

Groups & Services Calendar

See reverse side for Groups and Services descriptions. Programs with an (*) require registration. Please call (309) 451-8500.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9 - 10:30 a.m. I Can Cope*	2	3
4	5 9 - 10:30 a.m. Lymphedema Clinic* 5:30 - 7:30 p.m. Look Good Feel Better*	6 2 - 3 p.m. Cool Club* 3 - 4 p.m. Teen Group* 4 - 5 p.m. Teen Grief* 5 - 6 p.m. Courageous Kids* 5:30 - 6:30 p.m. Living With Cancer	7	8 9 - 10:30 a.m. I Can Cope*	9	10
11	12	13 2 - 3 p.m. Cool Club* 3 - 4 p.m. Teen Group* 4 - 5 p.m. Teen Grief* 5 - 6 p.m. Courageous Kids* 5:30 - 6:30 p.m. Breast Cancer Support Group 7 - 8:30 p.m. 	14 1:30 - 3:30 p.m. S.H.I.P.*	15 9 - 10:30 a.m. I Can Cope*	16	17
18	19	20 2 - 3 p.m. Cool Club* 3 - 4 p.m. Teen Group* 4 - 5 p.m. Teen Grief* 5 - 6 p.m. Courageous Kids*	21	22 9 - 10:30 a.m. I Can Cope*	23	24
25	26 5:30 - 7:00 Leukemia, Lymphoma and Myeloma Group	27 2 - 3 p.m. Cool Club* 3 - 4 p.m. Teen Group* 4 - 5 p.m. Teen Grief* 5 - 6 p.m. Courageous Kids* 5:30 - 6:30 p.m. Living With Cancer	28	29	30	31

GROUPS & SERVICES



GROUPS FOR NEWLY DIAGNOSED PATIENT & FAMILY MEMBER

I Can Cope® This four-week series of classes offer reliable information, peer support & practical coping skills. Topics include: Learning About Cancer (Week 1), Understanding Cancer Treatment & Side Effects (Week 2), Nutrition During Treatment (Week 3), Mobilizing Resources & Support (Week 4).

1st, 2nd, 3rd & 4th Thursdays

9:00 am – 10:30 am

Call to register, (309) 451-8500

GROUPS FOR CHILDREN & TEENS

Cool Club For children (ages 5-12) who have a loved one with cancer.

Meets twice a month after school

Call to register your child, contact Candi Gray, LCSW (309) 451-8500

Teen Group For teens (ages 13-18) who have a loved one with cancer.

Meets twice a month after school

Call to register your teen, contact Candi Gray, LCSW (309) 451-8500

Courageous Kids For children (ages 5-12) who have experienced the death of a loved one with cancer.

Meets twice a month after school

Call to register your child, Candi Gray, LCSW (309) 451-8500

Teen Grief Support Group For teens (ages 13-18) who have experienced the death of a loved one with cancer.

Meets twice a month after school

Call to register your teen, contact Candi Gray, LCSW (309) 451-8500

GROUPS FOR CANCER TYPES

Breast Cancer Monthly drop in group designed to address the needs of women at different stages in the treatment and recovery process.

2nd Tuesday

5:30-6:30 pm

Leukemia, Lymphoma & Multiple Myeloma Monthly drop in group for patients & their caregivers to learn more about living with a blood cancer.

4th Monday in the months of January, April, July & September

5:30-7:00 pm

Living With Cancer Monthly drop in group where people experiencing any type of cancer can gain information, gather for support and share their concerns.

1st Tuesday

5:30-6:30 pm

Groups for Cancer Types continued...

new **Classes and Support Group** A 4-week series of classes covering nutrition, exercise & wellness for breast cancer survivors. Classes meet multiple times throughout the year. For more information about the next class series or to **register for the classes**, call (309) 451-8500. A monthly **new** support group is offered for persons who have completed this 4-week class series.

US2000 Prostate Cancer Education and support for Patients & their Families.

2nd Tuesday in the months of January, April, July, October
7:00-8:30 pm

EDUCATIONAL PROGRAMS & CLASSES

All About Hospice Monthly opportunity to drop by and meet with one of our local hospice experts to learn more about hospice or find a hospice program in your area.

3rd Thursday

1:00-3:00 pm in the CCC Library

Cooking Class Series This quarterly class focuses on the benefits of a plant-based diet. Join dietitian, Mary Kay Holloway, as she provides cooking demonstrations on a variety of recipes.

Classes meet in the months of February, May, August, and November.

5:30-6:30 pm

Call to register (309) 451-8500

Look Good...Feel Better® A single session class offered in partnership with the American Cancer Society and taught by licensed cosmetologists offers make-up techniques to help women cope with side effects associated with cancer treatment.

1st Monday of every month.

5:30 pm

Call to register, (309) 451-8500.

Lymphedema Clinic The goal of this clinic is to provide lymphedema education & screening. Facilitated by Kim Tingley, PT, CLT-LANA.

1st & 3rd Monday

9:00 am in the CCC Library

Call to register, (309) 451-8500.

Senior Health Insurance Program (SHIP) A program of the IL Division of Insurance and sponsored in McLean County by the YWCA Senior Services. SHIP provides Medicare counseling at no cost, and assistance with Medicare-related health and prescription insurance from unbiased SHIP volunteer counselors.

2nd Wednesday

1:30-3:30 pm

Call to register, (309) 451-8500 or 454-1451.

For additional cancer support or to identify support groups for diseases or affiliations not listed here, please contact the social worker at **(309) 451-8500**.

For more information about any of these groups and other support services, please be sure to check out our website at **www.cancercenter.org**