



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

OCTOBER - DECEMBER 2026

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

READ SHEENA'S STORY



Sheena's Story

In December 2025, at 41, I began feeling like something wasn't right. Busy as a working mom to an energetic 11-year-old, I scheduled several medical appointments, including my annual mammogram — just another item to check off before figuring out why I felt so unwell.



I never imagined that routine mammogram would save my life. Instead of crossing it off my list, I received a diagnosis that changed everything: Stage I HER2-positive breast cancer.

Cancer wasn't unfamiliar to me — my mother faced it twice, each a different subtype; my grandmother died of ovarian cancer before I was old enough to know her; and my father lost his five-month battle with lung cancer. Given that history, I'd always been diligent about screening. Still, I never expected to hear "you have cancer" at 41, or to learn my type wasn't linked to an inherited genetic mutation.

In the days after my diagnosis, my instinct was to find community. But my family is small and my closest friends live far away, so I turned to the Cancer Support Community. From the moment I reached out, I knew I didn't have to carry this alone. Through support groups, counseling, and so much more, I have been surrounded by compassion and hope — a lifeline not only for me, but for my son as well.

Cancer changes everything in an instant. The Cancer Support Community has made this journey less overwhelming, and for that, I will always be grateful.

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: ART THERAPY - **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

HEREDITARY COLORECTAL CANCER PEER GROUP - **VIRTUAL**●●

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

HIGH RISK BREAST AND OVARIAN CANCER PEER GROUP - **HYBRID**●●

Bi-monthly, Check website for dates

LIFE BEYOND CANCER SURVIVORSHIP GROUP - **VIRTUAL**●

Monthly, First Monday 6-7:30 pm

LIVING WITH LOSS - **VIRTUAL**●

Monthly, Second Wednesday 6-7:30 pm, Third Wednesday in November due to Veterans Day

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

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, Third Monday in December due to the Holidays

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.

Thursdays, October 15 to November 12, 5:30 - 7:30 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, Third Wednesday in November due to Veterans Day

GUIDED MEDITATION - **VIRTUAL**●●

Wednesdays, 11-11:45 am

GENTLE YOGA●●

*Mondays 11-12 pm - **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, Third Thursday in November and December due to the Holidays

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

NAVIGATING SERIOUS ILLNESS BOOK CLUB - IN PERSON

Join Debbie Mattison LMSW and author of "Navigating Serious Illness," for a six-week book club. Participants will read the book "Navigating Serious Illness," a guide featuring information, reflective writing exercises, and meaningful prompts to explore life, love, legacy, and living fully after a cancer diagnosis. Open to all patients at any stage of their cancer experience. **Registration required.**

Thursdays, October 8-November 12, 6-7:30 pm

FALL FUN AT THE CSC - IN PERSON

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

Registration required.

Sunday, October 25, 12-2 pm

FALL DINNER - 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 17, 5:30-7 pm

HOLIDAY COOKIE DECORATING - IN PERSON

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 8, 5:30-6:30 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.

UNDERSTANDING GENETIC TESTING AND MRD IN BREAST CANCER - VIRTUAL●●

Angel Nguyen, MS, CGC, Natera

Join us for an easy-to-understand workshop about genetic testing and circulating tumor DNA (ctDNA) in breast cancer care. We'll discuss how inherited genetic information can help you understand cancer risk and guide screening for you and your family. We'll also explain how blood-based ctDNA tests may help doctors look for signs of remaining cancer (minimal residual disease, or MRD) during and after treatment. A breast cancer patient advocate will share her personal experience with MRD testing and what it was like to navigate testing and treatment decisions. Come with your questions and learn more about these evolving tools in breast cancer care.

Thursday, October 22, 6-7:30 pm

MINDFULNESS AND SELF-COMPASSION SERIES: PROMOTING RESILIENCE AND WELL-BEING IN THE CANCER EXPERIENCE - IN PERSON●●

Marcy Plunkett, PhD, Licensed Clinical Psychologist

Compassion Practices, both for self and others, can lead to more resilience and better communication in the cancer experience. This special series, facilitated by clinical psychologist and mindfulness teacher, Marcy Plunkett, PhD, welcomes patients, survivors, and loved ones to explore the practice of self-compassion through educational presentation, guided meditations, and facilitated group discussion. Topics include compassionate breathing, stress management through self-compassion breaks, caregiver experience, and more.

Wednesdays, October 28 & November 4, 1:30-2:45 pm

BREAST DENSITY: ENHANCING DETECTION AND RISK STRATIFICATION - VIRTUAL●●

Shoshana Hallowell, MD, McLaren Health

Join us for an insightful workshop designed to deepen your understanding of breast density and its role in patient risk stratification. Dr. Shoshana Hallowell will discuss the types of breast density and their implications for breast cancer detection, as well as the tools used to determine risk factors. As always, we will allow plenty of time for Q&A.

Thursday, November 12, 6-7 pm

INTIMACY FOR CANCER PATIENTS AND THEIR PARTNERS - VIRTUAL●●

Jen Fecher, Sexual Wellness, Intimacy, & Sexual Dysfunction Expert Educator, Empowering Intimacy

Changes in body image and sexual function are common concerns for cancer patients and their loved ones, but not often talked about. Join us in this free workshop for a frank discussion on how to reclaim your intimacy needs, common sexual dysfunction issues during and after treatment, and how to combat these issues with at-home therapies.

Monday, December 7, 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			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	
	Yoga 11 am -12 pm 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 Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H	Living w/Cancer 10am-12pm V Guided Meditation 11-11:45am 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	Lung Group 11am-12:30pm V Reiki at CSC 12-3pm IP Brain Group 6-7:30pm V African American Fellowship 6-8pm V Navigating Serious Illness Book Club 6-7:30pm IP	Coffee & Conversation 10-11am V Yoga 11am-12pm V
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	Yoga 11 am -12 pm V Living w/Cancer 11am-1pm H Yoga 5:45-6:45pm H	Pilates 10-10:30am V Zumba Gold 10-11am V Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H	Metastatic Group 10am-12pm V Guided Meditation 11-11:45am 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	Reiki at CSC 12-3pm IP Pride Group 6-7:30pm H Blood Group 6-7:30pm V Survivorship Transitions 5:30-7:30pm IP Navigating Serious Illness Book Club 6-7:30pm IP Colorectal Peer Group 6:30-8:30pm V	Coffee & Conversation 10-11am V Yoga 11am-12pm V
12	13	14	15	16	
Yoga 11 am -12 pm 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 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 Guided Meditation 11-11:45am V Reiki at CSC 10am-12pm IP Yoga 11am-12pm H	Reiki at CSC 12-3pm IP Writing for Wellness 3-4pm H Survivorship Transitions 5:30-7:30pm IP Understanding Genetic Testing and MRD in Breast Cancer 6-7:30pm V Navigating Serious Illness Book Club 6-7:30pm IP	Coffee & Conversation 10-11 am V Yoga 11am-12 pm V	
19	20	21	22	23	
Fall Fun at CSC IP Sunday, October 25 12-2pm Yoga 11 am -12 pm 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 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 Guided Meditation 11-11:45am V Reiki at CSC 10am-12pm IP Yoga 11am-12pm H Mindfulness & Self-Compassion Series 1:30-2:45pm IP	Reiki at CSC 12-3pm IP Survivorship Transitions 5:30-7:30pm IP Navigating Serious Illness Book Club 6-7:30pm IP	Coffee & Conversation 10-11 am V Yoga 11am-12 pm V	
26	27	28	29	30	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga 11 am -12 pm 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 2	Pilates 10-10:30am V Zumba Gold 10-11am V Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H 3	Living w/Cancer 10am-12pm V Guided Meditation 11-11:45am V Reiki at CSC 10am-12pm IP Mindfulness & Self-Compassion Series 1:30-2:45pm IP Yoga 11am-12pm H Ostomy Group 5:30-7pm H Breast Group 6-7:30pm V Prostate Group 6-7:30pm V⁴ 5	Art as a Reflective Practice 11am-12:15pm V Reiki at CSC 12-3pm IP Survivorship Transitions 5:30-7:30pm IP Navigating Serious Illness Book Club 6-7:30pm IP 6	Coffee & Conversation 10-11am V Yoga 11am-12pm V 6
Yoga 11 am -12 pm V Living w/Cancer 11am-1pm H Yoga 5:45-6:45pm H 9	Pilates 10-10:30am V Zumba Gold 10-11am V Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H 10	Closed for Veterans Day 11	Lung Group 11am-12:30pm V Reiki at CSC 12-3pm IP Survivorship Transitions 5:30-7:30pm IP Brain Group 6-7:30pm V African American Fellowship 6-8pm V Breast Density Workshop 6-7pm V Navigating Serious Illness Book Club 6-7:30pm IP 12	Coffee & Conversation 10-11am V Yoga 11am-12pm V 13
Yoga 11 am -12 pm V Living w/Cancer 11am-1pm H Reiki at CSC 4-7pm IP Yoga 5:45-6:45pm H 16	Pilates 10-10:30am V Zumba Gold 10-11am V Fall Dinner 5:30-7pm IP 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 17	Living w/Cancer 10am-12pm V Guided Meditation 11-11:45am V Reiki at CSC 10am-12pm IP Yoga 11am-12pm H Cooking 4-6 pm H Living w/Loss 6-7:30 pm V 18	Reiki at CSC 12-3pm IP Writing for Wellness 3-4pm H Pride Group 6-7:30pm H Blood Group 6-7:30pm V Colorectal Peer Group 6:30-8:30pm V 19	Coffee & Conversation 10-11am V Yoga 11am-12pm V 20
Yoga 11 am -12 pm V Living w/Cancer 11am-1pm H Yoga 5:45-6:45pm H Young Adult Group 6-7:30pm V 23	Pilates 10-10:30am V Zumba Gold 10-11am V Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H 24	Metastatic Group 10am-12pm V Living w/Cancer 10am-12pm V Guided Meditation 11-11:45am V Reiki at CSC 10am-12pm IP Yoga 11am-12pm H Closed at noon for Thanksgiving 25	Closed for Thanksgiving 26	Closed for Thanksgiving 27
Yoga 11am - 12 pm V Living w/Cancer 11am-1pm H Yoga 5:45-6:45pm H 30				CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pilates 10-10:30am V Zumba Gold 10-11am 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 Guided Meditation 11-11:45am V 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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Yoga 11 am -12 pm 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 Intimacy for Cancer Patients and their Partners 6-7pm V	Pilates 10-10:30am V Zumba Gold 10-11am V Cookie Decorating 5:30-6:30pm 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 Guided Meditation 11-11:45am 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 11 am -12 pm V Living w/Cancer 11am-1pm H Yoga 5:45-6:45pm H	Pilates 10-10:30am V Zumba Gold 10-11am 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 Guided Meditation 11-11:45am V Reiki at CSC 10am-12pm IP Yoga 11am-12pm H	Reiki at CSC 12-3pm IP Writing for Wellness 3-4pm H 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 11 am -12 pm V Living w/Cancer 11am-1pm H 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 Noogie Nights 6-8pm IP Family & Friends 6-8pm V Living w/Cancer 6-8pm H	<i>Closed for the Holidays</i>	<i>Closed for the Holidays</i>	<i>Closed for the Holidays</i>
21	22	23	24	25
<i>Closed for the Holidays</i>	<i>Closed for the Holidays</i>	<i>Closed for the Holidays</i>	<i>Closed for the Holidays</i>	KEY V = VIRTUAL H = HYBRID IP = IN PERSON
28	29	30	31	

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

GENTLE YOGA - IN PERSON

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

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

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. CSC counselors offer professional support and guidance to help navigate the emotional and psychological challenges associated with cancer and its treatment. Services offered by our oncology counselors include adjustment to illness counseling, depression and anxiety screening, relaxation strategies to reduce anxiety during difficult and painful procedures, and more.

Visit cancersupportannarbor.org/counseling to learn more.

OCTOBER 2026 - CSC IN THE COMMUNITY

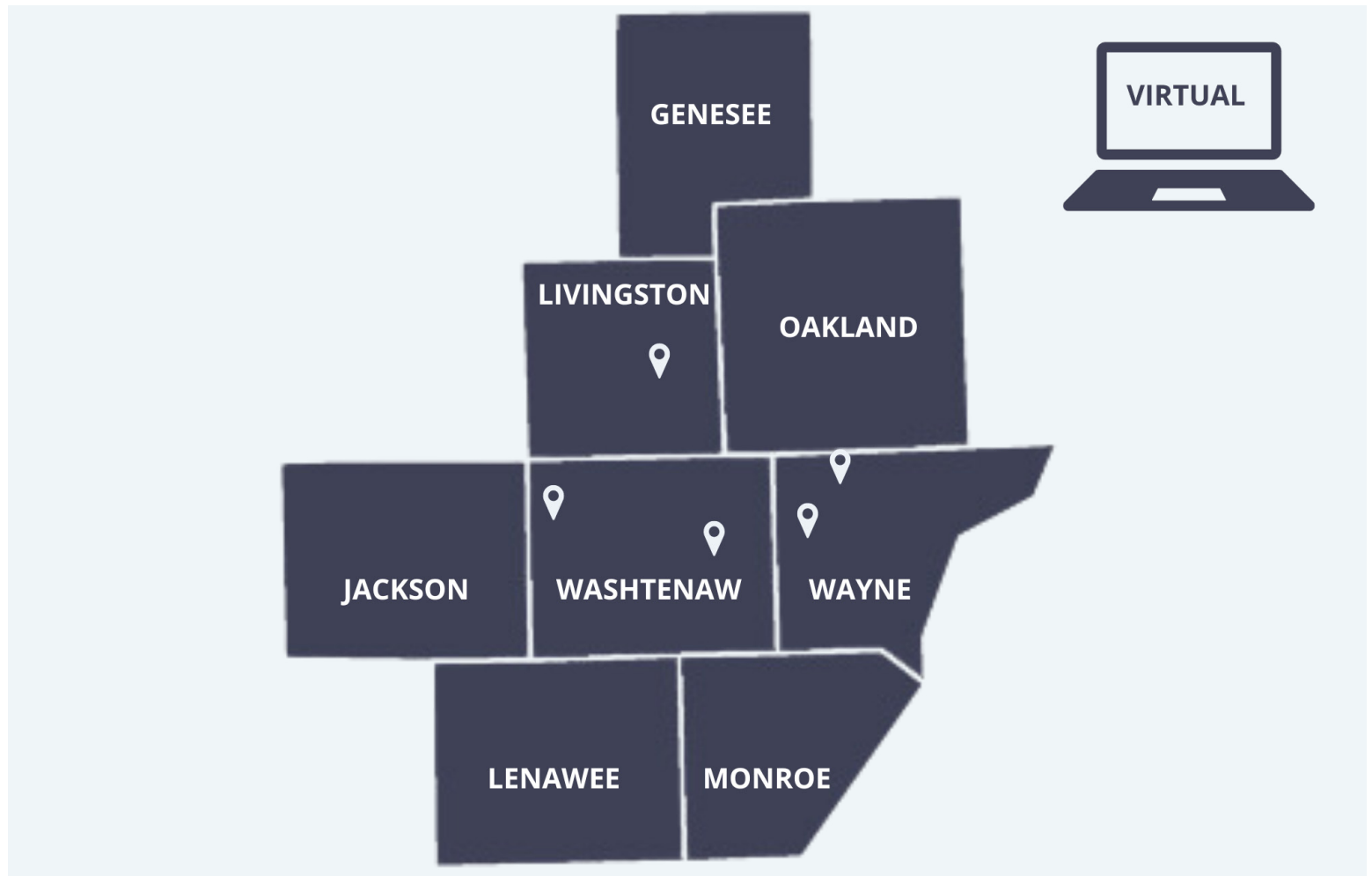
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON			Brighton Meditation 4-5pm H Livonia Yoga 5:30-6:30pm IP 1	2
Chelsea Yoga 3:30-4:30 pm IP Reiki at Brighton 4-7pm IP Canton Yoga 5-6pm IP 5	Trinity Ann Arbor Yoga 10-11am IP 6	Brighton Yoga 5-6pm IP 7	Brighton Meditation 4-5pm H Livonia Yoga 5:30-6:30pm IP 8	9
Chelsea Yoga 3:30-4:30 pm IP Reiki at Brighton 4-7pm IP Canton Yoga 5-6pm IP 12	Trinity Ann Arbor Yoga 10-11am IP 13	Brighton Yoga 5-6pm IP 14	Brighton Meditation 4-5pm H Livonia Yoga 5:30-6:30pm IP 15	16
Chelsea Yoga 3:30-4:30 pm IP Reiki at Brighton 4-7pm IP Canton Yoga 5-6pm IP 19	Trinity Ann Arbor Yoga 10-11am IP 20	Brighton Yoga 5-6pm IP Brighton Group 6-7:30pm H Livonia Group 6-7:30pm IP 21	Brighton Meditation 4-5pm H Livonia Yoga 5:30-6:30pm IP 22	23
Chelsea Yoga 3:30-4:30 pm IP Reiki at Brighton 4-7pm IP Canton Yoga 5-6pm IP 26	Trinity Ann Arbor Yoga 10-11am IP 27	Brighton Yoga 5-6pm IP 28	Brighton Meditation 4-5pm H Livonia Yoga 5:30-6:30pm IP 29	30

NOVEMBER 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 2	Trinity Ann Arbor Yoga 10-11am IP 3	Brighton Yoga 5-6pm IP 4	Brighton Meditation 4-5pm H Livonia Yoga 5:30-6:30pm IP 5	6
Chelsea Yoga 3:30-4:30 pm IP Reiki at Brighton 4-7pm IP Canton Yoga 5-6pm IP 9	Trinity Ann Arbor Yoga 10-11am IP 10	Closed for Veterans Day 11	Brighton Meditation 4-5pm H Livonia Yoga 5:30-6:30pm IP 12	13
Chelsea Yoga 3:30-4:30 pm IP Reiki at Brighton 4-7pm IP Canton Yoga 5-6pm IP 16	Trinity Ann Arbor Yoga 10-11am IP 17	Brighton Yoga 5-6pm IP Brighton Group 6-7:30pm H Livonia Group 6-7:30pm IP 18	Brighton Meditation 4-5pm H Livonia Yoga 5:30-6:30pm IP 19	20
Chelsea Yoga 3:30-4:30 pm IP Reiki at Brighton 4-7pm IP Canton Yoga 5-6pm IP 23	Trinity Ann Arbor Yoga 10-11am IP 24	Closed for Thanksgiving 25	Closed for Thanksgiving 26	Closed for Thanksgiving 27
Chelsea Yoga 3:30-4:30 pm IP Reiki at Brighton 4-7pm IP Canton Yoga 5-6pm IP 30				CALENDAR KEY V = VIRTUAL H = HYBRID IP = IN PERSON

DECEMBER 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 IP 1	Brighton Yoga 5-6pm IP 2	Brighton Meditation 4-5pm H Livonia Yoga 5:30-6:30pm IP 3	4
Chelsea Yoga 3:30-4:30 pm IP Reiki at Brighton 4-7pm IP Canton Yoga 5-6pm IP 7	Trinity Ann Arbor Yoga 10-11am IP 8	Brighton Yoga 5-6pm IP 9	Brighton Meditation 4-5pm H Livonia Yoga 5:30-6:30pm IP 10	11
Chelsea Yoga 3:30-4:30 pm IP Reiki at Brighton 4-7pm IP Canton Yoga 5-6pm IP 14	Trinity Ann Arbor Yoga 10-11am IP 15	Brighton Yoga 5-6pm IP Brighton Group 6-7:30pm H Livonia Group 6-7:30pm IP 16	Brighton Meditation 4-5pm H Livonia Yoga 5:30-6:30pm IP 17	18
Chelsea Yoga 3:30-4:30 pm IP Reiki at Brighton 4-7pm IP Canton Yoga 5-6pm IP 21	Trinity Ann Arbor Yoga 10-11am IP 22	<i>Closed for the Holidays</i> 23	<i>Closed for the Holidays</i> 24	<i>Closed for the Holidays</i> 25
<i>Closed for the Holidays</i> 28	<i>Closed for the Holidays</i> 29	<i>Closed for the Holidays</i> 30	<i>Closed for the Holidays</i> 31	



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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OCTOBER - DECEMBER 2026 CALENDAR OF FREE PROGRAMS



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OCTOBER - DECEMBER 2026 CALENDAR OF FREE PROGRAMS

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