

## 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
	<p>1  <b>9 a.m.</b>                      Lymphedema Clinic  <b>4 - 5 p.m.</b>                      Courageous Kids*  <b>5 - 6 p.m.</b>                      Teen Grief*  <b>5:30 p.m.</b> Look Good Feel Better*</p>	<p>2  <b>5:30 - 6:30 p.m.</b>                      Living With Cancer</p>	<p>3  <b>6 - 8 p.m.</b>                      renew® Class</p>	<p>4  <b>9 - 10:30 a.m.</b>                      I Can Cope*</p>	5	6
7	<p>8  <b>4 - 5 p.m.</b>                      Cool Club*   <b>5 - 6 p.m.</b>                      Teen Group*</p>	<p>9  <b>5:30 - 6:30 p.m.</b>                      Breast Cancer Support Group</p>	<p>10  <b>1:30 - 3:30 p.m.</b>                      SHIP*   <b>6 - 8 p.m.</b>                      renew® Class</p>	<p>11  <b>9 - 10:30 a.m.</b>                      I Can Cope*   <b>5:30 - 6:30 p.m.</b>                      Mandala Class*</p>	12	13
14	<p>15  <b>9 a.m.</b>                      Lymphedema Clinic*  <b>4 - 5 p.m.</b>                      Courageous Kids*  <b>5 - 6 p.m.</b>                      Teen Grief*  <b>6 - 7 p.m.</b>                      renew® Support Group</p>	16	<p>17  <b>6 - 8 p.m.</b>                      renew® Class</p>	<p>18  <b>9 - 10:30 a.m.</b>                      I Can Cope*   <b>1 - 3 p.m.</b>                      All About Hospice</p>	19	20
21	<p>22  <b>4 - 5 p.m.</b>                      Cool Club*   <b>5 - 6 p.m.</b>                      Teen Group*   <b>6 - 7 p.m.</b>                      renew Support Group</p>	23	<p>24  <b>6 - 8 p.m.</b>                      renew® Class</p>	<p>25  <b>9 - 10:30 a.m.</b>                      I Can Cope*   <b>5:30 - 6:30 p.m.</b>                      Mandala Class*</p>	26	27
28	<p>29  <b>4 - 5 p.m.</b>                      Courageous Kids*   <b>5 - 6 p.m.</b>                      Teen Group*</p>	30	31	<p>See reverse side for Groups and Services descriptions. Programs with an (*) require Registration. Please call (309) 451-8500</p>		

# GROUPS & SERVICES



**All About Hospice** Would you like to learn more about Hospice or find a Hospice program in your area? Meet with one of our local experts for a chance to ask questions. This group meets on the third Thursday of every month from 1:00 to 3:00 p.m. in the Community Cancer Center Library.

**Breast Cancer Support Group** Designed to address the needs of women at different stages in the treatment and recovery process, this group meets on the second Tuesday of each month from 5:30 to 6:30 p.m. in the Community Cancer Center 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. The classes are held in February, May, August and November. To register, call (309) 451 - 8500.

**Cool Club\*** This support group is for children (ages 5-12) who have a loved one with cancer. Children are able to share and connect with other children experiencing cancer in their families through games, activities, and discussion. To register your child, call Candi Gray at (309) 451 - 8500.

**Courageous Kids\*** This support group is for children (ages 5-12) who have experienced the death of a loved one to cancer. Children learn that they are not alone by engaging in games, activities, and discussion with other children. To register your child, call Candi Gray at (309) 451 - 8500.

**I Can Cope®\*** This four-week series of classes is for the newly diagnosed individual, his/her family, and friends. These classes offer reliable information, peer support, and practical coping skills. I Can Cope classes meet on the first four Thursdays of every month in the Community Cancer Center Library from 9:00 to 10:30 a.m. Topics include: Learning About Cancer (Week 1), Understanding Cancer Treatment & Side Effects (Week 2), Nutrition During Treatment (Week 3), and Mobilizing Resources & Support (Week 4). To register, call (309) 451 - 8500.

**Leukemia, Lymphoma, & Myeloma Group** This group is for patients and their caregivers to learn more about living with a Leukemia, Lymphoma, and Multiple Myeloma diagnosis. This meeting is held on the fourth Monday in the months of January, April, July and September from 5:30 to 7:00 p.m.

**Us TOO** Education & support group meetings for men and anyone interested in prostate cancer disease. This group meets from 7:00 to 8:30 p.m. at the Community Cancer Center in the months of January, April, July and October.

**Living With Cancer** This is a monthly drop-in group where people experiencing any type of cancer can gain information, gather for support, and share their concerns. This meeting is held on the first Tuesday of each month from 5:30 to 6:30 p.m. at the Community Cancer Center.

**Look Good...Feel Better®\*** This single session course helps women undergoing cancer treatment to learn more about appearance-related side effects of their treatment. Volunteer cosmetologists teach women how to enhance their appearance using make-up techniques. Women also learn to perform their own makeovers using cosmetics and skin care products donated by the cosmetic industry. This group meets on the first Monday of each month at 5:30 p.m. To register, call (309) 451 - 8500.

**Lymphedema Clinic\*** First and third Monday of each month at 9:00 a.m. The goal of this clinic is to provide education and screening. Facilitated by Kim Tingley, PT, CLT-LANA. To register, call (309) 451 - 8500.

**new** **Classes\* and Support Group** A four-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, call (309) 451 - 8500. A monthly **new** **support group** is offered for persons who have completed this four-week class series.

**SHIP\*** is a program of the IL Division of Insurance and is sponsored in McLean County by YWCA Senior Services. SHIP provides Medicare counseling at no cost and assistance with Medicare-related health and prescription insurance from unbiased Senior Health Insurance Program (SHIP) volunteer counselors. SHIP meets the second Wednesday of each month from 1:30 to 3:30 p.m. To schedule your appointment, call (309) 451 - 8500.

**Teen Group\*** This support group is for teens (ages 13-18) who have a loved one with cancer. To register your teen, call Candi Gray at (309) 451 - 8500.

**Teen Grief Support Group\*** This support group is for teens (ages 13-18) who have experienced the death of a loved one to cancer. To register your teen, call Candi Gray at (309) 451 - 8500.

**\* These programs require registration; please call (309) 451 - 8500.**

For more information about these groups and other support services, please be sure to check out our website

[www.cancercenter.org](http://www.cancercenter.org)