



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

JULY - SEPTEMBER 2026

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

READ KIMBERLYNN'S STORY



Kimberlynn's Story

It started with a trip downstairs to get a glass of orange juice. As I opened the refrigerator door, my arm brushed against my breast, and there it was: a pea-sized nodule. My oncologist in Lansing had horrible bedside manner when he delivered the biopsy results: triple-negative, Stage III cancer. He was holding a box of tissues. "I'm not gonna need that," I told him.

"I need you to do your job and help me get rid of it." He promised his "team" would follow up. They never did. Within six weeks, the tumor had grown to eight centimeters.

I ended up driving four-hundred miles every week to Ann Arbor for treatment, draining my savings on travel, supplements, and complementary therapies. I felt so guilty leaning on my family for care and housing. They were already so worried; I didn't want to add to their stress with my deteriorating mental health. So I held it in and I hid it.

It wasn't until after treatment that I heard about the Cancer Support Community. I was able to speak to a counselor right away, and for the first time, after everything I'd endured, I broke into uncontrollable tears. She let me talk, let me cry, without any of that "poor little you with cancer" energy.

I'm still recovering—physically, financially, emotionally—but with emotional and financial support from the CSC, I'm back in stable housing, and I know I'm not alone. I've got a true team behind me, and that makes all the difference.



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 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, Check website for dates

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, Check website for dates

LIFE BEYOND CANCER SURVIVORSHIP GROUP - VIRTUAL●

Monthly, First Monday 6-7:30 pm
Second Monday in September, due to Labor Day

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

NEW - NAVIGATING CANCER AND PARENTHOOD SUPPORT GROUP - IN PERSON●●

Monthly, Third Tuesday 6-7:30 pm at Little
Break Cowork (3909 Research Park Dr Ste 300,
Ann Arbor, MI 48108)

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

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.

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.

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.

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 10:15 am-11:15 am - VIRTUAL
Mondays 5:45-6:45 pm - HYBRID
Wednesdays 11 am-12 pm - HYBRID
Fridays 11 am-12 pm - VIRTUAL

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, First & Third Mondays,
4-7 pm, Wednesdays 10 am - 12 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

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, July 23, 2-4 pm

CHALK ART - IN PERSON

Join us at Island Park for an evening of chalk art! David Zinn, who has charmed millions of followers worldwide with his sidewalk art, will show you how to create your own masterpiece. All supplies included, all ages welcome! **Registration required.**

Thursday, August 6, 4-5:30 pm

INSTRUMENT PETTING ZOO WITH ANN ARBOR SYMPHONY ORCHESTRA - IN PERSON

The Ann Arbor Symphony Orchestra Instrument Petting Zoo brings participants of all ages the opportunity to discover the joy of music through hands-on exploration of orchestral instruments. During this visit to Cancer Support Community, staff and musicians will introduce attendees to each instrument by demonstrating its function and providing foundational guidance on playing techniques. Whether trying an instrument for the first time or rekindling a long-held interest, participants will leave with a deeper understanding of music and inspiration to continue exploring their musical interests. **Registration required.**

Wednesday, September 23, 6-7 pm

There is assistance here.

PRACTICAL ASSISTANCE

SPROUT LOVE FINANCIAL ASSISTANCE

The Sprout Love Financial Assistance Fund helps prevent financial hardship by providing short-term support for families undergoing cancer treatment. Applicants must live within CSC's service area, provide proof of residence, and be in active treatment verified by a completed Certificate of Illness signed by an MD, RN, or Social Worker. Funding is limited; please check our website for current availability and program status.

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.

PERSONALIZED CANCER CARE: CANCER GENETICS - VIRTUAL••

Angel Nguyen, MS, CGC, Natera

This presentation provides an easy-to-understand overview of advanced cancer testing and how it helps personalize patient care. Topics include genetic testing to identify inherited cancer risk, tumor testing to help doctors choose targeted treatments, and blood-based testing to monitor how treatment is working and detect signs of recurrence earlier than traditional methods. We will explore how these tools support patients throughout their cancer journey, from prevention and diagnosis to treatment and follow-up care.

Wednesday, July 8, 6-7:30 pm

BONE HEALTH FOR BREAST CANCER PATIENTS - VIRTUAL••

Catherine Van Poznak, MD, Michigan Medicine

Join us on Zoom for an informative workshop exploring bone health in the setting of breast cancer. Dr. Van Poznak will provide an overview of low bone mass, osteoporosis risk, and bone metastases, including screening recommendations, risk factors, and possible treatment options.

Wednesday, July 29, 6-7:30 pm

INTEGRATING LIFESTYLE MEDICINE IN CANCER CARE - VIRTUAL••

Nan Robinson RN, BSN, CCM, DipACLM, Trinity Health

Join Nan Robinson, a nurse care manager specializing in Lifestyle Medicine, for an engaging educational workshop on how simple, sustainable lifestyle changes can improve overall health and well-being. As a Diplomate of the American College of Lifestyle Medicine and a certified professional in plant-based nutrition, Nan will share practical, evidence-based strategies to strengthen the immune system, boost energy, and support long-term health through daily habits rooted in nutrition, movement, sleep, stress management, and healthy living.

Thursday, August 6, 6-7 pm

WHY CAN'T I STAY POSITIVE? - VIRTUAL••

Michelle Riba, MD, Director of PsychOncology, Michigan Medicine

Feelings of depression and grief are common among cancer patients and their loved ones. Join us for a presentation with Dr. Michelle Riba, discussing the emotional side effects of cancer, resiliency, and identifying ways to cope.

Monday, August 24, 6-7:30 pm

UPDATES ON LUNG CANCER TREATMENT - HYBRID••

Gregory Kalemkerian, MD, University of Michigan

This live workshop will provide detailed insight on the diagnosis, staging, and treatment of lung cancer. This includes the most up-to-date treatments such as targeted therapies and immunotherapy. As always there will be plenty of time for Q&A.

Monday, September 14, 6-7:30 pm

COST OF CARE - VIRTUAL••

Theresa Hastert, PhD, MPP, Wayne State University School of Medicine

The cost of cancer care can be a growing burden for many cancer patients and their loved ones. This workshop will go over some of the main issues related to financial hardships including: employment, insurance, financial assistance, resources available, and more. Q&A and discussion will be welcome.

Monday, September 28, 6-7 pm

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON		Living w/Cancer 10am-12pm V Reiki at CSC 10am-12pm IP Yoga 11am-12pm H Ostomy Group 5:30-7pm H 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	Closed for 4th of July
		1	2	3
Yoga 10:15 - 11:15 am V Living w/Cancer 11am-1pm H 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 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 Reiki at CSC 10am-12pm IP Yoga 11am-12pm H Cooking 4-6 pm H Living w/Loss 6-7:30pm V Personalized Cancer Care: Cancer Genetics 6-7:30pm V	Lung Group 11am-12:30pm V Reiki at CSC 12-3pm IP Brain Group 6-7:30pm V African American Fellowship 6-8pm V	Coffee & Conversation 10-11am V Yoga 11am-12pm V
6	7	8	9	10
Yoga 10:15 - 11:15 am V Living w/Cancer 11am-1pm H Yoga 5:45-6:45pm H	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 Reiki at CSC 10am-12pm IP Yoga 11am-12pm H	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	Coffee & Conversation 10-11am V Yoga 11am-12pm V
13	14	15	16	17
Yoga 10:15 - 11:15 am V Living w/Cancer 11am-1pm H 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 Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H Navigating Cancer & Parenthood at Little Break Cowork 6-7:30pm IP	Metastatic Group 10am-12pm V Living w/Cancer 10am-12pm V Reiki at CSC 10am-12pm IP Yoga 11am-12pm H	Reiki at CSC 12-3pm IP Paint N' Party 2-4pm IP Writing for Wellness 3-4pm H	Coffee & Conversation 10-11 am V Yoga 11am-12 pm V
20	21	22	23	24
Yoga 10:15 - 11:15 am V Living w/Cancer 11am-1pm H 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 Reiki at CSC 10am-12pm IP Yoga 11am-12pm H Bone Health for Breast Cancer Patients 6-7:30pm V	Reiki at CSC 12-3pm IP	Coffee & Conversation 10-11 am V Yoga 11am-12 pm V
27	28	29	30	31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga 10:15 - 11:15 am V Living w/Cancer 11am-1pm H Reiki at CSC 4-7pm IP Yoga 5:45-6:45pm H Life Beyond Cancer 6-7:30pm V 3	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 4	Living w/Cancer 10am-12pm V Reiki at CSC 10am-12pm IP Yoga 11am-12pm H Ostomy Group 5:30-7pm H Breast Group 6-7:30pm V Prostate Group 6-7:30pm V 5	Art as a Reflective Practice 11am-12:15pm V Reiki at CSC 12-3pm IP Chalk Art 4-5:30 pm IP Lifetsyle Medicine 6-7pm V 6	Coffee & Conversation 10-11am V Yoga 11am-12pm V 7
Yoga 10:15 - 11:15 am V Living w/Cancer 11am-1pm H Yoga 5:45-6:45pm H 10	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 11	Metastatic Group 10am-12pm V Living w/Cancer 10am-12pm V Reiki at CSC 10am-12pm IP Yoga 11am-12pm H Cooking 4-6 pm H Living w/Loss 6-7:30 pm V 12	Lung Group 11am-12:30pm V Reiki at CSC 12-3pm IP Brain Group 6-7:30pm V African American Fellowship 6-8pm V 13	Coffee & Conversation 10-11am V Yoga 11am-12pm V 14
Yoga 10:15 - 11:15 am V Living w/Cancer 11am-1pm H Reiki at CSC 4-7pm IP Yoga 5:45-6:45pm H 17	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 Navigating Cancer & Parenthood at Little Break Cowork 6-7:30pm IP 18	Living w/Cancer 10am-12pm V Reiki at CSC 10am-12pm IP Yoga 11am-12pm H 19	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 20	Coffee & Conversation 10-11am V Yoga 11am-12pm V 21
Yoga 10:15 - 11:15 am V Living w/Cancer 11am-1pm H Yoga 5:45-6:45pm H Young Adult Group 6-7:30pm V Why Can't I Stay Positive? 6-7:30pm V 24	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 25	Metastatic Group 10am-12pm V Living w/Cancer 10am-12pm V Reiki at CSC 10am-12pm IP Yoga 11am-12pm H 26	Reiki at CSC 12-3pm IP Writing for Wellness 3-4pm H 27	Coffee & Conversation 10-11am V Yoga 11am-12pm V 28
Yoga 10:15 - 11:15 am V Living w/Cancer 11am-1pm H Yoga 5:45-6:45pm H 31				CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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 Reiki at CSC 10am-12pm IP Yoga 11am-12pm H Ostomy Group 5:30-7pm H 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	Coffee & Conversation 10-11am V Yoga 11am-12pm V
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Closed for Labor Day	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	Metastatic Group 10am-12pm V Living w/Cancer 10am-12pm V Reiki at CSC 10am-12pm IP Yoga 11am-12pm H Cooking 4-6 pm H Living w/Loss 6-7:30 pm V	Lung Group 11am-12:30pm V Reiki at CSC 12-3pm IP Brain Group 6-7:30pm V African American Fellowship 6-8pm V	Coffee & Conversation 10-11am V Yoga 11am-12pm V
7	8	9	10	11
Yoga 10:15 - 11:15 am V Living w/Cancer 11am-1pm H Yoga 5:45-6:45pm H Life Beyond Cancer 6-7:30pm V Updates on Lung Cancer 6-7:30pm H	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 Navigating Cancer & Parenthood at Little Break Cowork 6-7:30pm IP	Living w/Cancer 10am-12pm V Reiki at CSC 10am-12pm IP Yoga 11am-12pm H	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	Coffee & Conversation 10-11am V Yoga 11am-12pm V
14	15	16	17	18
Yoga 10:15 - 11:15 am V Living w/Cancer 11am-1pm H 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 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 Reiki at CSC 10am-12pm IP Yoga 11am-12pm H Instrument Petting Zoo 6-7pm IP	Reiki at CSC 12-3pm IP Writing for Wellness 3-4pm H	Coffee & Conversation 10-11am V Yoga 11am-12pm V
21	22	23	24	25
Yoga 10:15 - 11:15 am V Living w/Cancer 11am-1pm H Yoga 5:45-6:45pm H Young Adult Group 6-7:30pm V Cost of Care 6-7pm 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 Reiki at CSC 10am-12pm IP Yoga 11am-12pm H		KEY V = VIRTUAL H = HYBRID IP = IN PERSON
28	29	30		

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 10-11 am, 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.

JULY 2026 - CSC IN THE COMMUNITY

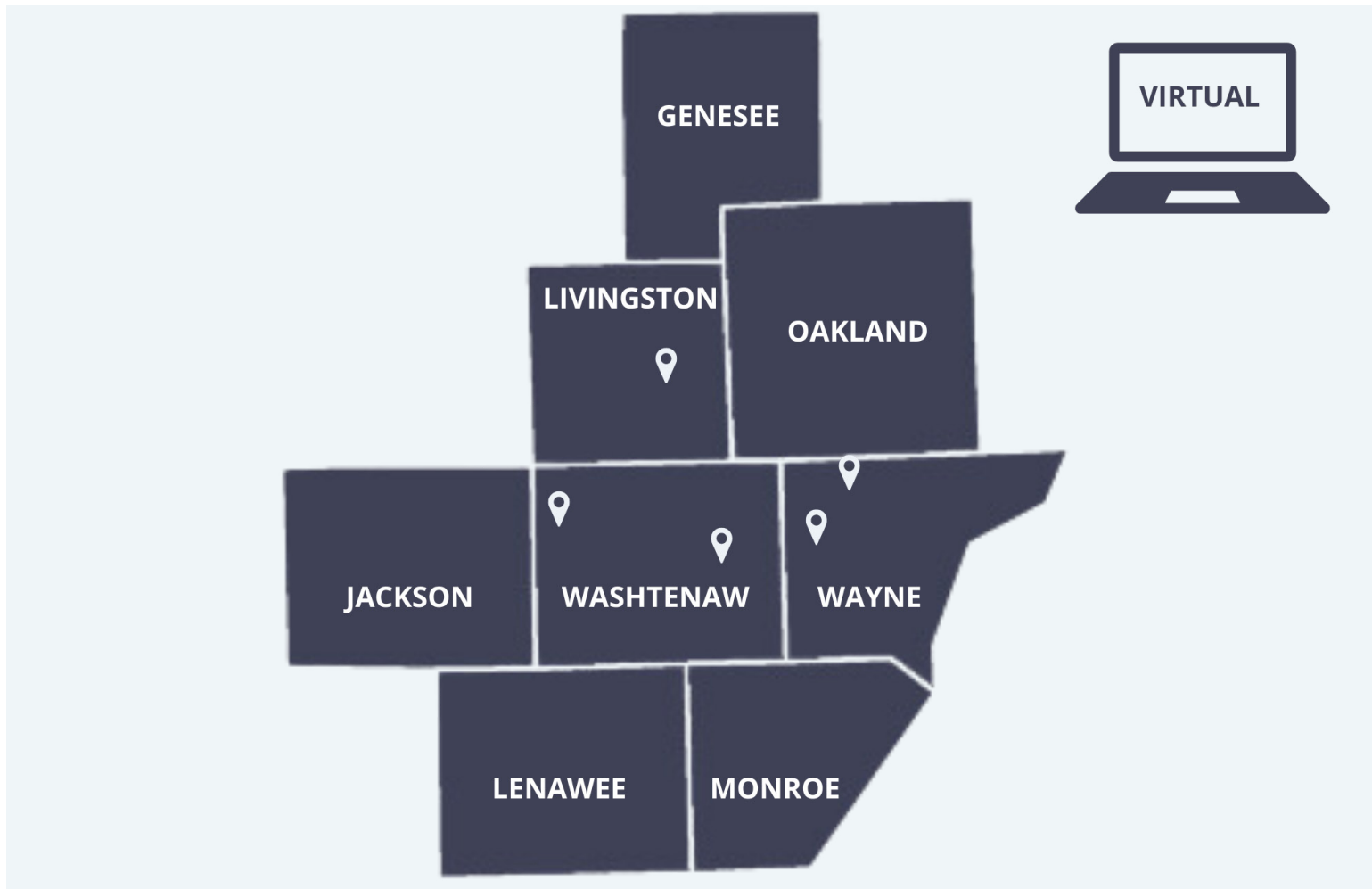
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON		Brighton Yoga 5-6pm <i>IP</i>	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i>	<i>Closed for 4th of July</i>
		1	2	3
Chelsea Yoga 3:30-4:30 pm <i>IP</i> Reiki at Brighton 4-7pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i>	Trinity Ann Arbor Yoga 10-11am <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>	
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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 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 <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 10-11am <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 10-11am <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

AUGUST 2026 - 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>	Trinity Ann Arbor Yoga 10-11am <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>	Trinity Ann Arbor Yoga 10-11am <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>	
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>	Canton Coffee & Conversation 10-11am <i>IP</i> Trinity Ann Arbor Yoga 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 <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>	Chelsea Coffee & Conversation 10-11am <i>IP</i> Trinity Ann Arbor Yoga 10-11am <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
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>				CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON
31				

SEPTEMBER 2026 - CSC IN THE COMMUNITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON	Trinity Ann Arbor Yoga 10-11am <i>IP</i> 1	Brighton Yoga 5-6pm <i>IP</i> 2	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i> 3	4
<i>Closed for Labor Day</i> 7	Trinity Ann Arbor Yoga 10-11am <i>IP</i> 8	Brighton Yoga 5-6pm <i>IP</i> 9	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i> 10	11
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> 14	Canton Coffee & Conversation 10-11am <i>IP</i> Trinity Ann Arbor Yoga 10-11am <i>IP</i> 15	Brighton Yoga 5-6pm <i>IP</i> Brighton Group 6-7:30pm <i>H</i> Livonia Group 6-7:30pm <i>IP</i> 16	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i> 17	18
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> 21	Chelsea Coffee & Conversation 10-11am <i>IP</i> Trinity Ann Arbor Yoga 10-11am <i>IP</i> 22	Brighton Yoga 5-6pm <i>IP</i> 23	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i> 24	25
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> 28	Trinity Ann Arbor Yoga 10-11am <i>IP</i> 29	Brighton Yoga 5-6pm <i>IP</i> 30		



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.



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JULY- SEPTEMBER 2026 CALENDAR OF FREE PROGRAMS

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