



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 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 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 are indicated with a blue box like this one!

To view the most up-to-date hybrid programs, please visit www.cancersupportannarbor.org/programs or scan the QR code.

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



NEW HYBRID PROGRAMS AT TRINITY HEALTH LIVONIA HOSPITAL

Join us for hybrid programs now offered at Trinity Health Livonia Hospital, located at the South Entrance of 36475 Five Mile Rd, Livonia MI 48154 or live on Zoom.

- **YOGA:** Every Wednesday from 4:30-5:30 pm in Classroom LIM1 1-2 (to the left of Joe's Java)
- **LIVING WITH CANCER/FAMILY & FRIENDS GROUP:** Third Wednesday from 6-7:30 pm in the Cancer Center Conference Room

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

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.

To register, please call 734-975-2500 or visit 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

LIVING WITH CANCER GROUP

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

Tuesdays 11 am-1 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 6-7:30 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 LOSS

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

Monthly, Second Wednesday 6-7:30 pm

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BI-WEEKLY AND MONTHLY GROUPS (CONTINUED)

LIVING WITH CANCER/FAMILY & FRIENDS:

Monthly groups bring together patients, survivors, and loved ones on Zoom and at select Trinity Health partner locations.

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

CANTON: *First Thursday 3-4:30 pm*

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

NEW: LIVONIA: *Third Wednesday 6-7:30 pm, Cancer Center Conference Room*

**Brighton and Chelsea hybrid options will be available in early 2023!*

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 offer the option to attend in person. To register, please visit 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.

FOCUS: FACING CANCER TOGETHER

Five-week series for couples and care partners focusing on communication and coping as a team.

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.

CANCER 101

Six-week series for those diagnosed in the past six months to help ease the adjustment to living with cancer.

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 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, and Livonia. To learn more, please visit 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 or call 734-975-2500.

MINDFULNESS AND SELF-COMPASSION FOR RESILIENCE AND WELL-BEING

2-week series on Wednesdays January 11, and 18 from 6:30-7:30 pm with Marcy Plunkett, PhD

This special series welcomes patients, survivors, family and friends to explore the practice of self-compassion through educational presentation, guided meditations, and facilitated discussion on topics including compassionate breathing, stress management through self-compassion breaks, caregiver experiences, and more.

MASSAGE THERAPY FOR PEOPLE WITH CANCER AND LOVED ONES - IN-PERSON ONLY

Thursday, January 19, 12-1:30 pm Kathleen Schroeder, LMT, Bodywork Elevated

Join Licensed Massage Therapist Katie Schroeder to learn techniques you can do either on yourself or a loved one to provide relief for stress, anxiety, muscle tightness, or neuropathy. This class will provide hands-on demonstrations and offer opportunities to practice in person.

PUSH THE PAUSE BUTTON: CAREGIVERS

Thursday, January 26, 6-7:30 pm with Jadwiga Reffitt, MA, St. Croix Hospice

Caregivers and loved ones experience many of the same emotional effects as patients, and yet they often go without the care and support they need. Join us for a workshop exploring the experience of cancer caregivers, how to avoid burn-out, strategies for self care, and more.

RETURNING TO SPORT AND EXERCISE AFTER CANCER TREATMENT

Wednesday, February 15, 6-7:30 pm, panel discussion

This free workshop brings together expert speakers to discuss the importance of movement during and after cancer treatment, the challenges patients face, and practical strategies to return to sport and exercise. Panelists include:

- *Tara Breslin, MD, FACS, Surgical Oncology, Director, Trinity Health Breast Program*
- *John Krauss, MD, Medical Oncology Director, Michigan Medicine*
- *Elaine Economou, NPCP and STOTT Certified Pilates Instructor, CEO, MOVE Wellness*
- *Cathy Sanborn: Breast Cancer Survivor and Long-Distance Runner*

UPDATES ON COVID-19 AND CANCER

Wednesday, February 22, 6-7:30 pm with Janet Gilsdorf, MD, FPIDS, University of Michigan

Join Dr. Janet Gilsdorf, Professor Emerita of epidemiology, pediatrics, and infectious diseases at the University of Michigan, for a look at current research on COVID-19 and its effects on people impacted by cancer. We'll explore data on vaccine efficacy, variants, predictions for the winter, and current recommendations for immunocompromised individuals. After a presentation, Dr. Gilsdorf will allow plenty of time for Q&A.

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EDUCATIONAL WORKSHOPS (CONTINUED)

SEXUALITY AND INTIMACY

Thursday, March 2, 6-7:30 pm with Christina Woods, LMSW, Michigan Medicine

This presentation, live on Zoom, will explore topics including body image, sexual function, communication, and more. As always, there will be plenty of time for Q&A.

MANAGING GASTROINTESTINAL SYMPTOMS AND SIDE EFFECTS

Wednesday, March 22, 6-7:30 pm with Thomas Enzler, MD, PhD, Michigan Medicine

Gastrointestinal distress is common among cancer patients and survivors and can be one of the most challenging aspects of living with a cancer diagnosis. Join us to explore the causes of GI issues during and after cancer treatment, as well as tips for management, discussion and Q&A.

There is wellness here.

HEALTHY LIFESTYLE CLASSES

Professionally-instructed exercise, stress management, and nutrition classes welcome those with all levels of ability and experience. All supplies provided for in-person programs. Register at 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 at CSC: Wednesdays 11 am-12 pm

Hybrid at Trinity Health Livonia: Wednesdays 4:30-5:30 pm, Classroom LIM1 1-2

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.*

PILATES WITH MOVE WELLNESS

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

Tuesdays 10-10:30 am

HEALTHY LIFESTYLE CLASSES (CONTINUED)

ZUMBA GOLD

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

Thursdays 10-11 am

TAI CHI

The gentle practice of Tai Chi can help increase energy, improve balance, and promote relaxation.

Select Mondays, 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 or call 734-975-2500.

ROCK PAINTING AT THE CSC

Rock painting is a unique way to exercise your creativity through messages of hope, colorful abstracts, florals, animals, and more! Join friends at CSC for a fun afternoon with all supplies provided, including design ideas. No art experience necessary! Registration is required for this in-person only activity.

Wednesday, January 18, 1-2:30 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!

Select 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.





FREE CANCER SUPPORT PROGRAMS

JANUARY-MARCH 2023 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



**CANCER SUPPORT
COMMUNITY**
GREATER ANN ARBOR

JANUARY-MARCH 2023 SCHEDULE OF FREE PROGRAMS