



JOIN US FOR FREE PROGRAMS AT:

CANCER SUPPORT COMMUNITY

2010 Hogback Rd, Suite 3 - Ann Arbor, MI 48105

TRINITY HEALTH CANCER CENTER - BRIGHTON

7575 Grand River Ave - Brighton, MI 48114

TRINITY HEALTH CANCER CENTER - CANTON

1600 S. Canton Center Rd - Canton, MI 48188

CHELSEA HOSPITAL CANCER CENTER

775 S. Main St - Chelsea, MI 48118

TRINITY HEALTH CANCER CENTER - LIVONIA

36475 Five Mile Rd - Livonia, MI 48154

IN YOUR HOME

Join programs virtually via Zoom.

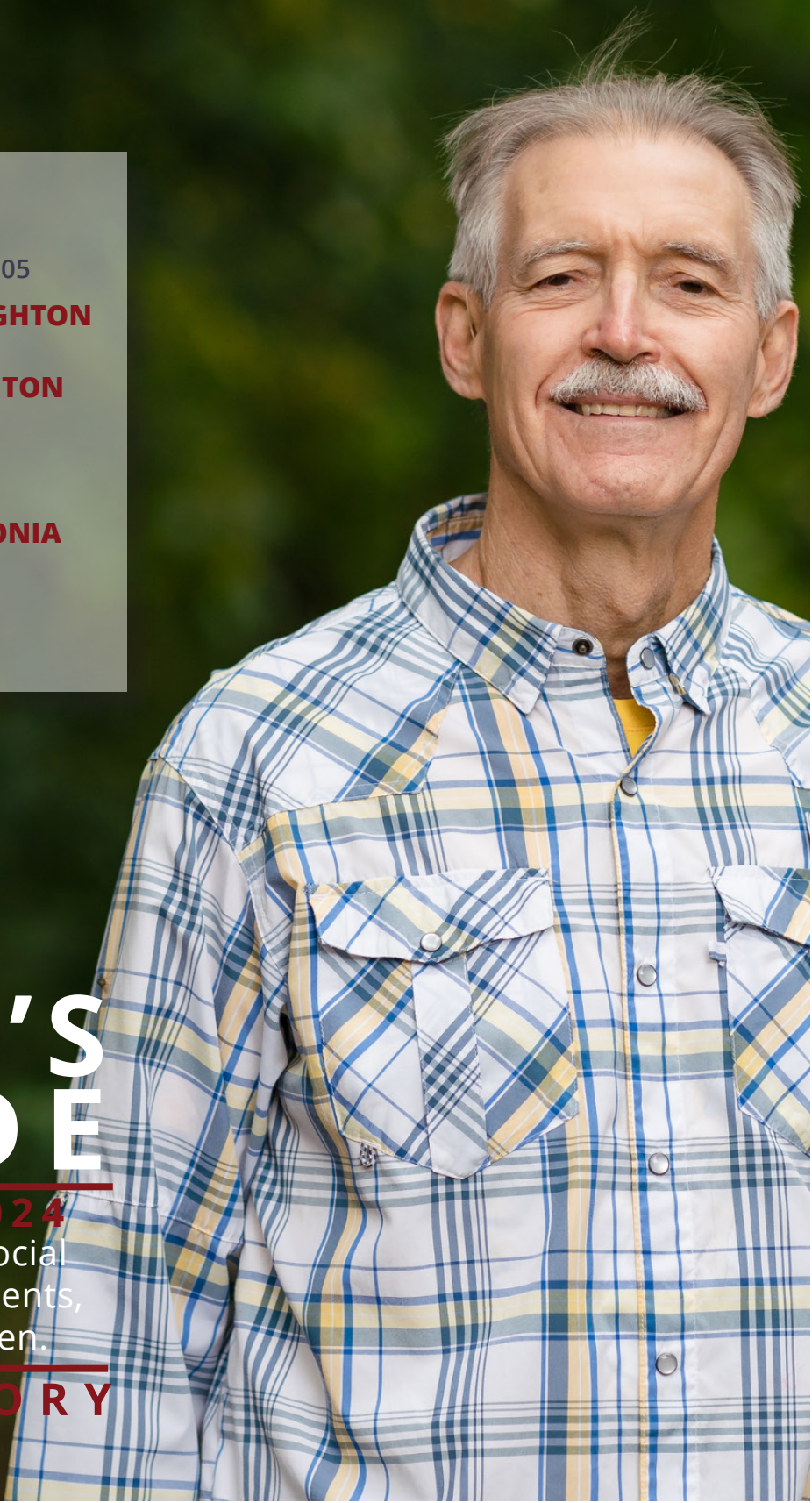


WHAT'S INSIDE

JANUARY - MARCH 2024

Free support, healthy lifestyle, social and education programs for patients, survivors, loved ones, and children.

READ BILL'S STORY



WE MISS YOU! Rediscover the impact that comes with meeting face-to-face. The CSC continues to add new and existing programs with an in-person option. Join us at our center to experience what so many of us have been missing the past few



years. Share a space, connect, and gain support from people who truly understand. Scan the QR code to view the most up-to-date, in-person programming listed on our website.

Bill's Story

Our cancer journey began when my wife was diagnosed with uterine cancer. We hoped that, after a successful hysterectomy, she would simply need monitoring. Unfortunately, the cancer had spread to a lymph node outside of the uterus, which meant that she would need chemotherapy and radiation. Nine months later, we're still dealing with drug reactions and side effects. The CSC has been an invaluable resource in getting through it.



As a caregiver during the time of Covid, and the need to be extra careful because of immunity concerns, the CSC is a safe haven in the midst of a long storm. My Family and Friends Group on Zoom allows me to connect with others who are going through similar challenges. We can share our feelings with people who understand in a space of acceptance, friendship, and community. One-on-one counseling has been a huge help, and I have also enjoyed the Cooking for Wellness classes on Zoom.

Now that my wife is finished with treatment, we feel very hopeful and optimistic about the future. We're currently in a group for couples dealing with cancer, and my wife is in two different programs for cancer survivors.

The wealth of free services offered are accessible from home and are run by such caring people. I am extremely grateful for all the help and support we have received through the CSC!

PROGRAM KEY

VIRTUAL (V) - Offered on Zoom Only

IN PERSON (IP) - Offered at CSC or offsite locations

HYBRID(H) - Offered at CSC or offsite locations and Zoom

● For Patients & Survivors

● For Loved Ones

There is support here.

SUPPORT GROUPS

Professionally-facilitated support groups are available for patients, survivors, and loved ones.

WEEKLY GROUPS

LIVING WITH CANCER GROUPS●

*Mondays 11 am-1 pm - **HYBRID***

*Tuesdays 11 am-1 pm - **VIRTUAL***

*Tuesdays 6-8 pm - **HYBRID***

FAMILY AND FRIENDS GROUP - **VIRTUAL●**

Tuesdays 6-8 pm

BI-WEEKLY AND MONTHLY GROUPS

AFRICAN AMERICAN FELLOWSHIP - **VIRTUAL●●**

Monthly, Second Thursday 6-8 pm

BLOOD CANCER SUPPORT GROUP - **VIRTUAL●●**

Monthly, Third Thursday 6-7:30 pm

BRAIN TUMOR SUPPORT GROUP - **VIRTUAL●●**

Monthly, Second Thursday 6-7:30 pm

BREAST CANCER SUPPORT GROUP - **VIRTUAL●**

Monthly, First Wednesday 6-7:30 pm

CREATIVITY FOR WELLNESS - **VIRTUAL●●**

Monthly, First Thursday 11am-12:30 pm

HEREDITARY COLORECTAL CANCER PEER GROUP - **VIRTUAL●●**

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

LIFE BEYOND CANCER SURVIVORSHIP GROUP - **VIRTUAL●**

Monthly, First Monday 6-7:30 pm

LIVING WITH LOSS - **VIRTUAL●**

Monthly, Second Wednesday 6-7:30 pm

LUNG CANCER SUPPORT GROUP - **VIRTUAL●**

Monthly, Second Thursday 11 am-12:30 pm

METASTATIC CANCER SUPPORT GROUP - **VIRTUAL●**

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

PRIDE (LGBTQ+) CANCER SUPPORT GROUP - **HYBRID●●**

Monthly, Third Thursday 6-7:30 pm

PROSTATE CANCER SUPPORT GROUP - **VIRTUAL●●**

Monthly, First Wednesday 6-7:30 pm

YOUNG ADULT CANCER SUPPORT - **VIRTUAL●**

Monthly, Fourth Monday 6-7:30 pm

ONE-ON-ONE SUPPORT●●

Our clinical social work staff is here to offer one-on-one emotional support as needed. Please visit our website or call 734-975-2500 to schedule.

SERIES SUPPORT GROUPS

Series groups are scheduled based on interest and availability. Check website or call for dates.

CANCER 101●●

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

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.

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.

There is wellness here. **HEALTHY LIFESTYLE CLASSES**

Professionally-instructed exercise, nutrition, and stress management classes welcome those with all levels of ability and experience.

COOKING FOR WELLNESS - HYBRID●●

Monthly, Second Wednesday, 4-6 pm

GUIDED MEDITATION - VIRTUAL●●

Tuesdays 1-2 pm

GENTLE YOGA●●

Mondays & Fridays 11 am-12 pm - VIRTUAL

Wednesdays 11 am-12 pm - HYBRID

KIDS KICKING CANCER - VIRTUAL●●

Several virtual options available. Call for details and registration.

PILATES WITH MOVE WELLNESS - VIRTUAL●●

Tuesdays 10-10:30 am

REIKI FOR RELAXATION - IN PERSON●●

By appointment, Mondays 4-7 pm & Thursdays 12-3 pm

TAI CHI - HYBRID●●

Select Mondays 10-11 am - Check the website for dates.

ZUMBA GOLD - VIRTUAL●●

Thursdays 10-11 am

To register, please call 734-975-2500 or visit cancersupportannarbor.org/programs.

There is community here.

SOCIAL PROGRAMS

Connecting with others is so important when cancer is a part of life.

COFFEE AND CONVERSATION - VIRTUAL●●

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

Fridays 10-11 am

COMMUNITY AND CREATIVITY - VIRTUAL●●

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

Select Wednesdays 2:30-4 pm - Check the website for dates.

NOOGIE NIGHTS - IN PERSON●●

Kids affected by cancer come together to connect and have fun with games, arts & crafts, and more.

Tuesdays 6-8 pm

WATERCOLORS - IN PERSON●●

Unleash your creativity in our watercolors class. Follow expert guidance to craft your own masterpiece — supplies included.

Monday, January 29, 6-7 pm

Registration required.

PAINT N' PARTY - IN PERSON●●

Explore your creative side at CSC's Paint N' Party! We'll walk you step-by-step through the process of creating your own masterpiece. All supplies will be provided.

Wednesday, February 21, 2-4 pm

Registration required.

PET PALS: MEET & GREET WITH THERAPAWS - IN PERSON●●

Join us as certified therapy dogs from Therapaws visit the CSC. There will be plenty of time with the pups as you connect with fellow members and enjoy light refreshments.

Sundays, January 21 & March 24, 1-3 pm

Registration required.

There is education here.

EDUCATIONAL WORKSHOPS WITH EXPERT SPEAKERS

Join us to learn about hot topics in oncology with our expert guest presenters.

COPING WITH "CHEMO BRAIN" - HYBRID●●

Tuesday, January 16, 6-7:30 pm

Nicolette Gabel, PhD, Michigan Medicine

"Chemo brain" is a catch-all term to describe the changes in thinking, memory, and mood that commonly affect cancer patients and survivors. Join us for a workshop to discuss the causes of "chemo brain" and strategies to manage it.

EDUCATIONAL WORKSHOPS (CONTINUED)
RECLAIMING INTIMACY FOR CANCER PATIENTS AND THEIR PARTNERS - VIRTUAL ●●

Wednesday, January 24, 6-7:30 pm

Jen Fecher, Director of Educational Services, Reclaiming Intimacy

Changes in body image and sexual function are common concerns for cancer patients and their loved ones, but not often talked about. Join us for a frank discussion on how to reclaim your intimacy needs, common sexual dysfunction issues during and after treatment, and how to combat these issues with at-home therapies.

COPING WITH "SCANXIETY" - VIRTUAL ●●

Thursday, February 8, 6-7:30 pm

Claire Casselman, LMSW, Michigan Medicine

Whether you're waiting on an upcoming scan, a loved one's test results, or your five-year checkup, "scanxiety" can be one of the most stressful aspects of coping with cancer. This interactive workshop will look at the experience of scanxiety and self-regulation techniques that help combat it.

NEXT-GENERATION TUMOR SEQUENCING FOR PERSONALIZED CANCER TREATMENT - VIRTUAL ●●

Tuesday, February 20, 6-7:30 pm

John Krauss, MD, Michigan Medicine

Join Dr. Krauss for a patient-focused discussion on cancer genetics and next-generation sequencing (NGS). Learn about detecting genetic changes in cancer, the significance of understanding these alterations in systemic therapy decisions, and the groundbreaking science behind NGS.

END-OF-LIFE DOULAS: PROVIDING CARE AND COMFORT - VIRTUAL ●●

Thursday, March 7, 6-7pm

Robin Lehman, BA, Certified End-Of-Life Doula, Lifespan Doulas

Join us for an honest conversation on how an End-of-Life Doula can assist in providing patients and loved ones with physical and emotional support through end-of-life. Learn about the benefits of having a Doula as a part of your healthcare team and all of the ways they can assist you and your loved ones with your end-of-life needs.

UNDERSTANDING COLORECTAL CANCER - VIRTUAL ●●

Wednesday, March 27, 6-7:30 pm

Shoshana Hallowell, MD, Ascension Medical Group

Join us for a workshop exploring colorectal cancer screening, diagnosis, staging, and treatment, as well as current research on reducing risk, progression, and recurrence. This workshop is aimed not only toward patients and caregivers living with colorectal cancer, but also those who wish to learn more and manage risk.

CSC in the Community.
OFFSITE LOCATIONS

Programs offered in partnership with Trinity Health. Programs are not restricted to Trinity Health patients; all are welcome.

ONCOLOGY COUNSELING WITH TRINITY HEALTH CANCER CENTERS - VIRTUAL & IN PERSON ●●

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.

Visit cancersupportannarbor.org/counseling to learn more.

TRINITY HEALTH CANCER CENTER - BRIGHTON

7575 Grand River Ave., Brighton, MI 48114

PATIENTS & LOVED ONES - HYBRID ●●

Monthly, Third Wednesday 6-7:30 pm

GENTLE YOGA - HYBRID ●●

Wednesdays 5-6 pm

GUIDED MEDITATION - IN PERSON ●●

Thursdays 4-5 pm

REIKI FOR RELAXATION - IN PERSON ●●

By appointment, Thursdays 5-8 pm

TRINITY HEALTH CANCER CENTER - CANTON

1600 S. Canton Center Rd., Canton, MI 48188

PATIENTS & LOVED ONES - HYBRID ●●

Monthly, Second Thursday 5:30-7 pm

GENTLE YOGA - IN PERSON ●●

Mondays, 5-6 pm

CHELSEA HOSPITAL CANCER CENTER

775 S. Main St., Chelsea, MI 48118

PATIENTS & LOVED ONES - HYBRID ●●

Monthly, Second Tuesday 3-4:30 pm

GENTLE YOGA - IN PERSON ●●

New day/time TBD. Call or check website for details.

TRINITY HEALTH CANCER CENTER - LIVONIA

36475 Five Mile Rd., Livonia, MI 48154

PATIENTS & LOVED ONES - IN PERSON ●●

Monthly, Third Wednesday 6-7:30 pm

GENTLE YOGA - IN PERSON ●●

Thursdays, 5:30-6:30 pm

CSC National Resource

CSC CANCER HELPLINE ●● - 888-793-9355

CSC national offers free, personalized navigation by phone and online.

Monday-Thursday, 11 am-8 pm ET

Friday, 11 am-6 pm ET

cancersupportcommunity.org/cancer-support-line

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div>CLOSED</div> <div>1</div>		<div>Pilates 10-10:30am V Living w/Cancer 11am-1pm V Guided Meditation 1-2pm V Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/ Cancer 6-8pm H</div> <div>2</div>		<div>Yoga 11am-12pm H Brighton Yoga 5-6pm H Breast Group 6-7:30pm V Prostate Group 6-7:30pm V</div> <div>3</div>		<div>Zumba Gold 10-11am V Creativity for Wellness 11am-12:30pm V Reiki at CSC 12-3pm IP Brighton Meditation 4-5pm IP Reiki at Brighton 5-8pm IP Livonia Yoga 5:30-6:30pm IP</div> <div>4</div>		<div>Coffee & Conversation 10-11am V Yoga 11am-12pm V</div> <div>5</div>	
<div>Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Canton Yoga 5-6pm IP Life Beyond Cancer 6-7:30pm V</div> <div>8</div>		<div>Pilates 10-10:30am V Living w/Cancer 11am-1pm V Guided Meditation 1-2pm V Chelsea Group 3-4:30pm H Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H</div> <div>9</div>		<div>Metastatic Group 10am-12pm V Yoga 11am-12pm H Cooking 4-6pm H Brighton Yoga 5-6pm H Living w/Loss 6-7:30pm V</div> <div>10</div>		<div>Zumba Gold 10-11am V Lung Group 11am-12:30pm V Reiki at CSC 12-3pm IP Brighton Meditation 4-5pm IP Reiki at Brighton 5-8pm IP Livonia Yoga 5:30-6:30pm IP Canton Group 5:30-7pm H Brain Group 6-7:30pm V African American Fellowship 6-8pm V</div> <div>11</div>		<div>Coffee & Conversation 10-11am V Yoga 11am-12pm V</div> <div>12</div>	
<div>CLOSED</div> <div>15</div>		<div>Pilates 10-10:30am V Living w/Cancer 11am-1pm V Guided Meditation 1-2pm V Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8 pm H Coping with"Chemo Brain" 6-7:30pm H</div> <div>16</div>		<div>Yoga 11am-12pm H Brighton Yoga 5-6pm H Brighton Group 6-7:30pm H Livonia Group 6-7:30pm IP</div> <div>17</div>		<div>Zumba Gold 10-11am V Reiki at CSC 12-3pm IP Brighton Meditation 4-5pm IP Reiki at Brighton 5-8pm IP Livonia Yoga 5:30-6:30pm IP Pride Group 6-7:30pm H Blood Group 6-7:30pm V Colorectal Peer Group 6:30-8:30pm V</div> <div>18</div>		<div>Coffee & Conversation 10-11am V Yoga 11am-12pm V</div> <div>19</div>	
<div>Therapaws 1-3 pm IP January 21</div> <div>Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Canton Yoga 5-6pm IP Young Adult Group 6-7:30pm V</div> <div>22</div>		<div>Pilates 10-10:30am V Living w/Cancer 11am-1pm V Guided Meditation 1-2pm V Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H</div> <div>23</div>		<div>Metastatic Group 10am-12pm V Yoga 11am-12pm H Brighton Yoga 5-6 pm H Reclaiming Intimacy 6-7:30pm V</div> <div>24</div>		<div>Zumba Gold 10-11am V Reiki at CSC 12-3 pm IP Brighton Meditation 4-5 pm IP Reiki at Brighton 5-8 pm IP Livonia Yoga 5:30-6:30 pm IP</div> <div>25</div>		<div>Coffee & Conversation 10-11 am V Yoga 11am-12 pm V</div> <div>26</div>	
<div>Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Canton Yoga 5-6pm IP Watercolors 6-7pm IP</div> <div>29</div>		<div>Pilates 10-10:30am V Living w/Cancer 11am-1pm V Guided Meditation 1-2pm V Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H</div> <div>30</div>		<div>Yoga 11am-12pm H Brighton Yoga 5-6pm H</div> <div>31</div>		<div>CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON</div>			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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18	19	20	21	22
<p>Therapaws 1-3 pm IP March 24</p> <p>Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Canton Yoga 5-6pm IP Young Adult Group 6-7:30pm V</p>	<p>Pilates 10-10:30am V Living w/Cancer 11am-1pm V Guided Meditation 1-2pm V Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H</p>	<p>Metastatic Group 10am-12pm V Yoga 11am-12pm H Brighton Yoga 5-6pm H Understanding Colorectal Cancer 6-7:30pm V</p>	<p>Zumba Gold 10-11am V Reiki at CSC 12-3pm IP Brighton Meditation 4-5pm IP Reiki at Brighton 5-8pm IP Livonia Yoga 5:30-6:30pm IP</p>	<p>Coffee & Conversation 10-11am V Yoga 11am-12pm V</p>
25	26	27	28	29

ABOUT THE CANCER SUPPORT COMMUNITY

OUR MISSION: The Cancer Support Community uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

OUR PROGRAMS: Whether a patient, survivor, loved one, or caregiver, Cancer Support Community offers a variety of professionally-led programs designed to enhance the quality of life and strengthen survivorship. Offered in person and virtually, our **community-based support is offered at no cost**, thanks to the support of foundation grants, corporate sponsorships and individual donors.

DIVERSITY, EQUITY & 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.

 **CANCER SUPPORT
COMMUNITY**
GREATER ANN ARBOR
2010 HOGBACK RD. SUITE 3 ANN ARBOR, MI 48105

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JANUARY - MARCH 2024 CALENDAR OF FREE PROGRAMS



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 2024 CALENDAR OF FREE PROGRAMS

PROGRAM PARTNERS: AMERICAN CANCER SOCIETY • ANN ARBOR AREA COMMUNITY FOUNDATION • ANN ARBOR KIWANIS CLUB FOUNDATION • CHILDREN'S LEUKEMIA FOUNDATION OF MICHIGAN • JAMES A. & FAITH KNIGHT FOUNDATION • MICHIGAN MEDICINE CANCER GENETICS • MICHIGAN MEDICINE UROLOGIC ONCOLOGY • RALPH C. WILSON, JR. LEGACY FUNDS AT THE COMMUNITY FOUNDATION FOR SOUTHEAST MICHIGAN • TRINITY HEALTH MICHIGAN • UNIVERSITY OF MICHIGAN ROGEL CANCER CENTER