



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

APRIL - JUNE 2024

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

READ NENA'S STORY



Nena's Story

Like many stories, my diagnosis came unexpectedly. After a series of tests, I ended up with a mammogram that indicated breast cancer. It was aggressive and, therefore, treatment had to begin within days. The next couple of years consisted of various treatments and managing new side effects as they came.



After a prolonged period of healing, I learned that my cancer had progressed. I had been living a very healthy life, but now I was headed back into treatment.

I have always been the rock in my family, caring for both my children and my parents. It has been who I am. Through this process, I realized how I need to care for myself. As a nurse unable to work, I needed an outlet.

Coming to CSC and meeting people who are fighting similar battles has been weight lifting for me. It has gotten me out of the house again and has truly been a godsend. Because all of the services offered are free, I am not concerned about the financial burden of getting support.

I'm still on treatment and will be for the rest of my life, but for now, my cancer is stable. The CSC has been a blessing and is really how I have been able to get through this.

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

* New Recurring Program

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

OSTOMY SUPPORT GROUP* - IN PERSON●●

Monthly, First Wednesday 5:30-7 pm

PATIENTS & LOVED ONES* - IN PERSON●●

Monthly, Third Monday 6-7:30 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; Third Monday in May

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.

SERIES SUPPORT GROUPS (CONTINUED)

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* - VIRTUAL

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.

Mondays, April 29-June 3, 6-8 pm

Registration required.

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

Fridays 10-11 am

COMMUNITY AND CREATIVITY- VIRTUAL & IN PERSON

Explore your creativity and connect with others. Our teachers lead a variety of projects, from Zentangle to crocheting.

Check website for schedule.

CRAFT CLUB* - VIRTUAL

Work on your own craft project as we chat and enjoy social time.

Thursdays 1-2:30 pm

NOOGIE NIGHTS - IN PERSON

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

Tuesdays 6-8 pm

WATERCOLORS - IN PERSON

Follow expert guidance to craft your own masterpiece. All supplies are provided.

Monday, April 8, 6-7:30 pm

Registration required.

PAINT N' PARTY - IN PERSON

Unlock your creativity at CSC's Paint N' Party, where we guide you step-by-step to create your masterpiece! All supplies are provided.

Wednesday, May 22, 2-4 pm

Registration required.

FIND INSPIRATION UNDERFOOT:

CHALK ART - IN PERSON

Join us for an evening of art at Island Park! Artist David Zinn, who has charmed millions of followers worldwide with his whimsical and innovative sidewalk art, will show you how to create your own masterpieces using chalk, charcoal and imagination. All supplies are provided. All ages welcome.

Tuesday, June 11, 5:30-7 pm

Registration required.

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

Professionally-instructed 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

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. Visit website to book appointment.

TAI CHI - HYBRID

Select Mondays 10-11 am; Check website for schedule.

ZUMBA GOLD - VIRTUAL

Thursdays 10-11 am

There is education here. **WORKSHOPS WITH EXPERT SPEAKERS**

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

ONCOLOGY NUTRITION FOR OPTIMAL WELLNESS - VIRTUAL

Monday, April 15, 6-7:30 pm

**Melissa Shannon-Hagen, R.D., CSO,
Michigan Medicine**

Join us for a workshop exploring the science of oncology nutrition and some of the healthy foods that can help optimize nutrition at any stage of disease or survivorship. We will discuss strategies to make healthy eating a daily habit, with plenty of time for discussion and questions.

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

MANAGING LYMPHEDEMA - VIRTUAL●●

Tuesday, April 30, 6-7:30 pm

Daniel Lyons, MD, Trinity Health &

Kristina Sitarski, MPT, Trinity Health

This live workshop will explore ways to manage lymphedema caused by cancer and its treatment. Our speakers will discuss at-home therapies, the science on how exercise can help reduce swelling, and surgical treatment for lymphedema. Q&A will be welcome.

NEW DISCOVERIES IN LUNG CANCER - VIRTUAL●●

Monday, May 6, 6-7:30 pm

Gregory Kalemkerian, MD, Michigan Medicine

Explore the science of lung cancer in our workshop. After covering diagnosis and staging, delve into the dynamic landscape of treatment, current care standards, and recent discoveries, including upcoming treatment options.

FIND YOUR FINISH TO ANTI-ESTROGEN THERAPY

Lunch and Learn May 14, 12-1:30 pm - IN PERSON●●

Food provided.

Zoom Presentation, May 14, 6-7:30 pm - VIRTUAL●●

Katherine Leng, PhD, Hologic

Join us for a discussion on early-stage, hormone receptor positive breast cancer, recurrence risk, and anti-estrogen therapy duration. You will learn about anti-estrogen therapy side effects and strategies for side effect management in addition to precision genomics tools that can help you determine the length of anti-estrogen therapy that may be right for you.

BONE HEALTH FOR BREAST CANCER PATIENTS - VIRTUAL●●

Monday, June 3, 6-7:30 pm

Catherine Hall Van Poznak, MD, Michigan Medicine

Join us on Zoom for a workshop discussing bone health for breast cancer patients. Dr. Van Pozak will discuss screening for low bone mass. As well as, identify risks for osteoporosis and possible treatments. As always, we will allow plenty of time for Q&A.

MANAGING GASTROINTESTINAL SYMPTOMS - VIRTUAL●●

Wednesday, June 26, 6-7:30 pm

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 Dr. Thomas Enzler from the University of Michigan's Rogel Cancer Center to explore the causes of GI issues during and after cancer treatment, as well as tips for management, discussion, and Q&A.

CSC National Resource

CSC CANCER HELPLINE●● - 888-793-9355

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

cancersupportcommunity.org/cancer-support-line

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

CSC in the Community.

OFFSITE LOCATIONS

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

TRINITY HEALTH CANCER CENTER - BRIGHTON

7575 Grand River Ave., Brighton, MI 48114

PATIENTS & LOVED ONES - HYBRID●●

Monthly, Third Wednesday 6-7:30 pm; 2nd Wednesday in June

GENTLE YOGA - HYBRID●●

Wednesdays 5-6 pm

GUIDED MEDITATION - HYBRID●●

Thursdays 4-5 pm

REIKI FOR RELAXATION - IN PERSON●●

By appointment, see calendar for days and times. Visit website to book appointment.

TRINITY HEALTH CANCER CENTER - CANTON

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

PATIENTS & LOVED ONES - IN PERSON●●

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●●

Mondays, 4-5 pm

TRINITY HEALTH CANCER CENTER - LIVONIA

36475 Five Mile Rd., Livonia, MI 48154

PATIENTS & LOVED ONES - IN PERSON●●

Monthly, Third Wednesday 6-7:30 pm; Fourth Wednesday in June

GENTLE YOGA - IN PERSON●●

Thursdays 5:30-6:30 pm

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Chelsea Yoga 4-5pm IP Reiki at Brighton 4-7pm IP Canton Yoga 5-6pm IP Life Beyond Cancer 6-7:30pm V 1	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 2	Yoga 11am-12pm H Brighton Yoga 5-6pm H Ostomy Group 5:30-7pm IP Breast Group 6-7:30pm V Prostate Group 6-7:30pm V 3	Zumba Gold 10-11am V Creativity for Wellness 11am-12:30pm V Reiki at CSC 12-3pm IP Craft Club 1-2:30pm V Livonia Yoga 5:30-6:30pm IP Brighton Meditation 4-5pm H Reiki at Brighton 5-8pm IP 4	Coffee & Conversation 10-11am V Yoga 11am-12pm V 5
Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Chelsea Yoga 4-5pm IP Reiki at Brighton 4-7pm IP Canton Yoga 5-6pm IP Watercolors 6-7:30pm IP 8	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 9	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 10	Zumba Gold 10-11am V Lung Group 11am-12:30pm V Reiki at CSC 12-3pm IP Craft Club 1-2:30pm V Brighton Meditation 4-5pm H Canton Group 5:30-7pm IP Livonia Yoga 5:30-6:30pm IP Brain Group 6-7:30pm V African American Fellowship 6-8pm V 11	Coffee & Conversation 10-11am V Yoga 11am-12pm V 12
Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Chelsea Yoga 4-5pm IP Canton Yoga 5-6pm IP Patients & Loved Ones 6-7:30pm IP Oncology Nutrition 6-7:30pm V 15	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 16	Yoga 11am-12pm H Brighton Yoga 5-6pm H Brighton Group 6-7:30pm H Livonia Group 6-7:30pm IP 17	Zumba Gold 10-11am V Reiki at CSC 12-3pm IP Craft Club 1-2:30pm V Brighton Meditation 4-5pm H 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 18	Coffee & Conversation 10-11am V Yoga 11am-12pm V 19
Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Chelsea Yoga 4-5pm IP Canton Yoga 5-6pm IP Young Adult Group 6-7:30pm V 22	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 23	Metastatic Group 10am-12pm V Yoga 11am-12pm H Brighton Yoga 5-6pm H 24	Zumba Gold 10-11am V Reiki at CSC 12-3pm IP Craft Club 1-2:30pm V Brighton Meditation 4-5pm H Reiki at Brighton 5-8pm IP Livonia Yoga 5:30-6:30pm IP 25	Coffee & Conversation 10-11 am V Yoga 11am-12 pm V 26
Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Chelsea Yoga 4-5pm IP Canton Yoga 5-6pm IP Survivorship Transitions 6-8pm V 29	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 Managing Lymphedema 6-7:30 pm V 30			CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>CALENDAR KEY</div> <div>V = VIRTUAL</div> <div>H = HYBRID</div> <div>IP = IN PERSON</div>		Yoga 11am-12pm H Brighton Yoga 5-6pm H Ostomy Group 5:30-7pm IP Breast Group 6-7:30pm V Prostate Group 6-7:30pm V	Zumba Gold 10-11 am V Creativity for Wellness 11am-12:30pm V Reiki at CSC 12-3pm IP Craft Club 1-2:30pm V Brighton Meditation 4-5pm H Reiki at Brighton 5-8pm IP Livonia Yoga 5:30-6:30pm IP	Coffee & Conversation 10-11am V Yoga 11am-12pm V
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Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Chelsea Yoga 4-5pm IP Canton Yoga 5-6pm IP Life Beyond Cancer 6-7:30pm V Lung Cancer Workshop 6-7:30pm V Survivorship Transitions 6-8pm V	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	Metastatic Group 10am-12pm V Yoga 11am-12pm H Cooking 4-6pm H Brighton Yoga 5-6pm H Living w/Loss 6-7:30 pm V	Zumba Gold 10-11am V Lung Group 11am-12:30pm V Reiki at CSC 12-3pm IP Craft Club 1-2:30pm V Brighton Meditation 4-5pm H Livonia Yoga 5:30-6:30pm IP Canton Group 5:30-7pm IPH Brain Group 6-7:30pm V African American Fellowship 6-8pm V	Coffee & Conversation 10-11am V Yoga 11am-12pm V
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Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Chelsea Yoga 4-5pm IP Canton Yoga 5-6pm IP Survivorship Transitions 6-8pm V	Pilates 10-10:30am V Living w/Cancer 11am-1pm V Anti-Estrogen Therapy Lunch & Learn 12-1:30pm IP 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 Anti-Estrogen Therapy Webinar 6-7:30pm V	Yoga 11am-12pm H Brighton Yoga 5-6pm H Brighton Group 6-7:30pm H Livonia Group 6-7:30pm IP	Zumba Gold 10-11am V Reiki at CSC 12-3pm IP Craft Club 1-2:30pm V Brighton Meditation 4-5pm H 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	Coffee & Conversation 10-11am V Yoga 11am-12pm V
13	14	15	16	17
Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Chelsea Yoga 4-5pm IP Canton Yoga 5-6pm IP Patients & Loved Ones 6-7:30pm IP Young Adult Group 6-7:30 pm V Survivorship Transitions 6-8pm V	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	Metastatic Group 10am-12pm V Yoga 11am-12pm H Paint N' Party 2-4pm IP Brighton Yoga 5-6pm H	Zumba Gold 10-11am V Reiki at CSC 12-3pm IP Craft Club 1-2:30pm V Brighton Meditation 4-5pm H Reiki at Brighton 5-8pm IP Livonia Yoga 5:30-6:30pm IP	Coffee & Conversation 10-11am V Yoga 11am-12pm V
20	21	22	23	24
Closed	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	Yoga 11am-12pm H Brighton Yoga 5-6pm H	Zumba Gold 10-11am V Reiki at CSC 12-3pm IP Craft Club 1-2:30pm V Brighton Meditation 4-5pm H Reiki at Brighton 5-8pm IP Livonia Yoga 5:30-6:30pm IP	Coffee & Conversation 10-11am V Yoga 11am-12pm V
27	28	29	30	31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>CALENDAR KEY</div> <div>V = VIRTUAL</div> <div>H = HYBRID</div> <div>IP = IN PERSON</div>			<div>NATIONAL CANCER SURVIVORS DAY</div> <div>2024: CELEBRATING YOU - IN PERSON</div> <div>Join us <i>Sunday, June 2 from 12:30-3:30 pm</i> for an afternoon of education, fun, inspiration, and hope.</div> <div>To learn more or to RSVP visit:</div> <div>cancersupportannarbor.org/survivorsday</div>	
Living w/Cancer 11am-1pm <i>H</i> Yoga 11am-12pm <i>V</i> Reiki at CSC 4-7pm <i>IP</i> Chelsea Yoga 4-5pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i> Life Beyond Cancer 6-7:30pm <i>V</i> Bone Health 6-7:30pm <i>V</i> Survivorship Transitions 6-8pm <i>V</i> <div>3</div>	Pilates 10-10:30am <i>V</i> Living w/Cancer 11am-1pm <i>V</i> Guided Meditation 1-2pm <i>V</i> Noogie Nights 6-8pm <i>IP</i> Family & Friends 6-8pm <i>V</i> Living w/Cancer 6-8pm <i>H</i> <div>4</div>	Yoga 11am-12pm <i>H</i> Brighton Yoga 5-6pm <i>H</i> Ostomy Group 5:30-7pm <i>IP</i> Breast Group 6-7:30pm <i>V</i> Prostate Group 6-7:30pm <i>V</i> <div>5</div>	Zumba Gold 10-11am <i>V</i> Creativity for Wellness 11am-12:30pm <i>V</i> Reiki at CSC 12-3pm <i>IP</i> Craft Club 1-2:30pm <i>V</i> Brighton Meditation 4-5pm <i>H</i> Reiki at Brighton 5-8pm <i>IP</i> Livonia Yoga 5:30-6:30pm <i>IP</i> <div>6</div>	Coffee & Conversation 10-11am <i>V</i> Yoga 11am-12pm <i>V</i> <div>7</div>
Living w/Cancer 11am-1pm <i>H</i> Yoga 11am-12pm <i>V</i> Reiki at CSC 4-7pm <i>IP</i> Chelsea Yoga 4-5pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i> <div>10</div>	Pilates 10-10:30am <i>V</i> Living w/Cancer 11am-1pm <i>V</i> Guided Meditation 1-2pm <i>V</i> Chelsea Group 3-4:30pm <i>H</i> Noogie Nights 6-8pm <i>IP</i> Family & Friends 6-8pm <i>V</i> Living w/Cancer 6-8pm <i>H</i> Chalk Art 5:30-7pm <i>IP</i> <div>11</div>	Metastatic Group 10am-12pm <i>V</i> Yoga 11am-12pm <i>H</i> Cooking 4-6pm <i>H</i> Brighton Yoga 5-6pm <i>H</i> Living w/Loss 6-7:30 pm <i>V</i> Brighton Group 6-7:30pm <i>H</i> <div>12</div>	Zumba Gold 10-11am <i>V</i> Lung Group 11am-12:30pm <i>V</i> Reiki at CSC 12-3pm <i>IP</i> Craft Club 1-2:30pm <i>V</i> Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i> Canton Group 5:30-7pm <i>IP</i> Brain Group 6-7:30pm <i>V</i> African American Fellowship 6-8pm <i>V</i> <div>13</div>	Coffee & Conversation 10-11am <i>V</i> Yoga 11am-12pm <i>V</i> <div>14</div>
Living w/Cancer 11am-1pm <i>H</i> Yoga 11am-12pm <i>V</i> Reiki at CSC 4-7pm <i>IP</i> Chelsea Yoga 4-5pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i> Patients & Loved Ones 6-7:30pm <i>IP</i> <div>17</div>	Pilates 10-10:30am <i>V</i> Living w/Cancer 11am-1pm <i>V</i> Guided Meditation 1-2pm <i>V</i> Noogie Nights 6-8pm <i>IP</i> Family & Friends 6-8pm <i>V</i> Living w/Cancer 6-8pm <i>H</i> <div>18</div>	Closed <div>19</div>	Zumba Gold 10-11am <i>V</i> Reiki at CSC 12-3pm <i>IP</i> Craft Club 1-2:30pm <i>V</i> Brighton Meditation 4-5pm <i>H</i> Reiki at Brighton 5-8pm <i>IP</i> Livonia Yoga 5:30-6:30pm <i>IP</i> Pride Group 6-7:30pm <i>H</i> Blood Group 6-7:30pm <i>V</i> Colorectal Peer Group 6:30-8:30pm <i>V</i> <div>20</div>	Coffee & Conversation 10-11am <i>V</i> Yoga 11am-12pm <i>V</i> <div>21</div>
Living w/Cancer 11am-1pm <i>H</i> Yoga 11am-12pm <i>V</i> Reiki at CSC 4-7pm <i>IP</i> Reiki at Brighton 4-7pm <i>IP</i> Chelsea Yoga 4-5pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i> Young Adult Group 6-7:30 pm <i>V</i> <div>24</div>	Pilates 10-10:30am <i>V</i> Living w/Cancer 11am-1pm <i>V</i> Guided Meditation 1-2pm <i>V</i> Noogie Nights 6-8pm <i>IP</i> Family & Friends 6-8pm <i>V</i> Living w/Cancer 6-8pm <i>H</i> <div>25</div>	Metastatic Group 10am-12pm <i>V</i> Yoga 11am-12pm <i>H</i> Brighton Yoga 5-6pm <i>H</i> Livonia Group 6-7:30pm <i>IP</i> Managing GI Symptoms 6-7:30pm <i>V</i> <div>26</div>	Zumba Gold 10-11am <i>V</i> Reiki at CSC 12-3pm <i>IP</i> Craft Club 1-2:30pm <i>V</i> Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i> <div>27</div>	Coffee & Conversation 10-11am <i>V</i> Yoga 11am-12pm <i>V</i> <div>28</div>

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

Non-Profit Org.
U. S. Postage
PAID
Ann Arbor, MI
Permit No. 169

APRIL - JUNE 2024 CALENDAR OF FREE PROGRAMS



CANCER SUPPORT COMMUNITY OF GREATER ANN ARBOR

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