



**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 2024**

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

**READ KELSEY'S STORY**



## Kelsey's Story

In August 2022, my life took an unexpected turn when I received the dreaded phone call: "You have colon cancer." At just 34 years old, a single mother juggling a full-time job, I was completely blindsided. Despite experiencing symptoms for about a year, I had dismissed them, attributing them to other causes. However, a persistent intuition prompted me to seek medical advice due to my family history. Despite reassurances along the way, a colonoscopy confirmed my fears: stage 1 colon cancer.



Less than a year later, on my 35th birthday, my world was rocked again when I learned the cancer had spread to my lungs, advancing to stage 4. Struggling to come to terms with my diagnosis, a social worker at Michigan Medicine recommended the Cancer Support Community of Greater Ann Arbor (CSC). Throughout the ordeal of surgeries and treatments, CSC emerged as my unwavering anchor, offering continuous support from the moment of diagnosis to the devastating news of metastasis. Enduring multiple colonoscopies, major surgeries, port placements, and rounds of chemotherapy, among other procedures, highlighted the intensity of my journey.

One of my strongest anchors throughout this journey was my 14-year-old daughter. Despite my worries about how she was coping with my diagnosis, she surprised me with her resilience. She once told me, "We believe in God; He has us." I carried this phrase with me to every appointment and test, finding solace and strength in her unwavering faith.

While my family's support was invaluable, the empathy and understanding I found at CSC were unmatched. The support groups provided a safe space to express my fears and hopes among those who truly empathized. The compassionate staff at CSC were my lifeline, offering support whenever I needed it most.

Reflecting on my journey reinforces the vital role of support networks in confronting cancer. It's a poignant reminder to trust our instincts and advocate for our well-being, regardless of age or initial medical assessments.

## About Cancer Support Community Programs

### **PROGRAMS ARE AVAILABLE IN PERSON, HYBRID, AND VIRTUAL**

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 48105, and at our community partner locations at Trinity Health in Brighton, Canton, Chelsea, and Livonia. Services can be accessed at any location, no matter where you or your loved one is receiving treatment. Programs are not restricted to Trinity Health patients; all are welcome. 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 our Associate Program Director, Trevor Brooks, LMSW, at 734-975-2500.

## New Program Announcement

### **INDIVIDUAL ONCOLOGY COUNSELING By Appointment - VIRTUAL & IN PERSON ●●**

CSC is pleased to announce the addition of free individual oncology counseling to our menu of services. This program offering fills a much-needed gap in our community. CSC counselors will offer professional support and guidance to help navigate the emotional and psychological challenges associated with cancer and its treatment. Whether you are a patient, a caregiver, or a loved one, our services are here for you at no cost. To schedule an appointment call 734-975-2500 or email [jeff@cancersupportannarbor.org](mailto:jeff@cancersupportannarbor.org).

## 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

## There is support here.

There is something for everyone; we welcome all people impacted by cancer including patients, survivors, family and friends.

### INDIVIDUAL ONCOLOGY COUNSELING

*By Appointment* - **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 [jeff@cancersupportannarbor.org](mailto:jeff@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*

### 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-12:30 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 - **HYBRID** ●●

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

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

*Monthly, Third Thursday 6:30-8:30 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 Wed. 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 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.

#### TAI CHI - HYBRID ●●

Select Mondays 10-11 am; Check website for schedule.

#### 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 & IN PERSON ●●

Explore your creativity and connect with others. Our teachers lead a variety of projects, from Zentangle to crocheting.

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

## SPECIAL EVENTS

### PUMPKIN CARVING - IN PERSON ●●

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

Sunday, October 20, 1-3 pm

### PAINT N' PARTY - IN PERSON ●●

Unlock your creativity at CSC's Paint N' Party, where we guide you step-by-step to create your own masterpiece! All supplies will be provided.

Wednesday, November 6, 2-4 pm

### FALL POTLUCK - IN PERSON ●●

Celebrate the season over dinner and good company. Bring your family and a dish to pass.

Tuesday, November 12, 5:30-7:30 pm

### HEALING THROUGH WRITING - VIRTUAL ●●

Please join us for an evening of discovery and self-healing through writing. Members of the Elephants and Tea team, a magazine dedicated to sharing the stories of cancer survivors in their own words, will guide a session on journaling about the cancer experience through prompts and open discussion with peers in a relaxed, safe environment. No previous writing experience is necessary.

Thursday, December 5, 7-8:30 pm

### 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!

Tuesday, December 10, 5:30 - 7:30 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. Visit website for more details.

#### LODGING PROGRAM IN PARTNERSHIP WITH AMERICAN CANCER SOCIETY & ROGEL CANCER CENTER ●●

The Cancer Support Community of Greater Ann Arbor, with grant support from the American Cancer Society and the University of Michigan Rogel Cancer Center, is trying to make this difficult situation easier for cancer patients and their families through its lodging program. Visit 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.

#### **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.

*Monday, October 7, 6-7:30 pm*

#### **LIVING WITH UNCERTAINTY - VIRTUAL**

*Jennifer Griggs, MD, MPH, Director of the Michigan Oncology Quality Consortium*

Join us for a free workshop focusing on the intersection of mental health and cancer. We'll address common concerns and offer practical advice on managing both known and unknown aspects of cancer. As always, we will leave plenty of time for discussion and questions.

*Wednesday, October 30, 6-7:30 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. 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.

*Wednesday, November 13, 6-7:30 pm*

#### **FRANKLY SPEAKING ABOUT IMMUNOTHERAPY- VIRTUAL**

*Abeer Alrafaj, MD, Trinity Health IHA Medical Group*

This workshop is designed to provide cancer patients, caregivers, and healthcare professionals with essential information about immunotherapy as a cancer treatment. This workshop covers how immunotherapy works, the types of cancers it can treat, potential side effects, and what to expect during treatment. Participants will gain a deeper understanding of the science behind immunotherapy, its benefits, and its challenges, helping them make informed decisions about their care. The session encourages open discussion, offering participants the opportunity to ask questions and share experiences.

*Date to be announced*

#### **ESTATE PLANNING - VIRTUAL**

*Michael Crowley, JD, Conlin, McKenney & Philbrick*

Estate planning is documenting wishes for your finances, assets, and personal care in case you become unable to manage them on your own. Join Estate Planning Attorney Michael Crowley to explore the process, what to consider as you make these decisions, plus discussion and questions.

*Wednesday, December 4, 12-1 pm*

### **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.

Visit: [cancersupportcommunity.org/cancer-support-helpline](https://cancersupportcommunity.org/cancer-support-helpline) for more information.

*Monday - Thursdays, 11am - 8 pm ET*

*Fridays, 11:00 am - 6 pm ET*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pilates 10-10:30am <b>V</b> Living w/Cancer 11am-1pm <b>V</b> Guided Meditation 1-2pm <b>V</b> Noogie Nights 6-8pm <b>IP</b> Family & Friends 6-8pm <b>V</b> Living w/ Cancer 6-8pm <b>H</b>	Yoga 11am-12pm <b>H</b> Ostomy Group 5:30-7pm <b>H</b> Head & Neck 5:30-7pm <b>H</b> Breast Group 6-7:30pm <b>V</b> Prostate Group 6-7:30pm <b>V</b>	Zumba Gold 10-11am <b>V</b> Art as a Reflective Practice 11am-12:30pm <b>V</b> Reiki at CSC 12-3pm <b>IP</b>	Coffee & Conversation 10-11am <b>V</b> Yoga 11am-12pm <b>V</b>
	1	2	3	4
Living w/Cancer 11am-1pm <b>H</b> Yoga 11am-12pm <b>V</b> Reiki at CSC 4-7pm <b>IP</b> Yoga 5:45 -6:45pm <b>H</b> Life Beyond Cancer 6-7:30pm <b>V</b> Managing Neuropathy 6-7:30pm <b>V</b>	Pilates 10-10:30am <b>V</b> Living w/Cancer 11am-1pm <b>V</b> Guided Meditation 1-2pm <b>V</b> Noogie Nights 6-8pm <b>IP</b> Family & Friends 6-8pm <b>V</b> Living w/Cancer 6-8pm <b>H</b>	Metastatic Group 10am-12pm <b>V</b> Yoga 11am-12pm <b>H</b> Living w/Loss 6-7:30pm <b>V</b> Cooking 4-6 pm <b>H</b>	Zumba Gold 10-11am <b>V</b> Lung Group 11am-12:30pm <b>V</b> Reiki at CSC 12-3pm <b>IP</b> Brain Group 6-7:30pm <b>V</b> African American Fellowship 6-8pm <b>V</b>	Coffee & Conversation 10-11am <b>V</b> Yoga 11am-12pm <b>V</b>
7	8	9	10	11
Living w/Cancer 11am-1pm <b>H</b> Yoga 11am-12pm <b>V</b> Reiki at CSC 4-7pm <b>IP</b> Yoga 5:45 -6:45pm <b>H</b>	Pilates 10-10:30am <b>V</b> Living w/Cancer 11am-1pm <b>V</b> Guided Meditation 1-2pm <b>V</b> Noogie Nights 6-8pm <b>IP</b> Family & Friends 6-8pm <b>V</b> Living w/Cancer 6-8 pm <b>H</b>	Yoga 11am-12pm <b>H</b>	Zumba Gold 10-11am <b>V</b> Reiki at CSC 12-3pm <b>IP</b> Pride Group 6-7:30pm <b>H</b> Blood Group 6-7:30pm <b>V</b> Colorectal Peer Group 6:30-8:30pm <b>V</b>	Coffee & Conversation 10-11am <b>V</b> Yoga 11am-12pm <b>V</b>
14	15	16	17	18
<div style="background-color: #d4edda; padding: 5px; margin-bottom: 10px;"> <b>Pumpkin Carving <i>IP</i></b>  <i>October 20, 1-3 pm</i> </div> Living w/Cancer 11am-1pm <b>H</b> Yoga 11am-12pm <b>V</b> Reiki at CSC 4-7pm <b>IP</b> Yoga 5:45 -6:45pm <b>H</b>	Pilates 10-10:30am <b>V</b> Living w/Cancer 11am-1pm <b>V</b> Guided Meditation 1-2pm <b>V</b> Noogie Nights 6-8pm <b>IP</b> Family & Friends 6-8pm <b>V</b> Living w/Cancer 6-8pm <b>H</b>	Metastatic Group 10am-12pm <b>V</b> Yoga 11am-12pm <b>H</b>	Zumba Gold 10-11am <b>V</b> Reiki at CSC 12-3pm <b>IP</b>	Coffee & Conversation 10-11 am <b>V</b> Yoga 11am-12 pm <b>V</b>
21	22	23	24	25
Living w/Cancer 11am-1pm <b>H</b> Yoga 11am-12pm <b>V</b> Yoga 5:45 -6:45pm <b>H</b> Young Adult Group 6-7:30pm <b>V</b>	Pilates 10-10:30am <b>V</b> Living w/Cancer 11am-1pm <b>V</b> Guided Meditation 1-2pm <b>V</b> Noogie Nights 6-8pm <b>IP</b> Family & Friends 6-8pm <b>V</b> Living w/Cancer 6-8pm <b>H</b>	Yoga 11am-12pm <b>H</b> Living with Uncertainty 6-7:30 pm <b>V</b>	Zumba Gold 10-11am <b>V</b> Reiki at CSC 12-3pm <b>IP</b>	<b>CALENDAR KEY</b> <b>V = VIRTUAL</b> <b>H = HYBRID</b> <b>IP = IN PERSON</b>
28	29	30	31	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CALENDAR KEY</b> V = VIRTUAL H = HYBRID IP = IN PERSON				Coffee & Conversation 10-11am <b>V</b> Yoga 11am-12pm <b>V</b>
4	5	6	7	8
Living w/Cancer 11am-1pm <b>H</b> Yoga 11am-12pm <b>V</b> Reiki at CSC 4-7pm <b>IP</b> Yoga 5:45 -6:45pm <b>H</b> Life Beyond Cancer 6-7:30pm <b>V</b>	Pilates 10-10:30am <b>V</b> Living w/Cancer 11am-1pm <b>V</b> Guided Meditation 1-2pm <b>V</b> Noogie Nights 6-8pm <b>IP</b> Family & Friends 6-8pm <b>V</b> Living w/Cancer 6-8pm <b>H</b>	Yoga 11am-12pm <b>H</b> Paint N' Party 2-4pm <b>IP</b> Ostomy Group 5:30-7pm <b>H</b> Head & Neck 5:30-7pm <b>H</b> Breast Group 6-7:30pm <b>V</b> Prostate Group 6-7:30pm <b>V</b>	Zumba Gold 10-11am <b>V</b> Art as a Reflective Practice 11am-12:30pm <b>V</b> Reiki at CSC 12-3pm <b>IP</b>	Coffee & Conversation 10-11am <b>V</b> Yoga 11am-12pm <b>V</b>
11	12	13	14	15
<i>Closed</i>	Pilates 10-10:30am <b>V</b> Living w/Cancer 11am-1pm <b>V</b> Guided Meditation 1-2pm <b>V</b> Fall Potluck 5:30-7:30pm <b>IP</b> Noogie Nights 6-8pm <b>IP</b> Family & Friends 6-8pm <b>V</b> Living w/Cancer 6-8pm <b>H</b>	Metastatic Group 10am-12pm <b>V</b> Yoga 11am-12pm <b>H</b> Cooking 4-6 pm <b>H</b> Living w/Loss 6-7:30 pm <b>V</b> Breast Density 6-7:30 pm <b>V</b>	Zumba Gold 10-11am <b>V</b> Lung Group 11am-12:30pm <b>V</b> Reiki at CSC 12-3pm <b>IP</b> Brain Group 6-7:30pm <b>V</b> African American Fellowship 6-8pm <b>V</b>	Coffee & Conversation 10-11am <b>V</b> Yoga 11am-12pm <b>V</b>
18	19	20	21	22
Living w/Cancer 11am-1pm <b>H</b> Yoga 11am-12pm <b>V</b> Reiki at CSC 4-7pm <b>IP</b> Yoga 5:45 -6:45pm <b>H</b>	Pilates 10-10:30am <b>V</b> Living w/Cancer 11am-1pm <b>V</b> Guided Meditation 1-2pm <b>V</b> Noogie Nights 6-8pm <b>IP</b> Family & Friends 6-8pm <b>V</b> Living w/Cancer 6-8pm <b>H</b>	Yoga 11am-12pm <b>H</b> Metastatic Group 10am-12pm <b>V</b> <i>Closed starting at 12pm</i>	Zumba Gold 10-11am <b>V</b> Reiki at CSC 12-3pm <b>IP</b> Pride Group 6-7:30pm <b>H</b> Blood Group 6-7:30pm <b>V</b> Colorectal Peer Group 6:30-8:30pm <b>V</b>	Coffee & Conversation 10-11am <b>V</b> Yoga 11am-12pm <b>V</b>
25	26	27	28	29
Living w/Cancer 11am-1pm <b>H</b> Yoga 11am-12pm <b>V</b> Yoga 5:45 -6:45pm <b>H</b> Young Adult Group 6-7:30 pm <b>V</b>	Pilates 10-10:30am <b>V</b> Living w/Cancer 11am-1pm <b>V</b> Guided Meditation 1-2pm <b>V</b> Noogie Nights 6-8pm <b>IP</b> Family & Friends 6-8pm <b>V</b> Living w/Cancer 6-8 pm <b>H</b>	Yoga 11am-12pm <b>H</b> Metastatic Group 10am-12pm <b>V</b> <i>Closed starting at 12pm</i>	<i>Closed</i>	<i>Closed</i>





## 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](http://cancersupportannarbor.org/programs). **Programs are not restricted to Trinity Health patients; all are welcome.**

### TRINITY HEALTH CANCER CENTER - BRIGHTON

7575 Grand River Ave., Brighton, MI 48114

#### **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 - HYBRID**

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

1600 S. Canton Center Rd., Canton, MI 48188

#### **PATIENTS & LOVED ONES - IN PERSON**

Monthly, Second Thursday 5:30-7 pm, Group meets in the lobby of Trinity Health Cancer Center - Canton.

#### **GENTLE YOGA - IN PERSON**

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

### CHELSEA HOSPITAL CANCER CENTER

775 S. Main St., Chelsea, MI 48118

#### **PATIENTS & LOVED ONES - HYBRID**

Monthly, Second Tuesday 3-4:30 pm, Group meets in the conference room at 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

36475 Five Mile Rd., Livonia, MI 48154

#### **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](http://cancersupportannarbor.org/counseling) to learn more.**

# OCTOBER 2024 - CSC IN THE COMMUNITY

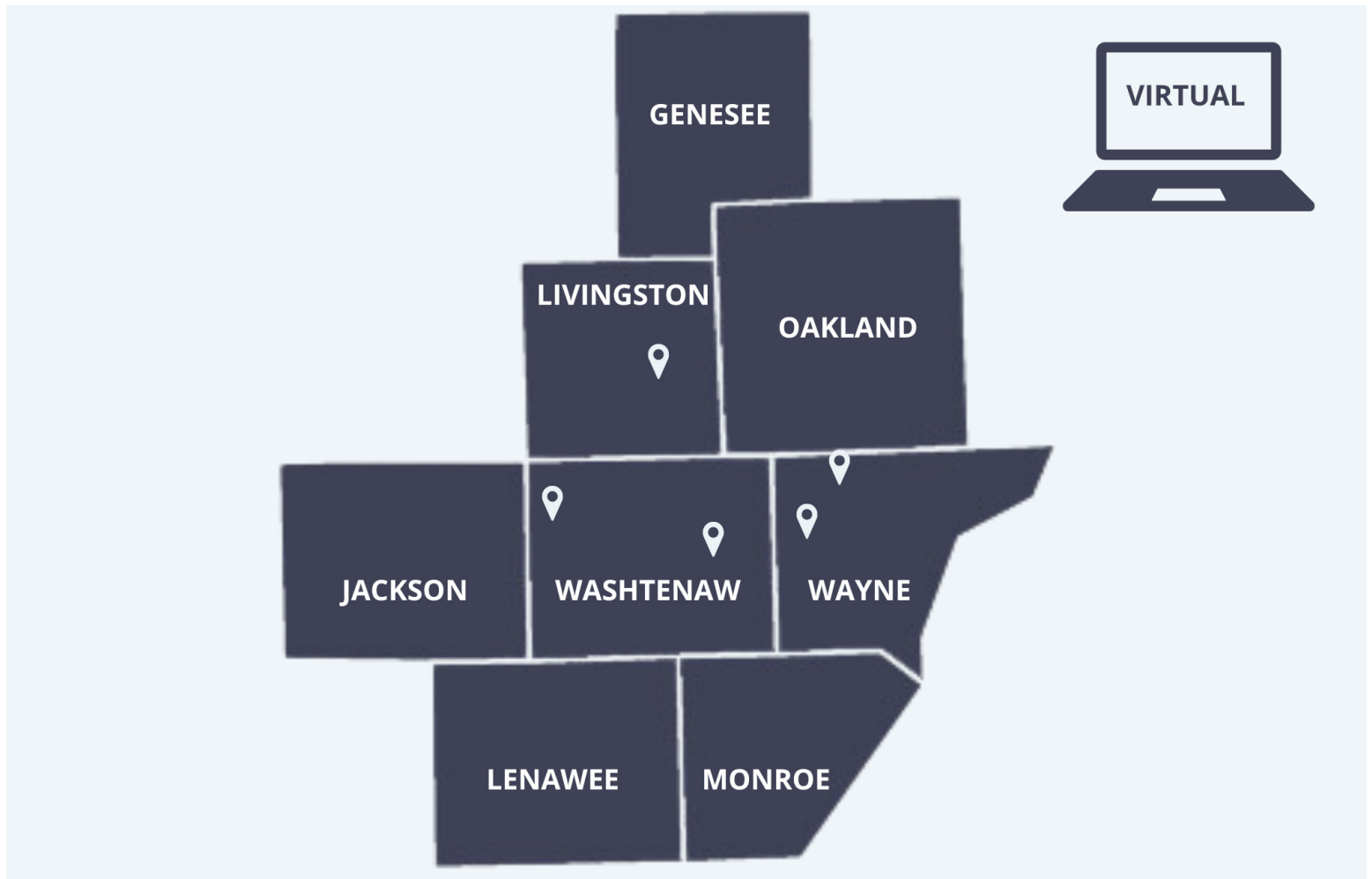
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Brighton Yoga 5-6pm <i>H</i>	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i>	
	1	2	3	4
Chelsea Yoga 3:30-4:30 pm <i>IP</i> Reiki at Brighton 4-7pm <i>IP</i> Canton Yoga 5-6pm <i>IP</i>	Chelsea Group 3-4:30pm <i>H</i>	Brighton Yoga 5-6pm <i>H</i>	Brighton Meditation 4-5pm <i>H</i> Canton Group 5:30-7pm <i>IP</i> Livonia Yoga 5:30-6:30pm <i>IP</i>	
7	8	9	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>		Brighton Yoga 5-6pm <i>H</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>	
14	15	16	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>		Brighton Yoga 5-6pm <i>H</i>	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i>	
21	22	23	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>		Brighton Yoga 5-6pm <i>H</i>	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i>	<b>CALENDAR KEY</b> V = VIRTUAL H = HYBRID IP = IN PERSON
28	29	30	31	

# NOVEMBER 2024 - CSC IN THE COMMUNITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CALENDAR KEY</b> 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>		Brighton Yoga 5-6pm <i>H</i>	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i>	
4	5	6	7	8
<b>CLOSED</b>	Chelsea Group 3-4:30pm <i>H</i>	Brighton Yoga 5-6pm <i>H</i>	Brighton Meditation 4-5pm <i>H</i> Canton Group 5:30-7pm <i>IP</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>		Brighton Yoga 5-6pm <i>H</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
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>		Brighton Yoga 5-6pm <i>H</i>	<b>CLOSED</b>	<b>CLOSED</b>
25	26	27	28	29

# DECEMBER 2024 - 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> 2	3	Brighton Yoga 5-6pm <i>H</i> 4	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i> 5	6
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> 9	Chelsea Group 3-4:30pm <i>H</i> 10	Brighton Yoga 5-6pm <i>H</i> 11	Brighton Meditation 4-5pm <i>H</i> Canton Group 5:30-7pm <i>IP</i> Livonia Yoga 5:30-6:30pm <i>IP</i> 12	13
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> 16	17	Brighton Yoga 5-6pm <i>H</i> Brighton Group 6-7:30pm <i>H</i> Livonia Group 6-7:30pm <i>IP</i> 18	Brighton Meditation 4-5pm <i>H</i> Livonia Yoga 5:30-6:30pm <i>IP</i> 19	20
<i>CLOSED</i> 23	<i>CLOSED</i> 24	<i>CLOSED</i> 25	<i>CLOSED</i> 26	<i>CLOSED</i> 27
<i>CLOSED</i> 30	<i>CLOSED</i> 31			<b>CALENDAR KEY</b> 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.

**DIVERSITY, EQUITY & INCLUSION:** 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.

**CANCER SUPPORT COMMUNITY**  
GREATER ANN ARBOR  
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**CANCER SUPPORT COMMUNITY**  
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**OCTOBER - DECEMBER 2024 CALENDAR OF FREE PROGRAMS**

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