

## Support Groups Schedule

All Support Groups meet on the 4th Floor, FirstHealth Cancer Center,  
*No registration required except for yoga. All free to participate*

### Cancer Support Group

For cancer patients, survivors and caregivers

3-4 p.m.

Tuesday, January 23	Tuesday, July 23
Tuesday, February 27	Tuesday, August 27
Tuesday, March 26	Tuesday, September 24
Tuesday, April 23	Tuesday, October 22
Tuesday, May 28	Tuesday, November 26
Tuesday, June 25	Tuesday, December 24*

*\*Date subject to change due to the holidays*

### Art Therapy for Cancer Patients

Learn how to reduce stress through art and creativity. For cancer patients and caregivers currently in treatment as well as those who have completed treatment. Beginners welcome.

1-3 p.m.

Wednesday, January 17	Wednesday, July 17
Wednesday, February 21	Wednesday, August 21
Wednesday, March 20	Wednesday, September 18
Wednesday, April 17	Wednesday, October 16
Wednesday, May 15	Wednesday, November 20
Wednesday, June 19	Wednesday, December 18

### Music Therapy for Cancer Patients

Embrace the healing nature of music with song, discussion, guided imagery, relaxation and other music interventions.

*Led by Rachel Shell, MT-BC*

3-4 p.m.

Tuesday, January 9	Tuesday, July 9
Tuesday, February 13	Tuesday, August 13
Tuesday, March 12	Tuesday, September 10
Tuesday, April 9	Tuesday, October 8
Tuesday, May 14	Tuesday, November 12
Tuesday, June 11	Tuesday, December 10

### Men's Gathering Place

Open to any male who has been affected by cancer in any way - patients, survivors, caregivers, family members and friends.

*Led by Joe Bullock of Man Up to Cancer*

10 a.m.-noon

Thursday, January 11	Thursday, July 11
Thursday, February 8	Thursday, August 8
Thursday, March 14	Thursday, September 12
Thursday, April 11	Thursday, October 10
Thursday, May 9	Thursday, November 14
Thursday, June 13	Thursday, December 12

### Yoga for Cancer Patients

Relieve stress with this 90-minute class designed for cancer patients and their caregivers. Call (910) 715-1478 to register.

*Led by Cinnamon LeBlanc*

2 p.m.

Thursday, January 18	Thursday, August 15
Thursday, February 15	Thursday, September 19
Thursday, March 21	Thursday, October 17
Thursday, April 18	Thursday, November 21
Thursday, May 16	(Thankfulness Yoga & Tea Social at Clara McLean House)
Thursday, June 20	Thursday, December 19
Thursday, July 18	

### Look Good Feel Better

#### Helping Women with Cancer

A volunteer group of beauty professionals provide tips and tools for skin and nail care, makeup application, wig selection and care and tips on scarves, turbans and hats.

Quarterly event, call for more information.



Please contact Deborah Yarborough at (910) 715-2237 with any questions.