

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.



OCTOBER - DECEMBER 2025

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

READ | EFF'S STOR



Jeff's Story

In June of 2022 I was diagnosed with Stage 4 advanced prostate cancer with bone metastasis.

I was sitting at my dining room table with my daughter on a video call



I started hormone therapy immediately. I began to suffer from depression and anxiety. At times I would cry for no apparent reason. My oncologist prescribed medication for this, but the side effects continued. I began to rethink my go-it-alone strategy. My daughter and I agreed that I would ask where, I could get support or counseling. My oncologist's office referred me to the Cancer Support Community.

I went online and read about all the services the Cancer Support Community provides for free. I joined, and immediately signed up for individual counseling and group support. The following week I started individual one-on-one counseling with an oncology counselor. She helped me understand and deal with my fear, grief, sadness and anger. The following week I started with a monthly online Prostate Group and then a weekly in-person Living with Cancer Group. Both of these groups helped me understand that other people were going through the same things, and how they were dealing with cancer.

In return I began volunteering at various activities and functions that the CSC provides to cancer patients, their family and caregivers. All of these services and programs are provided for free. After a year I was asked to speak at a function and share my story. Over time I joined CSC's Development Committee and recently was asked to join the Board.

I can't imagine going through the last three years without my family and the Cancer Support Community. They made sure that "I didn't go through cancer alone."

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 info@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; Hybrid on Nov. 4 & Dec. 9

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

HEAD & NECK CANCER GROUP - VIRTUAL®®

Monthly, First Wednesday 5:30-7:00 pm

HEREDITARY COLORECTAL CANCER PEER GROUP - VIRTUAL••

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

HIGH RISK BREAST AND OVARIAN CANCER SUPPORT GROUP - VIRTUAL**

Bi-Monthly, Next Group: November 20, 6-7:30 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 Wednesday 10 am-12 pm

OSTOMY SUPPORT GROUP - HYBRID ••

Monthly, First Wednesday 5:30-7 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 December

SERIES SUPPORT GROUPS

Series groups are scheduled based on interest and availability. Check the 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.

TECHNIQUES FOR MANAGING FEAR & ANXIETY- HYBRID••

Monthly, First Tuesday 12-1:30 pm

WRITING FOR WELLNESS - IN PERSON ••

Bi-Monthly, Second & Fourth Thursday 3-4 pm

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

FALL FUN AT THE CSC - PUMPKIN CARVING - IN PERSON®®

Celebrate the season outdoors with your friends from the CSC! All supplies and food are provided.

Registration is required.

Sunday, October 19, 1-3 pm

FALL DINNER AT THE CSC - IN PERSON ••

Join your friends at CSC to celebrate the season over good food and great company! Dinner provided by CSC. *Registration required.*

Tuesday, November 4, 5:30-7:30 pm

MINDFUL COLORING AND CARD MAKING CLASS - IN PERSON®®

Join Stephanie Wren, owner of Smart Card Greetings, for a relaxing and creative mindful coloring workshop. In this guided session, you'll be led step-by-step through designing your very own greeting card. Tap into your creativity, unwind with mindful coloring techniques, and leave with a beautiful, personalized card to take home. All supplies will be provided, no experience necessary. *Registration required.*

Wednesday, December 3, 11 am - 1pm

HOLIDAY COOKIE DECORATING - IN PERSON®®

Join us for a festive Holiday Cookie Decorating Party! Have fun decorating cookies with icing and sprinkles, and enjoy a sweet time filled with holiday cheer. All ages are welcome. Bring your creativity and leave with delicious, festive cookies! *Registration required. Tuesday, December 9, 5:30-7 pm*

There is assistance here.

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. 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, 11 am-8 pm ET and Fridays, 11:00 am-6 pm ET

Visit: cancersupportcommunity.org/cancer-support-helpline for more information.

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

There is education here. WORKSHOPS WITH EXPERT SPEAKERS

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

CARING FOR YOU: HAIR, SKIN & NAIL WELLNESS - IN PERSON®®

Cathy Brown-Issel, Owner of Brown & DeLine Salon

Join us at Brown & DeLine Salon (3907 Jackson Rd, Ann Arbor, MI 48103) for a supportive and relaxing 1-hour session focused on caring for your hair, skin, and nails during and after treatment. Enjoy light snacks and refreshments, receive a special goodie bag, and stay after for personalized wig assistance. Feel confident, cared for, and connected.

Sunday, October 12, 11 am-12 pm

GENETICS & CANCER: NAVIGATING TREATMENT AND MANAGING RISK- VIRTUAL.

Kevin McCool, MD, Trinity Health

In part two of our genetics and cancer series, we'll focus on what comes after genetic testing. This session will explore risk-reducing strategies, early detection options, and treatment pathways for individuals with inherited cancer risk. We'll also discuss how personal and family history can guide decision-making, and what support and resources are available.

Wednesday, October 15, 6-7:30 pm

UPDATES ON COLORECTAL CANCER - VIRTUAL®®

John Krauss, MD, Michigan Medicine

Join us for a free workshop live on Zoom 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.

Monday, November 10, 6-7:30 pm

STRENGTH AT HOME: SAFE AND EFFECTIVE MOVEMENT DURING AND AFTER TREATMENT - VIRTUAL**

Angela Fong, PhD, University of Michigan

This workshop empowers cancer survivors to safely incorporate exercise at home during and after treatment, with a focus on proper form, balance training, and the science behind recovery. Participants will learn how movement supports healing, reduces fatigue, and improves strength and stability. The session includes practical guidance and demonstrations tailored to all fitness levels, helping individuals confidently and safely rebuild physical function as part of their recovery journey.

Thursday, November 13, 12-1 pm

MANAGING NEUROPATHY - VIRTUAL ••

Sean Smith, MD, Michigan Medicine

Peripheral neuropathy is a challenging side effect for many people both during and after cancer treatment. Dr. Sean Smith, Director of Cancer Rehabilitation at Michigan Medicine, will discuss the science of neuropathy and its causes, as well as strategies for coping with it.

Wednesday, December 3, 6-7:30 pm

PELVIC FLOOR RECOVERY DURING AND AFTER TREATMENT - VIRTUAL ••

Samantha Damren, NP, Gynecology Oncology, Trinity Health

This workshop will provide education and gentle strategies to support pelvic floor health during and after cancer treatment. Participants will learn about common changes that can affect your pelvic floor, along with practical exercises and resources to promote comfort and strength during and after treatment.

Monday, December 8, 6-7:30 pm

"I found knowledge that replaces my fear with fact."

OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON		Yoga 11am-12pm H Ostomy Group 5:30-7pm H Head & Neck 5:30-7pm V Breast Group 6-7:30pm V Prostate Group 6-7:30pm V	Zumba Gold 10-11am V Art as a Reflective Practice 11am-12:15pm V Reiki at CSC 12-3pm IP	Coffee & Conversation 10-11am V Yoga 11am-12pm V	3
Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Yoga 5:45-6:45pm H Life Beyond Cancer 6-7:30pm V	Pilates 10-10:30am V Living w/Cancer 11am-1pm V Managing Fear & Anxiety 12-1:30 H 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 Living w/Loss 6-7:30pm V Cooking 4-6 pm H	Zumba Gold 10-11am V Lung Group 11am-12:30pm V Reiki at CSC 12-3pm IP Writing for Wellness 3-4pm IP Brain Group 6-7:30pm V African American Fellowship 6-8pm V	Yoga 11am-12pm V	
Caring For You <i>IP</i> October 12, 11 am-12 pm	7 Pilates 10-10:30am V Living w/Cancer 11am-1pm V	8 Yoga 11am-12pm <i>H</i> Genetics & Cancer	Zumba Gold 10-11am V Reiki at CSC 12-3pm <i>IP</i>	Coffee & Conversation 10-11am <mark>V</mark>	10
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>	Guided Meditation 1-2pm V Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H	6-7:30pm <i>V</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>	Yoga 11am-12pm <i>V</i>	
13	14	15	16		17
Pumpkin Carving IP October 19, 1-3 pm Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Yoga 5:45-6:45pm H	Family & Friends 6-8pm V Living w/Cancer 6-8pm H	Yoga 11am-12pm H	Zumba Gold 10-11am V Reiki at CSC 12-3pm IP Writing for Wellness 3-4pm <i>IP</i>		
20 Living w/Cancer 11am-1pm <i>H</i>		22 Yoga 11am-12pm <i>H</i>	Zumba Gold 10-11am V	Coffee & Conversation	24
Yoga 11am-12pm V Reiki at CSC 4-7pm IP Yoga 5:45-6:45pm H Young Adult Group 6-7:30pm 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	года гтанг т <u>г</u> рнг П	Reiki at CSC 12-3pm IP	10-11 am V Yoga 11am-12 pm V	
27	28	29	30		31

NOVEMBER 2025



				GREATER ANN ARBO	OR
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON					
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>	Living w/Cancer 11am-1pm V Managing Fear & Anxiety 12-1:30 H Guided Meditation 1-2pm V Dinner at CSC 5:30-7:30pm IP Noogie Nights 6-8pm IP Family & Friends 6-8pm H Living w/Cancer 6-8pm H	Yoga 11am-12pm H Ostomy Group 5:30-7pm H Head & Neck 5:30-7pm V Breast Group 6-7:30pm V Prostate Group 6-7:30pm V	Zumba Gold 10-11am V Art as a Reflective Practice 11am-12:15pm V Reiki at CSC 12-3pm IP	Coffee & Conversation 10-11am <mark>V</mark> Yoga 11am-12pm V	
Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Yoga 5:45-6:45pm H Updates on Colorectal Cancer 6-7:30pm V		Metastatic Group 10am-12pm V Yoga 11am-12pm H Cooking 4-6 pm H Living w/Loss 6-7:30 pm V	Zumba Gold 10-11am V Lung Group 11am-12:30pm V Strength at Home 12-1 pm V Reiki at CSC 12-3pm IP Writing for Wellness 3-4pm IP Brain Group 6-7:30pm V African American Fellowship 6-8pm V	Coffee & Conversation 10-11am V Yoga 11am-12pm V	7
Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Yoga 5:45-6:45pm H	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	12 Yoga 11am-12pm <i>H</i>	Zumba Gold 10-11am V Reiki at CSC 12-3pm IP Pride Group 6-7:30pm H Blood Group 6-7:30pm V High Risk Breast & Ovarian 6-7:30pm H Colorectal Peer Group 6:30-8:30pm V	Coffee & Conversation 10-11am V Yoga 11am-12pm V	21
Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Yoga 5:45-6:45pm H Young Adult Group 6-7:30 pm V	Pilates 10-10:30am V	Yoga 11am-12pm H Metastatic Group 10am-12pm V Closed starting at noon for Thanksgiving	Closed for Thanksgiving	Closed for Thanksgiving	
24	25	26	27		28

DECEMBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Yoga 5:45-6:45pm H Life Beyond Cancer 6-7:30pm V	Pilates 10-10:30am V Living w/Cancer 11am-1pm V Managing Fear & Anxiety 12-1:30 H Guided Meditation 1-2pm V Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H	Yoga 11am-12pm H Mindful Coloring & Card Making 11am- 1pm IP Ostomy Group 5:30-7pm H Head & Neck 5:30-7pm V Breast Group 6-7:30pm V Prostate Group 6-7:30pm V Managing Neuropathy 6-7:30pm V	Zumba Gold 10-11am V Art as a Reflective Practice 11am-12:15pm V Reiki at CSC 12-3pm IP	Coffee & Conversation 10-11am V Yoga 11am-12pm V	
1	2	3	4		5
Living w/Cancer 11am-1pm H Yoga 11am-12pm V Reiki at CSC 4-7pm IP Yoga 5:45-6:45pm H Pelvic Floor Recovery 6-7:30pm V	Pilates 10-10:30am V Living w/Cancer 11am-1pm V Guided Meditation 1-2pm V Holiday Cookie Decorating 5:30-7pm IP Noogie Nights 6-8pm IP Family & Friends 6-8pm H Living w/Cancer 6-8pm H	Metastatic Group 10am-12pm V Yoga 11am-12pm H Cooking 4-6 pm 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 Writing for Wellness 3-4pm IP Brain Group 6-7:30pm V African American Fellowship 6-8pm 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 Yoga 5:45-6:45pm H Young Adult Group 6-7:30pm 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	Yoga 11am-12pm <i>H</i>	Reiki at CSC 12-3pm <i>IP</i>	Coffee & Conversation 10-11am <mark>V</mark> Yoga 11am-12pm V	
15	16	17	18		19
Closed for the Holidays	Closed for the Holidays	Closed for the Holidays	Closed for the Holidays	Closed for the Holidays	26
			25		26
Closed for the Holidays	Closed for the Holidays	Closed for the Holidays		CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON	

WE ARE IN YOUR NEIGHBORHOOD



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. *Programs are not restricted to Trinity Health patients; all are welcome.*

TRINITY HEALTH CANCER CENTER - ANN ARBOR GENTLE YOGA - IN PERSON.

Tuesdays 3-4 pm, Located in conference room L17/L18 on the garden level of Trinity Health Cancer Center - Ann Arbor.

TRINITY HEALTH CANCER CENTER - BRIGHTON 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 and select Fridays 1-4 pm, Visit website to book appointment. Located in community room 214A/214B at Trinity Health Cancer Center - Brighton.

TRINITY HEALTH CANCER CENTER - CANTON COFFEE & CONVERSATION - IN PERSON.

Monthly, Third Tuesday 10-11 am, Group meets at Joe's Java located in Trinity Health Cancer Center – Canton.

GENTLE YOGA - IN PERSON••

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

CHELSEA HOSPITAL CANCER CENTER COFFEE & CONVERSATION - IN PERSON.

Monthly, Fourth Tuesday 10-11 am, Group meets at Joe's Java located in Trinity Health Cancer Center – Chelsea

GENTLE YOGA - IN PERSON••

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

TRINITY HEALTH CANCER CENTER - LIVONIA 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 to learn more.**

OCTOBER 2025 - CSC IN THE COMMUNITY

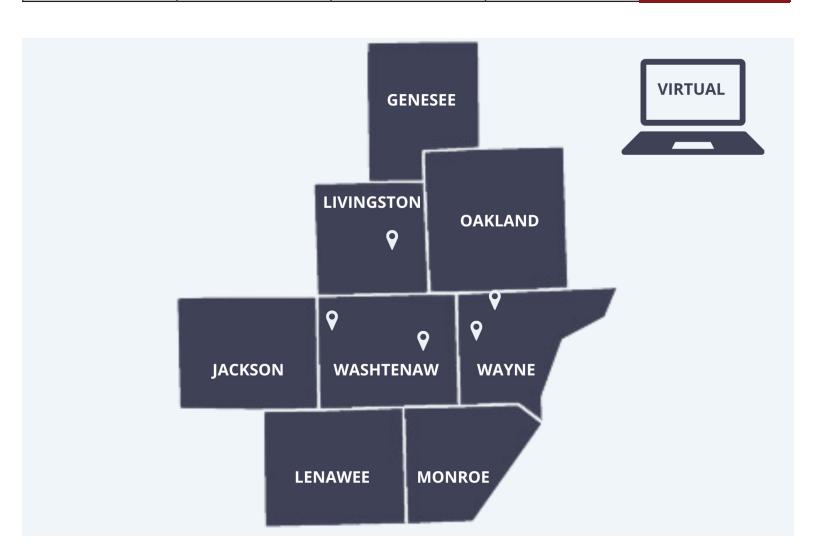
MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON			Brighton Yoga 5-6pm <i>IP</i>	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i>	Reiki at Brighton 1-4pm <i>IP</i>
IF - IN FERSON			1	2	3
Chelsea Yoga 3:30-4:30 pm <i>IP</i> Reiki at Brighton 4-7pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i>	Trinity Ann Arbor Yoga 3-4pm <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>	
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>	Trinity Ann Arbor Yoga 3-4pm <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>	Reiki at Brighton 1-4pm <i>IP</i>
13	1	14	15	16	17
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>	3-4pm <i>IP</i> Canton Coffee & Conversation 10-11am <i>IP</i>	21	Brighton Yoga 5-6pm <i>IP</i>	Brighton Meditation 4-5pm H Livonia Yoga 5:30-6:30pm IP	24
Chelsea Yoga 3:30-4:30 pm IP	Trinity Ann Arbor Yoga		Brighton Yoga 5-6pm <i>IP</i>	Brighton Meditation 4-5pm H	Reiki at Brighton 1-4pm <i>IP</i>
Reiki at Brighton 4-7pm <i>IP</i>	3-4pm <i>IP</i>			Livonia Yoga 5:30-6:30pm <i>IP</i>	
Canton Yoga 5-6pm <i>IP</i>	Chelsea Coffee &				
27	Conversation 10-11am <i>IP</i> 2	28	29	30	31

NOVEMBER 2025 - CSC IN THE COMMUNITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALENDAR KEY 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>	Trinity Ann Arbor Yoga 3-4pm <i>IP</i>	Brighton Yoga 5-6pm <i>IP</i>	Brighton Meditation 4-5pm H Livonia Yoga 5:30-6:30pm IP	
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>	Closed for Veterans Day	Brighton Yoga 5-6pm <i>IP</i>	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i>	Reiki at Brighton 1-4pm <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>	Trinity Ann Arbor Yoga 3-4pm <i>IP</i> Canton Coffee & Conversation 10-11am <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 H Livonia Yoga 5:30-6:30pm IP	21
Chelsea Yoga 3:30-4:30 pm IP		Closed for Thanksgiving	Closed for Thanksgiving	Closed for Thanksgiving
Reiki at Brighton 4-7pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i>	3-4pm <i>IP</i> Chelsea Coffee &	Closed for managering	closed for managering	elosea for managiving
24	Conversation 10-11am <i>IP</i> 25	26	27	28

DECEMBER 2025 - CSC IN THE COMMUNITY

MONDAY		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>	Trinity Ann Arbor Yoga 3-4pm <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>	Reiki at Brighton 1-4pm <i>IP</i>
1	2	3	4	5
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>	Trinity Ann Arbor Yoga 3-4pm <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>	
8	9	10	11	12
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>	3-4pm <i>IP</i> Canton Coffee &	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>	Reiki at Brighton 1-4pm <i>IP</i>
15	Conversation 10-11am <i>IP</i> 16	17	18	19
Closed for the Holidays	Closed for the Holidays	Closed for the Holidays	Closed for the Holidays	Closed for the Holidays
22	23	24	25	26
Closed for the Holidays	Closed for the Holidays	Closed for the Holidays		CALENDAR KEY 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.

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.



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