



# 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 OCTOBER 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 loved ones 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 11 am-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 3-4:30 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.cancersupportannarbor.org/programs](http://www.cancersupportannarbor.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.cancersupportannarbor.org/programs](http://www.cancersupportannarbor.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.cancersupportannarbor.org/counseling](http://www.cancersupportannarbor.org/counseling).

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

# There is education here.

## **EDUCATIONAL WORKSHOPS WITH EXPERT SPEAKERS**

Join us on Zoom to learn about hot topics in oncology, plus ample time for Q&A with our expert guest presenters. Register at [www.cancersupportannarbor.org/programs](http://www.cancersupportannarbor.org/programs) or call 734-975-2500.

### **SLEEP AND FATIGUE**

*Tuesday, October 4, 6-7:30 pm with Sri Apurupa Jasti, MD, Trinity Health IHA Medical Group*

Join us for a free workshop on how cancer and its treatment can affect sleep and energy. Dr. Sri Apurupa Jasti will discuss the importance of sleep, how to discuss sleep disturbances with your healthcare team, and practical strategies to optimize sleep and manage fatigue.

### **ASK THE DOC: SURGICAL ONCOLOGY FOR BREAST CANCER PATIENTS**

*Thursday, October 13, 6:30-8:00 pm with Shoshana Hallowell, MD, FACS, Ascension Medical Group*

Surgical Oncologists are an important piece of many breast cancer care teams. Join Dr. Shoshana Hallowell to learn about different surgical procedures available to breast cancer patients, how to prepare for surgery, and what to expect before and after surgery.

### **FRANKLY SPEAKING ABOUT CANCER: MAKING TREATMENT DECISIONS**

*Tuesday, November 15, 6-7:30 pm with Michael Adashek, DO, Trinity Health IHA Medical Group* Whether you were recently diagnosed or you've been living with cancer for years, making decisions about your care can be a complicated and emotional experience. This workshop will offer an in depth discussion of the decision-making process throughout the trajectory of cancer care, including considerations about your values and priorities, quality of life, cost of care, and more.

### **CANNABIS AND CANCER: MEDICAL APPLICATIONS AND RESEARCH**

*Thursday, December 1, 6-7:30 pm with Rob McCurren, MD, The WellFlower*

Medical cannabis is one of many symptom and side effect management options for cancer, but patients and caregivers often feel uninformed about its research and medical applications, and may experience stigma or access barriers when seeking it out. Join us for an honest discussion about medical cannabis for symptom and side effect management and get your questions answered.

### **STAYING ACTIVE WHILE STAYING INDOORS**

*Monday, December 5, 6-7:30 pm with Meghan Malley, PT, DPT, Recovery Project*

It can be hard to stay active, especially during the chilly winter months here in Michigan. Our friends from the Recovery Project will discuss strategies for maintaining physical activity during the winter months, including easy ways to improve strength, flexibility, balance, and endurance while exercising from the comfort of home, as well as the implications of physical activity on overall wellness, including mental health.

## There is wellness here.

### HEALTHY LIFESTYLE CLASSES

Professionally-instructed exercise, nutrition, and stress management classes welcome those 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). Register at [www.cancersupportannarbor.org/programs](http://www.cancersupportannarbor.org/programs) or call 734-975-2500.

### COOKING FOR WELLNESS

Explore oncology nutrition and healthy recipes with registered oncology dietitian Linn Storch.

*Monthly, Second Wednesday 4-6 pm*

### GENTLE YOGA

Gentle exercise like yoga can help reduce stress, boost immune function, and keep your body strong. Our professionally-instructed classes welcome beginners and experienced yogis alike.

*Virtual: Monday and Friday 11 am-12 pm*

*Hybrid: Wednesdays 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 uses exercise deep breathing, and meditation to help kids manage feelings when cancer is in the family. *Several virtual options available. Call 734-975-2500 for details and registration.*

### NEW: PILATES WITH MOVE WELLNESS

Strengthen your body and increase range of motion in this popular low-impact workout.

*Tuesdays 10-10:30 am*

### ZUMBA GOLD

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

*Thursdays 10-11 am*

## 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.

### FALL FUN AT THE CSC

Enjoy the best parts of fall with your friends from the CSC: pumpkin carving, donuts, and cider! This outdoor event is in-person only and registration is required.

*Sunday, October 23, 1-3 pm*

### HOLIDAY PARTY AND GINGERBREAD HOUSE DECORATING

Join us for a night of gingerbread house decorating as we celebrate the holiday season. Our partners from UpCancer will provide some fun ideas for decoration while we chat, enjoy each other's company, and try to resist eating all the candy before it goes on our houses. In-person only, registration required.

*Wednesday, December 7, 6-7 pm*

### COFFEE AND CONVERSATION

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

*Fridays 10-11 am*

### COMMUNITY AND CREATIVITY

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

*Wednesdays 2-3:30 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.

# CSC'S HOOVER TURF TAILGATE IS BACK!

After a 3-year hiatus, our popular U of M Football game day tailgate is back to raise funds for the Cancer Support Community and our Sprout Love Financial Assistance Program.

**WHEN:** Every 2022 University of Michigan home football game day!

**WHERE:** Stadium Club 327 at 327 East Hoover.

**COST:** Tailgates are open to the public, free to enter, and a selection of canned beer, ciders, seltzers, and pre-mixed cocktails are available to purchase for \$6. Food and nonalcoholic purchases will be available from Slow's Bar BQ.

The Hoover Turf Tailgate is a comfortable, family-friendly garden atmosphere just 450 feet from the stadium. All proceeds from alcohol purchases go directly to the Cancer Support Community and the Sprout Love Financial Assistance Fund.

The Hoover Turf Tailgate is made possible by sponsorship from O&W, Inc., Boston Beer Company, and Stadium Club Ann Arbor.

## **FOR MORE INFORMATION INCLUDING SCHEDULES, MENUS, AND VOLUNTEER OPPORTUNITIES:**

Visit <https://www.cancersupportannarbor.org/hooverturftailgate> or scan the QR code.



## **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, religion, sexual orientation, gender identity, and ability.





**FREE CANCER SUPPORT PROGRAMS**

## **OCTOBER-DECEMBER 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)



**CANCER SUPPORT  
COMMUNITY**  
GREATER ANN ARBOR

**OCTOBER-DECEMBER 2022 SCHEDULE OF FREE PROGRAMS**