



**CANCER SUPPORT
COMMUNITY**
GREATER ANN ARBOR
FREE PROGRAMS
SO THAT NO ONE FACES CANCER ALONE



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 2026

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

READ JARED'S STORY



Jared's Story

Like millions of others, I never thought I would get diagnosed with prostate cancer. But knowing my family history, I stayed vigilant to get screened regularly—a decision that changed everything. We caught the cancer early, long before any symptoms appeared, and I'll always be grateful for the simple act of being proactive.



From the very beginning, I wanted to face this head-on, and part of that strength came from knowing I wasn't alone.

Not long after my diagnosis, I joined two groups at the CSC with a dozen other survivors on their own cancer journeys. Listening to their fears and resilience offered peace of mind and valuable information, and reminded me of a critical truth: early detection saves lives. This message is especially urgent for African American men, who face higher risks of prostate cancer at younger ages.

My journey has also led to new ways of giving back. With my therapy dog, Bree, I've marched in parades with the CSC, joined community events, and offered comfort to those who need it most. Together, Bree and I show others: you are not alone.

My story isn't just about cancer—it's about awareness, action, and hope. Early detection gave me a fighting chance, and by speaking out, I hope to help others feel empowered to take charge of their health, support one another, and savor every moment of this gift.

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. 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 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

Wednesdays 10 am-12 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

BI-WEEKLY AND MONTHLY GROUPS CONTINUED

CERVICAL CANCER PEER SUPPORT GROUP - VIRTUAL●●

Quarterly, Next Group: April 22, 6:30-8 pm

HEAD & NECK SUPPORT GROUP - VIRTUAL●●

Monthly, First Wednesday 5:30-7 pm

HEREDITARY COLORECTAL CANCER PEER GROUP - VIRTUAL●●

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

HIGH RISK BREAST AND OVARIAN CANCER SUPPORT GROUP - HYBRID●●

Bi-monthly, Next Group: May 21, 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 May, due to Memorial Day

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 - IN PERSON●●

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

Thursdays, April 30 - May 28, 6-8 pm

KID SUPPORT, TEEN TIME, AND PARENT SUPPORT - IN PERSON●●

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.

Tuesdays, April 21 - May 12, 5:30-7:30 pm

SURVIVORSHIP TRANSITIONS - IN PERSON●

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.

Thursdays, April 2 - April 30, 6-8 pm

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.

MANAGING FEAR AND ANXIETY WITH TRADITIONAL YOGA PRACTICES - HYBRID●●

Monthly, First Tuesday 6-7 pm

PILATES WITH MOVE WELLNESS - VIRTUAL●●

Tuesdays, 10-10:30 am

REIKI FOR RELAXATION - IN PERSON●●

By appointment, First and Third Mondays, 4-7 pm & Thursdays, 12-3 pm. Visit website to book appointment.

TAI CHI - IN PERSON●●

Check website for schedule

WRITING FOR WELLNESS - HYBRID●●

Monthly, Fourth Thursday 3-4 pm

QIGONG - VIRTUAL●●

Monthly, Third Thursday 12-1pm

ZUMBA GOLD - VIRTUAL●●

Tuesdays, 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

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

ZENTANGLE DRAWING - VIRTUAL ●●

Connect with others while our instructor leads you step-by-step in this mindful drawing session using simple lines, dots, curves, and shapes to create your own masterpiece. No experience necessary.

Check website for schedule.

SPECIAL EVENTS

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. You'll be amazed at the art you can create! All supplies will be provided.

Registration required.

Thursday, April 30, 2-4 pm

TRIVIA NIGHT - IN PERSON ●●

It's an evening of fun, light-hearted competition, and community spirit. Form a team, flex your brainpower, and enjoy great company. Whether you're in it to win or just for fun, everyone's welcome. Best of all, there will be prizes for the top teams! **Registration required.**

Wednesday, May 20, 6-7:30 pm

GRIEF AND THE CANCER JOURNEY BOOK CLUB - IN PERSON ●●

Join us in a four-part grief book club exploring *The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief*. **Registration required.**

Bi-weekly, Tuesdays, June 9 - July 21, 10-11 am

SUMMER NIGHTS AT GALLUP PARK - IN PERSON ●●

A CSC summer tradition and one of our most popular events! Meet your friends from CSC at Gallup Park for dinner, then relax by the water or head out on a kayak or canoe. **Registration required.**

Wednesday, June 24, 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. See our website for more details.

There is education here.

WORKSHOPS WITH EXPERT SPEAKERS

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

UPDATES ON CANNABIS AND CANCER - VIRTUAL●●

Rob McCurren, MD, Certified End-of-Life Doula, Our Grateful Journey

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 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, April 13, 6-7:30 pm

ADVANCED CARE PLANNING - VIRTUAL●●

Robin Lehman, BA, Certified End-of-Life Doula & Rob McCurren, MD, Certified End-of-Life Doula, Our Grateful Journey

While completing an Advanced Directive is important, true planning involves sharing your values and wishes with your healthcare advocate. These conversations ensure your voice is heard if you can't speak for yourself. In this presentation, we'll highlight common pitfalls, explore helpful tools and important decisions to consider, and help you feel confident that your wishes will be honored when it matters most.

Tuesday, April 28, 5-6 pm

MORE THAN SKIN DEEP: SCARS & YOU - IN PERSON●●

Kirsten Mowrey, LMT

Cancer treatment can often leave the body with scars. Whether from biopsies, radiation, or surgery, these visible reminders of cancer and its treatment can have long term effects. Join Licensed Massage Therapist, Kirsten Mowrey, to discuss scar healing, including practical techniques to use at home to promote comfort and mobility. As always, there will be plenty of time for Q&A.

Wednesday, May 6, 6-7 pm

NAVIGATING GRIEF AND THE CANCER JOURNEY - HYBRID●●

Kirsten Mowrey, LMT

For many people, a cancer diagnosis shifts the course of everyday life, leading into a world of appointments, treatments, uncertainty, and loss. Along the way, grief may arise in unexpected moments, needing care and attention. Join Kirsten Mowrey for a soul-centered presentation offering compassionate guidance for this tender journey. Drawing on her years of training with Francis Weller, author of *The Wild Edge of Sorrow*, and her experience leading community grief rituals, Kirsten will help participants navigate all types of grief in the cancer experience with care and understanding.

Wednesday, May 27, 6-7:30 pm

ONCOLOGY NUTRITION FOR OPTIMAL WELLNESS - VIRTUAL●●

Melissa Shannon-Hagen, RD, CSO, Michigan Medicine

Join us live on Zoom for a free 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. Registered Dietician, Melissa Shannon-Hagen, will discuss strategies to make healthy eating a daily habit, with plenty of time for discussion and questions.

Monday, June 15, 6-7:30 pm

HOSPICE AND PALLIATIVE CARE: HAVING THE COURAGEOUS CONVERSATION - VIRTUAL●●

Rob McCurren, MD, Certified End-of-Life Doula, Our Grateful Journey

Discussing end-of-life care can be incredibly difficult. Join us for a presentation to learn how hospice can be beneficial to you and your family. This workshop will discuss myths and facts about hospice and palliative care, how to talk to your loved ones about end-of-life decisions, and so much more.

Wednesday, June 24, 6-7 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON		Living w/Cancer 10am-12pm V 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	Art as a Reflective Practice 11am-12:15pm V Reiki at CSC 12-3pm IP Survivorship Transitions 6-8pm 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 Yoga 5:45-6:45pm H Life Beyond Cancer 6-7:30pm V	Pilates 10-10:30am V Zumba Gold 10-11am V Guided Meditation 1-2pm V Managing Fear & Anxiety 6-7pm H Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H	Metastatic Group 10am-12pm V Living w/Cancer 10am-12pm V Yoga 11am-12pm H Cooking 4-6 pm H Living w/Loss 6-7:30pm V	Reiki at CSC 12-3pm IP Lung Group 11am-12:30pm V Reiki at CSC 12-3pm IP Brain Group 6-7:30pm V African American Fellowship 6-8pm V Survivorship Transitions 6-8pm IP	Coffee & Conversation 10-11am V Yoga 11am-12pm V
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	Living w/Cancer 11am-1pm H Yoga 11am-12pm V Yoga 5:45-6:45pm H Cannabis and Cancer 6-7:30pm V	Pilates 10-10:30am V Zumba Gold 10-11am V Guided Meditation 1-2pm V Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H	Living w/Cancer 10am-12pm V Yoga 11am-12pm H	Qigong 12-1pm V Reiki at CSC 12-3pm IP Pride Group 6-7:30pm H Blood Group 6-7:30pm V Colorectal Peer Group 6:30-8:30pm V Survivorship Transitions 6-8pm 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 Yoga 5:45-6:45pm H	Pilates 10-10:30am V Zumba Gold 10-11am V Guided Meditation 1-2pm V Kids Support 5:30-7:30pm IP Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H	Metastatic Group 10am-12pm V Living w/Cancer 10am-12pm V Yoga 11am-12pm H Cervical Cancer Peer Support 6:30-8 V	Reiki at CSC 12-3pm IP Writing for Wellness 3-4pm H Survivorship Transitions 6-8pm IP	Coffee & Conversation 10-11 am V Yoga 11am-12 pm V	
20	21	22	23	24	
Living w/Cancer 11am-1pm H Yoga 11am-12pm V Yoga 5:45-6:45pm H Young Adult Group 6-7:30pm V	Pilates 10-10:30am V Zumba Gold 10-11am V Guided Meditation 1-2pm V Advanced Care Planning 5-6pm V Kids Support 5:30-7:30pm IP Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H	Living w/Cancer 10am-12pm V Yoga 11am-12pm H	Reiki at CSC 12-3pm IP Paint Party 2-4 pm IP Survivorship Transitions 6-8pm IP FOCUS 6-8pm IP		
27	28	29	30		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON				Coffee & Conversation 10-11am V Yoga 11am-12pm V
4	5	6	7	8
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 Zumba Gold 10-11am V Guided Meditation 1-2pm V Kids Support 5:30-7:30pm IP Managing Fear & Anxiety 6-7pm H Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H	Living w/Cancer 10am- 12pm V 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 More than Skin Deep: Scars & You 6-7 pm IP	Art as a Reflective Practice 11am-12:15pm V Reiki at CSC 12-3pm IP FOCUS 6-8pm IP	Coffee & Conversation 10-11am V Yoga 11am-12pm V
11	12	13	14	15
Living w/Cancer 11am-1pm H Yoga 11am-12pm V Yoga 5:45-6:45pm H	Pilates 10-10:30am V Zumba Gold 10-11am V Guided Meditation 1-2pm V Kids Support 5:30-7:30pm IP Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H	Metastatic Group 10am-12pm V Living w/Cancer 10am- 12pm V Yoga 11am-12pm H Cooking 4-6 pm H Living w/Loss 6-7:30 pm V	Reiki at CSC 12-3pm IP Lung Group 11am-12:30pm V Reiki at CSC 12-3pm IP Brain Group 6-7:30pm V African American Fellowship 6-8pm V FOCUS 6-8pm IP	Coffee & Conversation 10-11am V Yoga 11am-12pm V
18	19	20	21	22
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 Zumba Gold 10-11am V Guided Meditation 1-2pm V Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H	Living w/Cancer 10am- 12pm V Yoga 11am-12pm H Trivia Night 6-7:30pm IP	Qigong 12-1pm V Reiki at CSC 12-3pm IP High Risk Breast & Ovarian 6-7:30pm H Pride Group 6-7:30pm H Blood Group 6-7:30pm V FOCUS 6-8pm IP Colorectal Peer Group 6:30-8:30pm V	Coffee & Conversation 10-11am V Yoga 11am-12pm V
25	26	27	28	29
<i>Closed for Memorial Day</i>	Pilates 10-10:30am V Zumba Gold 10-11am V Guided Meditation 1-2pm V Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8 pm H	Living w/Cancer 10am- 12pm V Yoga 11am-12pm H Metastatic Group 10am-12pm V Navigating Grief and the Cancer Journey 6-7:30 pm H	Reiki at CSC 12-3pm IP Writing for Wellness 3-4pm H FOCUS 6-8pm IP	Coffee & Conversation 10-11am V Yoga 11am-12pm V

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 1	Pilates 10-10:30am V Zumba Gold 10-11am V Guided Meditation 1-2pm V Managing Fear & Anxiety 6-7pm H Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H 2	Living w/Cancer 10am-12pm V 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 3	Art as a Reflective Practice 11am-12:15pm V Reiki at CSC 12-3pm IP 4	Coffee & Conversation 10-11am V Yoga 11am-12pm V 5
Living w/Cancer 11am-1pm H Yoga 11am-12pm V Yoga 5:45-6:45pm H 8	Book Club 10-11am IP Pilates 10-10:30am V Zumba Gold 10-11am V Guided Meditation 1-2pm V Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H 9	Metastatic Group 10am-12pm V Living w/Cancer 10am-12pm V Yoga 11am-12pm H Cooking 4-6 pm H Living w/Loss 6-7:30 pm V 10	Lung Group 11am-12:30pm V Reiki at CSC 12-3pm 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 Yoga 5:45-6:45pm H Oncology Nutrition for Optimal Wellness 6-7:30pm V 15	Pilates 10-10:30am V Zumba Gold 10-11am V Guided Meditation 1-2pm V Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H 16	Living w/Cancer 10am-12pm V Yoga 11am-12pm H 17	Qigong 12-1pm V Reiki at CSC 12-3pm IP Pride Group 6-7:30pm H Blood Group 6-7:30pm V Colorectal Peer Group 6:30-8:30pm V 18	Closed for Juneteenth 19
Living w/Cancer 11am-1pm H Yoga 11am-12pm V Yoga 5:45-6:45pm H Young Adult Group 6-7:30pm V 22	Book Club 10-11am IP Pilates 10-10:30am V Zumba Gold 10-11am V Guided Meditation 1-2pm V Noogie Nights 6-8pm IP Family & Friends 6-8pm H Living w/Cancer 6-8pm H 23	Metastatic Group 10am-12pm V Living w/Cancer 10am-12pm V Yoga 11am-12pm H Summer Nights at Gallup Park 5:30-7pm IP Hospice and Palliative Care: Having the Courageous Conversation 6-7pm V 24	Reiki at CSC 12-3pm IP Writing for Wellness 3-4pm H 25	Coffee & Conversation 10-11am V Yoga 11am-12pm V 26
Living w/Cancer 11am-1pm H Yoga 11am-12pm V Yoga 5:45-6:45pm H 29	Pilates 10-10:30am V Zumba Gold 10-11am V Guided Meditation 1-2pm V Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H 30			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. **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, 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.

APRIL 2026 - CSC IN THE COMMUNITY

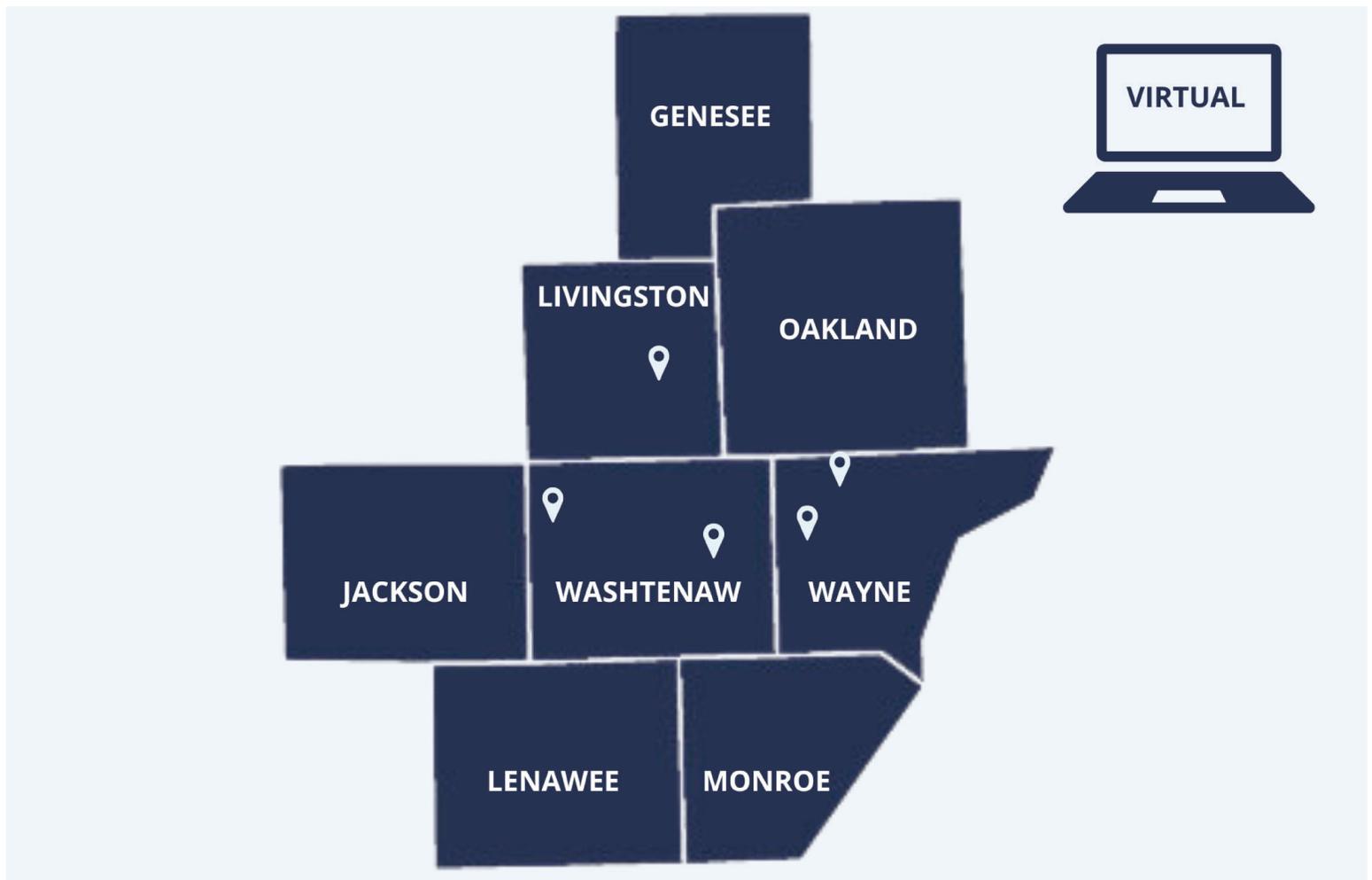
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON		Brighton Yoga 5-6pm <i>IP</i>	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i>	
		1	2	3
Chelsea Yoga 3:30-4:30 pm <i>IP</i> Reiki at Brighton 4-7pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i>	Trinity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

MAY 2026 - CSC IN THE COMMUNITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON				1
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>	
4	5	6	7	8
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>	
11	12	13	14	15
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>	Canton Coffee & Conversation 10-11am <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>	
18	19	20	21	22
<i>Closed for Memorial Day</i>	Chelsea Coffee & Conversation 10-11am <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>	
25	26	27	28	29

JUNE 2026 - CSC IN THE COMMUNITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chelsea Yoga 3:30-4:30 pm IP Reiki at Brighton 4-7pm IP Canton Yoga 5-6pm IP 1	Trinity Ann Arbor Yoga 3-4pm IP 2	Brighton Yoga 5-6pm IP 3	Brighton Meditation 4-5pm H Livonia Yoga 5:30-6:30pm IP 4	5
Chelsea Yoga 3:30-4:30 pm IP Reiki at Brighton 4-7pm IP Canton Yoga 5-6pm IP 8	Trinity Ann Arbor Yoga 3-4pm IP 9	Brighton Yoga 5-6pm IP 10	Brighton Meditation 4-5pm H Livonia Yoga 5:30-6:30pm IP 11	12
Chelsea Yoga 3:30-4:30 pm IP Reiki at Brighton 4-7pm IP Canton Yoga 5-6pm IP 15	Canton Coffee & Conversation 10-11am IP Trinity Ann Arbor Yoga 3-4pm IP 16	Brighton Yoga 5-6pm IP Brighton Group 6-7:30pm H Livonia Group 6-7:30pm IP 17	Brighton Meditation 4-5pm H Livonia Yoga 5:30-6:30pm IP 18	Closed for Juneteenth 19
Chelsea Yoga 3:30-4:30 pm IP Reiki at Brighton 4-7pm IP Canton Yoga 5-6pm IP 22	Chelsea Coffee & Conversation 10-11am IP Trinity Ann Arbor Yoga 3-4pm IP 23	Brighton Yoga 5-6pm IP 24	Brighton Meditation 4-5pm H Livonia Yoga 5:30-6:30pm IP 25	26
Chelsea Yoga 3:30-4:30 pm IP Reiki at Brighton 4-7pm IP Canton Yoga 5-6pm IP 29	Trinity Ann Arbor Yoga 3-4pm IP 30			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 to those we serve.** Our work is made possible through the generosity of individual donors, hospital partnerships, corporate sponsors, foundation grants, and our social enterprise, The Brides Project.

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.



APRIL - JUNE 2026 CALENDAR OF FREE PROGRAMS



CANCER SUPPORT COMMUNITY OF GREATER ANN ARBOR

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**CANCER SUPPORT
COMMUNITY**
GREATER ANN ARBOR

APRIL- JUNE 2026 CALENDAR OF FREE PROGRAMS

PROGRAM PARTNERS: AMERICAN CANCER SOCIETY • COMMUNITY FOUNDATION FOR SOUTHEAST MICHIGAN • EISAI USA FOUNDATION • JAMES A. & FAITH KNIGHT FOUNDATION • MICHIGAN MEDICINE CANCER GENETICS • MICHIGAN MEDICINE UROLOGIC ONCOLOGY • MOVE WELLNESS • PINK SISTERS, INC • THE BLOOD CANCER FOUNDATION OF MICHIGAN • THE HARRY A. AND MARGARET D. TOWSLEY FOUNDATION • TRINITY HEALTH MICHIGAN • UNIVERSITY OF MICHIGAN ROGEL CANCER CENTER