



**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 2025**

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

**READ MARY'S STORY**



## Mary's Story

I just thought I pulled something in my back. When my CT scan revealed a tumor in my liver, I immediately said to myself, this cannot be real. This could not be happening to me. My husband and I had just retired and we were going to travel the world.  
**Cancer changed everything.**



Based on the size of my tumor, I was told I had only a few months to live. This was not something I was ready to accept. With the support of my family, we got a second opinion and started chemotherapy at a different health system. That was over a year ago and I am thriving, active, and enjoying my life. Cancer has given me a new perspective; I am prioritizing things differently. The CSC has provided an opportunity to be around people who understand me. Other people have no idea what it is like. I interact with my group in such a special way. I feel so comfortable being honest with them because they know the journey. My group has also helped me learn how to communicate with my healthcare team and encouraged me to advocate for another change in my care. This change granted more freedom and flexibility in my lifestyle.

I know and accept that I have cancer and always will. But I am really living with it and I keep moving forward. The support group gives me the strength I need to do just that.

## About Cancer Support Community Programs

The Cancer Support Community of Greater Ann Arbor offers free virtual programs via Zoom and hybrid programs that include the option to join either in person or via Zoom. In person programs are available at our headquarters, located at 2010 Hogback Rd, Suite 3, Ann Arbor, MI 48105, and at our community partner locations at Trinity Health in Brighton, Canton, Chelsea, and Livonia. Services can be accessed at any location, no matter where you or your loved one is receiving treatment. Programs are not restricted to Trinity Health patients; all are welcome. There is something for everyone; we welcome all people impacted by cancer including, patients, survivors, family, and friends.

## 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

We are here to support you on your journey. We encourage you to explore some of our free programs, and if you need assistance, please reach out to us. You can contact Program Director, Taylor Fischman, LMSW, or Associate Program Director, Trevor Brooks, LMSW, at 734-975-2500

## There is support here.

### ONCOLOGY COUNSELING

#### ONE-ON-ONE THERAPY SESSIONS- **VIRTUAL & IN PERSON** ●●

CSC counselors offer professional support and guidance to help navigate the emotional and psychological challenges associated with cancer and its treatment. To schedule an appointment email [jeff@cancersupportannarbor.org](mailto:jeff@cancersupportannarbor.org) or call 734-975-2500.

### 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*

#### ART AS A REFLECTIVE PRACTICE - **VIRTUAL**●●

*Monthly, First Thursday 11 am-12:15 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, Second Wednesday in January*



### **HEAD & NECK CANCER GROUP - HYBRID**

Monthly, First Wednesday 5:30-7:00 pm, Second Wednesday in January

### **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 - HYBRID**

Monthly, First Wednesday 5:30-7 pm, Second Wednesday in January

### **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, Second Wednesday in January

### **SELF-CARE ART THERAPY GROUP - IN PERSON**

Bi-Weekly, Second and Fourth Tuesday 2-3:30 pm

### **YOUNG ADULT CANCER SUPPORT - VIRTUAL**

Monthly, Fourth Monday 6-7:30 pm

## **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 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**

Mondays 5:45-6:45 pm - **HYBRID**

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 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**

Explore your creativity and connect with others. Check website for schedule.

### **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

## **SOCIAL PROGRAMS CONTINUED**

### **SPECIAL EVENTS**

#### **PAINT N' PARTY - IN PERSON**

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

*Wednesday, January 22, 2-4 pm*

#### **BLOCK PRINTING - IN PERSON**

Create a piece of art that keeps on giving at the CSC's Block Printing class! During this class we'll cover the basics of printing using a rubber block and by the end you'll have a stamp that can create prints for years to come! All supplies provided. Registration required.

*Monday, February 17, 6-8 pm*

#### **WATERCOLORS - IN PERSON**

Tap in to your inner artist and join us for a watercolors class at the CSC. We will take you step-by-step through the process of creating your own masterpiece. All skill levels are welcome, and supplies will be provided.

*Wednesday, February 26, 6-7 pm*

#### **DINNER AT CSC - IN PERSON**

Join us for an evening of great company and dinner. Family and friends are welcome. Dinner provided by CSC.

*Tuesday, March 18, 5:30-7 pm*

## **There is assistance here.**

### **PRACTICAL ASSISTANCE**

#### **SPROUT LOVE FINANCIAL ASSISTANCE**

The Sprout Love Financial Assistance Fund is aimed at preventing significant financial hardship and provides a bridge for families undergoing treatment. To qualify for assistance, applicants must reside within CSC's service area (Washtenaw, Livingston, Western Wayne, Jackson, Lenawee, Monroe, and parts of Genesee counties – zip codes are available on website) and provide proof of residence, such as a utility bill, driver's license, or Michigan ID. Applicants must also be in active cancer treatment, verified by a completed Certificate of Illness signed by an MD, RN, or Social Worker, available online as part of the application. Funds are limited; please check the program's status and availability on our website.

#### **LODGING PROGRAM IN PARTNERSHIP WITH AMERICAN CANCER SOCIETY & ROGEL CANCER CENTER**

Cancer patients often need to travel for treatment, creating financial and emotional challenges for them and their caregivers. To ease this burden, the Cancer Support Community of Greater Ann Arbor, with support from the American Cancer Society and the University of Michigan Rogel Cancer Center, offers lodging assistance. Through partnerships with local hotels, the program provides accommodations for patients, caregivers, and families traveling over 30 miles for cancer-related appointments within the service area. Eligibility includes having a permanent residence, meeting income requirements, and submitting the required application materials online or via email to [lodging@cancersupportannarbor.org](mailto:lodging@cancersupportannarbor.org). Visit website for more details.

### **CSC NATIONAL RESOURCE**

#### **CSC CANCER HELPLINE - 888-793-9355**

CSC national offers free, personalized navigation by phone and online. Cancer Support Helpline is staffed by community navigators and resource specialists who have extensive experience in helping people affected by cancer. They provide guidance, resources, and support to cancer patients or their loved ones with a variety of needs — from getting information about cancer, identifying a local support group, or just finding someone who is willing to listen.

*Monday - Thursdays, 11am-8 pm ET and Fridays, 11:00 am-6 pm ET*

Visit: [cancersupportcommunity.org/cancer-support-helpline](https://cancersupportcommunity.org/cancer-support-helpline) for more information.

## There is education here.

### WORKSHOPS WITH EXPERT SPEAKERS

Join us to learn about important and timely topics in oncology with our expert guest presenters.

#### STAYING ACTIVE WHILE STAYING INDOORS - VIRTUAL●●

*Shandra Hamilton, DPT, The Recovery Project*

It can be hard to stay active, especially during the chilly winter months here in Michigan! And if you're avoiding crowds right now, it may be even tougher to get into a good exercise routine at home. This presentation with our friends from the Recovery Project will provide educational concrete strategies for maintaining physical activity and fitness during the winter months, including easy ways to improve strength, flexibility, balance, and endurance while exercising from the comfort of home. We will also discuss the implications staying active while staying indoors has on other aspects of overall wellness, including our mental health.

*Thursday, January 16, 6-7 pm*

#### MENTAL HEALTH AND CANCER - VIRTUAL●●

*Michelle Riba, MD, Director of PsychOncology, Michigan Medicine*

This workshop offers an in-depth exploration of mental health during and after cancer treatment, focusing on how emotions and feelings can impact both patients and caregivers. Dr. Michelle Riba will discuss psychological challenges of cancer and survivorship, scanxiety during and after treatment, as well as practical tools for maintaining mental well-being throughout the cancer experience.

*Wednesday, January 22, 6-7:30 pm*

#### FINDING YOUR FINISH TO ANTI-ESTROGEN THERAPY AND MAINTAINING WELLNESS●●

*Katherine Leng, PhD, Hologic*

This presentation will cover the basics of hormone-receptor positive breast cancer and its treatment: anti-estrogen therapy. We will learn about anti-estrogen therapy side effects including what to expect, what to watch out for, and strategies that may help manage and monitor side effects such as bone toxicity. We will also discuss small changes that can make a difference in your overall wellness during and after treatment. Lastly, we will share information about a precision genomics tool that can help you determine the length of anti-estrogen therapy that may be right for you.

*Lunch and Learn, Thursday, February 13, 12-1:30 pm - IN PERSON●●*

*Thursday, February 13, 6-7:30 pm - VIRTUAL●●*

#### MANAGING FEAR AND ANXIETY DURING AND AFTER TREATMENT - HYBRID●●

*Robert McCurren, MD*

Fear and anxiety are common experiences for patients, caregivers, and loved ones during the cancer experience. This workshop will combine an educational presentation, guided discussion, and explore gentle exercise techniques to help ease these emotions and calm the nervous system. These techniques will include gentle yoga, breathwork to promote relaxation, and a simple meditation to help calm the mind.

*Monday, February 24, 6-7:30 pm*

#### UPDATES ON CANNABIS AND CANCER - VIRTUAL●●

*Robert McCurren, MD*

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 as a symptom and side effect management tool, with plenty of time for Q&A.

*Monday, March 17, 6-7:30 pm*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>CALENDAR KEY</b> V = VIRTUAL H = HYBRID IP = IN PERSON		CLOSED	Zumba Gold 10-11am <i>V</i> Art as a Reflective Practice 11am-12:15pm <i>V</i> Reiki at CSC 12-3pm <i>IP</i>	Coffee & Conversation 10-11am <i>V</i> Yoga 11am-12pm <i>V</i>	
			1	2	
	Living w/Cancer 11am-1pm <i>H</i> Yoga 11am-12pm <i>V</i> Reiki at CSC 4-7pm <i>IP</i> Yoga 5:45-6:45pm <i>H</i> Life Beyond Cancer 6-7:30pm <i>V</i>	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>	Metastatic Group 10am-12pm <i>V</i> Yoga 11am-12pm <i>H</i> Living w/Loss 6-7:30pm <i>V</i> Cooking 4-6 pm <i>H</i> Ostomy Group 5:30-7pm <i>H</i> Head & Neck 5:30-7pm <i>H</i> Breast Group 6-7:30pm <i>V</i> Prostate Group 6-7:30pm <i>V</i>	Zumba Gold 10-11am <i>V</i> Lung Group 11am-12:30pm <i>V</i> Reiki at CSC 12-3pm <i>IP</i> Brain Group 6-7:30pm <i>V</i> African American Fellowship 6-8pm <i>V</i>	Coffee & Conversation 10-11am <i>V</i> Yoga 11am-12pm <i>V</i>
	6	7	8	9	10
	Living w/Cancer 11am-1pm <i>H</i> Yoga 11am-12pm <i>V</i> Yoga 5:45-6:45pm <i>H</i>	Pilates 10-10:30am <i>V</i> Living w/Cancer 11am-1pm <i>V</i> Guided Meditation 1-2pm <i>V</i> Art Therapy 2-3:30pm <i>IP</i> Noogie Nights 6-8pm <i>IP</i> Family & Friends 6-8pm <i>V</i> Living w/Cancer 6-8 pm <i>H</i>	Yoga 11am-12pm <i>H</i>	Zumba Gold 10-11am <i>V</i> Reiki at CSC 12-3pm <i>IP</i> Pride Group 6-7:30pm <i>H</i> Blood Group 6-7:30pm <i>V</i> Staying Active 6-7pm <i>V</i> Colorectal Peer Group 6:30-8:30pm <i>V</i>	Coffee & Conversation 10-11am <i>V</i> Yoga 11am-12pm <i>V</i>
13	14	15	16	17	
Closed	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>	Metastatic Group 10am-12pm <i>V</i> Yoga 11am-12pm <i>H</i> Paint N' Party 2-4pm <i>IP</i> Mental Health & Cancer 6-7:30pm <i>V</i>	Zumba Gold 10-11am <i>V</i> Reiki at CSC 12-3pm <i>IP</i>	Coffee & Conversation 10-11 am <i>V</i> Yoga 11am-12 pm <i>V</i>	
20	21	22	23	24	
Living w/Cancer 11am-1pm <i>H</i> Yoga 11am-12pm <i>V</i> Reiki at CSC 4-7pm <i>IP</i> Yoga 5:45-6:45pm <i>H</i> Young Adult Group 6-7:30pm <i>V</i>	Pilates 10-10:30am <i>V</i> Living w/Cancer 11am-1pm <i>V</i> Guided Meditation 1-2pm <i>V</i> Art Therapy 2-3:30pm <i>IP</i> Noogie Nights 6-8pm <i>IP</i> Family & Friends 6-8pm <i>V</i> Living w/Cancer 6-8pm <i>H</i>	Yoga 11am-12pm <i>H</i>	Zumba Gold 10-11am <i>V</i> Reiki at CSC 12-3pm <i>IP</i>	Coffee & Conversation 10-11 am <i>V</i> Yoga 11am-12 pm <i>V</i>	
27	28	29	30	31	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CALENDAR KEY</b>  <b>V = VIRTUAL</b>  <b>H = HYBRID</b>  <b>IP = IN PERSON</b></p>				
<p>Living w/Cancer 11am-1pm <i>H</i>                      Yoga 11am-12pm <i>V</i>                      Yoga 5:45-6:45pm <i>H</i>                      Life Beyond Cancer 6-7:30pm <i>V</i></p> <p>3</p>	<p>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 &amp; Friends 6-8pm <i>V</i>                      Living w/Cancer 6-8pm <i>H</i></p> <p>4</p>	<p>Yoga 11am-12pm <i>H</i>                      Ostomy Group 5:30-7pm <i>H</i>                      Head &amp; Neck 5:30-7pm <i>H</i>                      Breast Group 6-7:30pm <i>V</i>                      Prostate Group 6-7:30pm <i>V</i></p> <p>5</p>	<p>Zumba Gold 10-11am <i>V</i>                      Art as a Reflective Practice 11am-12:15pm <i>V</i>                      Reiki at CSC 12-3pm <i>IP</i></p> <p>6</p>	<p>Coffee &amp; Conversation 10-11am <i>V</i>                      Yoga 11am-12pm <i>V</i></p> <p>7</p>
<p>Living w/Cancer 11am-1pm <i>H</i>                      Yoga 11am-12pm <i>V</i>                      Reiki at CSC 4-7pm <i>IP</i>                      Yoga 5:45-6:45pm <i>H</i></p> <p>10</p>	<p>Pilates 10-10:30am <i>V</i>                      Living w/Cancer 11am-1pm <i>V</i>                      Guided Meditation 1-2pm <i>V</i>                      Art Therapy 2-3:30pm <i>IP</i>                      Noogie Nights 6-8pm <i>IP</i>                      Family &amp; Friends 6-8pm <i>V</i>                      Living w/Cancer 6-8pm <i>H</i></p> <p>11</p>	<p>Metastatic Group 10am-12pm <i>V</i>                      Yoga 11am-12pm <i>H</i>                      Cooking 4-6 pm <i>H</i>                      Living w/Loss 6-7:30 pm <i>V</i></p> <p>12</p>	<p>Zumba Gold 10-11am <i>V</i>                      Lung Group 11am-12:30pm <i>V</i>                      Reiki at CSC 12-3pm <i>IP</i>                      Anti-Estrogen Therapy Lunch &amp; Learn 12-1:30pm <i>IP</i>                      Brain Group 6-7:30pm <i>V</i>                      African American Fellowship 6-8pm <i>V</i>                      Anti-Estrogen Therapy 6-7:30pm <i>V</i></p> <p>13</p>	<p>Coffee &amp; Conversation 10-11am <i>V</i>                      Yoga 11am-12pm <i>V</i></p> <p>14</p>
<p>Living w/Cancer 11am-1pm <i>H</i>                      Yoga 11am-12pm <i>V</i>                      Reiki at CSC 4-7pm <i>IP</i>                      Yoga 5:45-6:45pm <i>H</i>                      Block Printing 6-8pm <i>IP</i></p> <p>17</p>	<p>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 &amp; Friends 6-8pm <i>V</i>                      Living w/Cancer 6-8pm <i>H</i></p> <p>18</p>	<p>Yoga 11am-12pm <i>H</i></p> <p>19</p>	<p>Zumba Gold 10-11am <i>V</i>                      Reiki at CSC 12-3pm <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></p> <p>20</p>	<p>Coffee &amp; Conversation 10-11am <i>V</i>                      Yoga 11am-12pm <i>V</i></p> <p>21</p>
<p>Living w/Cancer 11am-1pm <i>H</i>                      Yoga 11am-12pm <i>V</i>                      Yoga 5:45-6:45pm <i>H</i>                      Young Adult Group 6-7:30 pm <i>V</i>                      Managing Fear and Anxiety 6-7:30pm <i>H</i></p> <p>24</p>	<p>Pilates 10-10:30am <i>V</i>                      Living w/Cancer 11am-1pm <i>V</i>                      Guided Meditation 1-2pm <i>V</i>                      Art Therapy 2-3:30pm <i>IP</i>                      Noogie Nights 6-8pm <i>IP</i>                      Family &amp; Friends 6-8pm <i>V</i>                      Living w/Cancer 6-8 pm <i>H</i></p> <p>25</p>	<p>Yoga 11am-12pm <i>H</i>                      Metastatic Group 10am-12pm <i>V</i>                      Watercolors 6-7pm <i>IP</i></p> <p>26</p>	<p>Zumba Gold 10-11am <i>V</i>                      Reiki at CSC 12-3pm <i>IP</i></p> <p>27</p>	<p>Coffee &amp; Conversation 10-11am <i>V</i>                      Yoga 11am-12pm <i>V</i></p> <p>28</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Living w/Cancer 11am-1pm <i>H</i> Yoga 11am-12pm <i>V</i> Reiki at CSC 4-7pm <i>IP</i> Yoga 5:45-6:45pm <i>H</i> Life Beyond Cancer 6-7:30pm <i>V</i>      3	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>      4	Yoga 11am-12pm <i>H</i> Ostomy Group 5:30-7pm <i>H</i> Head & Neck 5:30-7pm <i>H</i> Breast Group 6-7:30pm <i>V</i> Prostate Group 6-7:30pm <i>V</i>      5	Zumba Gold 10-11am <i>V</i> Art as a Reflective Practice 11am-12:15pm <i>V</i> Reiki at CSC 12-3pm <i>IP</i>      6	Coffee & Conversation 10-11am <i>V</i> Yoga 11am-12pm <i>V</i>      7
Living w/Cancer 11am-1pm <i>H</i> Yoga 11am-12pm <i>V</i> Reiki at CSC 4-7pm <i>IP</i> Yoga 5:45-6:45pm <i>H</i>      10	Pilates 10-10:30am <i>V</i> Living w/Cancer 11am-1pm <i>V</i> Guided Meditation 1-2pm <i>V</i> Art Therapy 2-3:30pm <i>IP</i> Noogie Nights 6-8pm <i>IP</i> Family & Friends 6-8pm <i>V</i> Living w/Cancer 6-8pm <i>H</i>      11	Metastatic Group 10am-12pm <i>V</i> Yoga 11am-12pm <i>H</i> Cooking 4-6 pm <i>H</i> Living w/Loss 6-7:30 pm <i>V</i>      12	Zumba Gold 10-11am <i>V</i> Lung Group 11am-12:30pm <i>V</i> Reiki at CSC 12-3pm <i>IP</i> Brain Group 6-7:30pm <i>V</i> African American Fellowship 6-8pm <i>V</i>      13	Coffee & Conversation 10-11am <i>V</i> Yoga 11am-12pm <i>V</i>      14
Living w/Cancer 11am-1pm <i>H</i> Yoga 11am-12pm <i>V</i> Reiki at CSC 4-7pm <i>IP</i> Yoga 5:45-6:45pm <i>H</i> Updates on Cannabis & Cancer 6-7:30pm <i>V</i>      17	Pilates 10-10:30am <i>V</i> Living w/Cancer 11am-1pm <i>V</i> Guided Meditation 1-2pm <i>V</i> Dinner at CSC 5:30-7pm <i>IP</i> Noogie Nights 6-8pm <i>IP</i> Family & Friends 6-8pm <i>V</i> Living w/Cancer 6-8pm <i>H</i>      18	Yoga 11am-12pm <i>H</i>          19	Zumba Gold 10-11am <i>V</i> Reiki at CSC 12-3pm <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>      20	Coffee & Conversation 10-11am <i>V</i> Yoga 11am-12pm <i>V</i>      21
Living w/Cancer 11am-1pm <i>H</i> Yoga 11am-12pm <i>V</i> Reiki at CSC 4-7pm <i>IP</i> Yoga 5:45-6:45pm <i>H</i> Young Adult Group 6-7:30pm <i>V</i>      24	Pilates 10-10:30am <i>V</i> Living w/Cancer 11am-1pm <i>V</i> Guided Meditation 1-2pm <i>V</i> Art Therapy 2-3:30pm <i>IP</i> Noogie Nights 6-8pm <i>IP</i> Family & Friends 6-8pm <i>V</i> Living w/Cancer 6-8pm <i>H</i>      25	Metastatic Group 10am-12pm <i>V</i> Yoga 11am-12pm <i>H</i>      26	Zumba Gold 10-11am <i>V</i> Reiki at CSC 12-3pm <i>IP</i>      27	Coffee & Conversation 10-11am <i>V</i> Yoga 11am-12pm <i>V</i>      28
Living w/Cancer 11am-1pm <i>H</i> Yoga 11am-12pm <i>V</i> Reiki at CSC 4-7pm <i>IP</i> Yoga 5:45-6:45pm <i>H</i>      31				CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON



## CSC in the Community.

### OFFSITE LOCATIONS

Programs offered in partnership with Trinity Health. To register, please call 734-975-2500 or visit [cancersupportannarbor.org/programs](http://cancersupportannarbor.org/programs). **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, Group meets in community room 214A/214B at Trinity Health Cancer Center - Brighton.

#### **GENTLE YOGA - IN PERSON**

Wednesdays 5-6 pm, Located in community room 214A/214B at Trinity Health Cancer Center - Brighton.

#### **GUIDED MEDITATION - HYBRID**

Thursdays 4-5 pm, Located in community room 214A/214B at Trinity Health Cancer Center - Brighton.

#### **REIKI FOR RELAXATION - IN PERSON**

Mondays 4-7 pm, Visit website to book appointment. Located in community room 214A/214B at Trinity Health Cancer Center - Brighton.

### 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, Group meets in the lobby of Trinity Health Cancer Center - Canton.

#### **GENTLE YOGA - IN PERSON**

Mondays, 5-6 pm, Located in community room at Trinity Health Cancer Center - Canton.

### CHELSEA HOSPITAL CANCER CENTER

775 S. Main St., Chelsea, MI 48118

#### **PATIENTS & LOVED ONES - HYBRID**

Monthly, Second Tuesday 3-4:30 pm, Group meets in the conference room at Chelsea Hospital Cancer Center.

#### **GENTLE YOGA - IN PERSON**

Mondays, 3:30-4:30 pm, Located in the cafeteria at Chelsea Hospital Cancer Center.

### TRINITY HEALTH CANCER CENTER - LIVONIA

36475 Five Mile Rd., Livonia, MI 48154

#### **PATIENTS & LOVED ONES - IN PERSON**

Monthly, Third Wednesday 6-7:30 pm, Group meets in the Cancer Center conference room at Trinity Health Cancer Center - Livonia Hospital.

#### **GENTLE YOGA - IN PERSON**

Thursdays, 5:30-6:30 pm, Located in the wellness center room at Trinity Health Cancer Center - Livonia Hospital.

### **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](http://cancersupportannarbor.org/counseling) to learn more.**

# JANUARY 2025 - CSC IN THE COMMUNITY

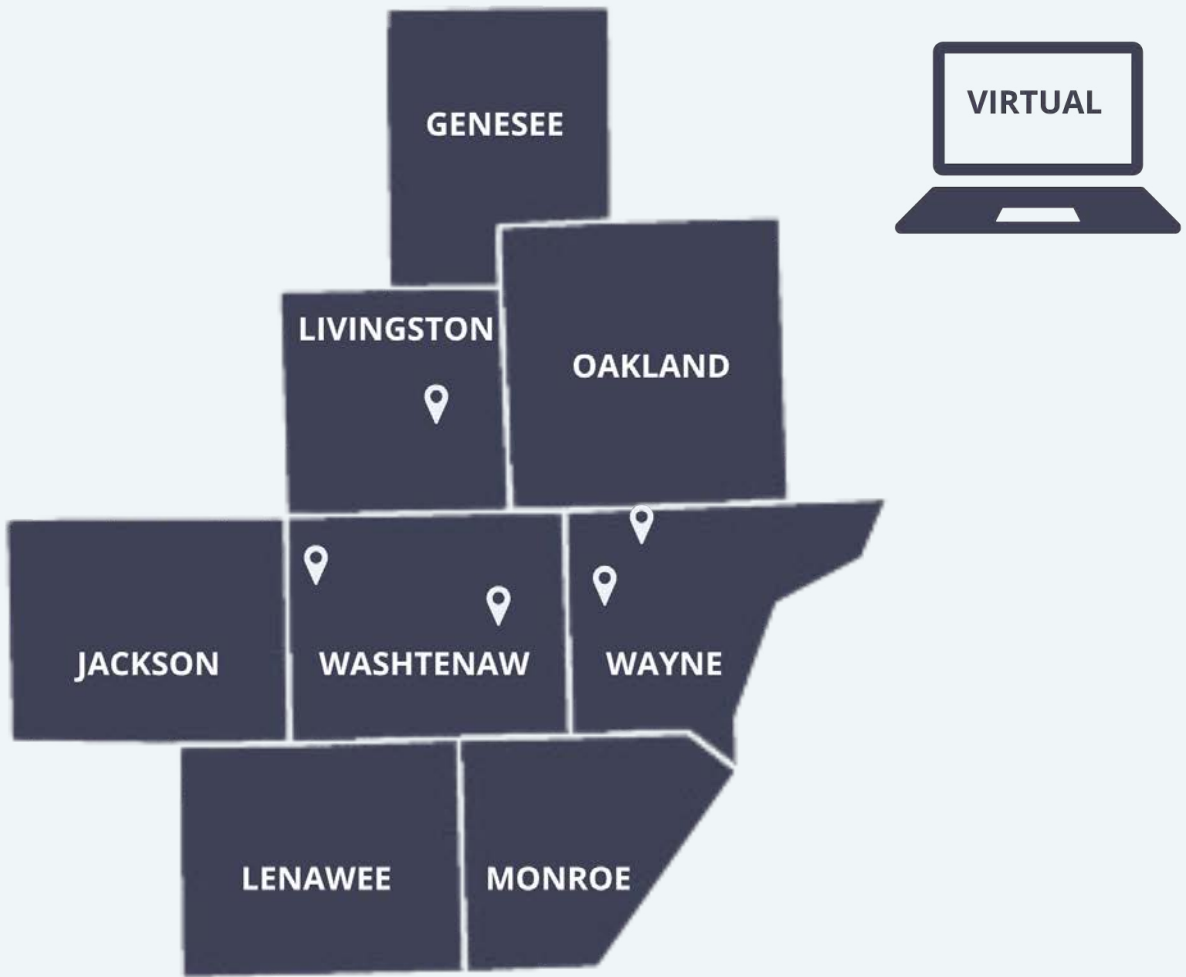
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CALENDAR KEY</b> V = VIRTUAL H = HYBRID IP = IN PERSON		CLOSED	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i>	
		1	2	3
Chelsea Yoga 3:30-4:30 pm <i>IP</i> Reiki at Brighton 4-7pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i>	Chelsea Group 3-4:30pm <i>H</i>	Brighton Yoga 5-6pm <i>IP</i>	Brighton Meditation 4-5pm <i>H</i> Canton Group 5:30-7pm <i>IP</i> Livonia Yoga 5:30-6:30pm <i>IP</i>	
6	7	8	9	10
Chelsea Yoga 3:30-4:30 pm <i>IP</i> Reiki at Brighton 4-7pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i>		Brighton Yoga 5-6pm <i>IP</i> Brighton Group 6-7:30pm <i>H</i> Livonia Group 6-7:30pm <i>IP</i>	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i>	
13	14	15	16	17
CLOSED		Brighton Yoga 5-6pm <i>IP</i>	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i>	
20	21	22	23	24
Chelsea Yoga 3:30-4:30 pm <i>IP</i> Reiki at Brighton 4-7pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i>		Brighton Yoga 5-6pm <i>IP</i>	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i>	
27	28	29	30	31

# FEBRUARY 2025 - CSC IN THE COMMUNITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CALENDAR KEY</b> V = VIRTUAL H = HYBRID IP = IN PERSON				
Chelsea Yoga 3:30-4:30 pm <i>IP</i> Reiki at Brighton 4-7pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i>		Brighton Yoga 5-6pm <i>IP</i>	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i>	
3	4	5	6	7
Chelsea Yoga 3:30-4:30 pm <i>IP</i> Reiki at Brighton 4-7pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i>	Chelsea Group 3-4:30pm <i>H</i>	Brighton Yoga 5-6pm <i>IP</i>	Brighton Meditation 4-5pm <i>H</i> Canton Group 5:30-7pm <i>IP</i> Livonia Yoga 5:30-6:30pm <i>IP</i>	
10	11	12	13	14
Chelsea Yoga 3:30-4:30 pm <i>IP</i> Reiki at Brighton 4-7pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i>		Brighton Yoga 5-6pm <i>IP</i> Brighton Group 6-7:30pm <i>H</i> Livonia Group 6-7:30pm <i>IP</i>	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i>	
17	18	19	20	21
Chelsea Yoga 3:30-4:30 pm <i>IP</i> Reiki at Brighton 4-7pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i>		Brighton Yoga 5-6pm <i>IP</i>	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i>	
24	25	26	27	28

# MARCH 2025 - CSC IN THE COMMUNITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chelsea Yoga 3:30-4:30 pm <i>IP</i> Reiki at Brighton 4-7pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i> 3	4	Brighton Yoga 5-6pm <i>IP</i> 5	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i> 6	7
Chelsea Yoga 3:30-4:30 pm <i>IP</i> Reiki at Brighton 4-7pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i> 10	Chelsea Group 3-4:30pm <i>H</i> 11	Brighton Yoga 5-6pm <i>IP</i> 12	Brighton Meditation 4-5pm <i>H</i> Canton Group 5:30-7pm <i>IP</i> Livonia Yoga 5:30-6:30pm <i>IP</i> 13	14
Chelsea Yoga 3:30-4:30 pm <i>IP</i> Reiki at Brighton 4-7pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i> 17	18	Brighton Yoga 5-6pm <i>IP</i> Brighton Group 6-7:30pm <i>H</i> Livonia Group 6-7:30pm <i>IP</i> 19	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i> 20	21
Chelsea Yoga 3:30-4:30 pm <i>IP</i> Reiki at Brighton 4-7pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i> 24	25	Brighton Yoga 5-6pm <i>IP</i> 26	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i> 27	28
Chelsea Yoga 3:30-4:30 pm <i>IP</i> Reiki at Brighton 4-7pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i> 31				<b>CALENDAR KEY</b> V = VIRTUAL H = HYBRID IP = IN PERSON



# 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 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

## JANUARY - MARCH 2025 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](http://www.cancersupportannarbor.org)



**CANCER SUPPORT COMMUNITY**  
GREATER ANN ARBOR

## JANUARY - MARCH 2025 CALENDAR OF FREE PROGRAMS

**PROGRAM PARTNERS:** AMERICAN CANCER SOCIETY • ANN ARBOR AREA COMMUNITY FOUNDATION • ANN ARBOR KIWANIS CLUB FOUNDATION • EISAI USA FOUNDATION • 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 • THE BLOOD CANCER FOUNDATION OF MICHIGAN • THE HARRY A. AND MARGARET D. TOWSLEY FOUNDATION • TRINITY HEALTH MICHIGAN • UNIVERSITY OF MICHIGAN ROGEL CANCER CENTER