your creativity and connect with others. Our teachers lead a variety of art projects from drawing to origami to Zentangle!

*Select Wednesdays 3-4:30 pm*

### FRIENDLY CALLER PROGRAM

We could all use a little more connection. Sign up to receive a weekly call from a trained CSC volunteer just to check in and chat.

# VOLUNTEERS NEEDED!

The Cancer Support Community is looking for volunteers! Opportunities include:

- Facility greeter
- Outreach and community events
- Trinity Health Volunteer Navigator
- Special events
- The Brides Project

If you're interested in one of these roles, or if you have a special skill you'd like to share, please visit [www.cancersupportannarbor.org/volunteer](http://www.cancersupportannarbor.org/volunteer) or contact Erin Kelly, MSW at 734-975-2500 or [erin@cancersupportannarbor.org](mailto:erin@cancersupportannarbor.org).

## SAVE THE DATE:

### The Cancer Support Community of Greater Ann Arbor's Fifteenth Anniversary Block Party

The CSC is celebrating fifteen years of service to our community with a free, family-friendly block party outside Ann Arbor's legendary Washtenaw Dairy. We'll have the roads blocked off for fun and games, music, and lots of free treats. This event is open to the public. We hope you'll save the date and join in the celebration!

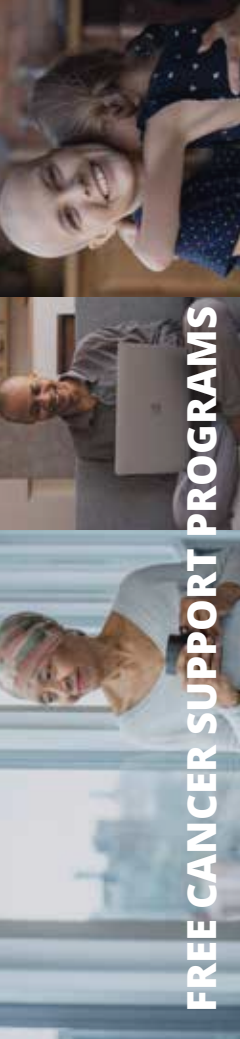
**SUNDAY, OCTOBER 9, 2-4 PM**

## 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 members of any race, ethnicity, sexual orientation, gender identity, and ability.





## JULY-SEPTEMBER 2022 SCHEDULE OF FREE PROGRAMS



# Community is stronger than cancer.

**CANCER SUPPORT COMMUNITY OF GREATER ANN ARBOR:**

2010 Hogback Road, Suite 3 • Ann Arbor, MI 48105

734-975-2500 • [www.cancersupportannarbor.org](http://www.cancersupportannarbor.org)