

SUPPORT GROUPS & EDUCATIONAL PROGRAMS

A variety of supportive & educational groups and programs are offered free of charge to help patients and families cope with cancer and its effects — emotional, physical, practical and financial. Sponsored by the Community Cancer Center Foundation and facilitated by the Community Cancer Center staff, these classes meet at the Center.

VISIT OUR WEBSITE FOR MORE INFORMATION ABOUT THESE GROUPS AND PROGRAMS.

PLEASE CALL FOR INDIVIDUAL SUPPORT, OR TO IDENTIFY GROUPS FOR CANCERS NOT LISTED HERE.

📍 CANCERCENTER.ORG

☎ [CALL 309.451.2217](tel:309.451.2217)

ADVANCED CANCER SUPPORT GROUP

4th Thursday of each month, 5:30–6:30 p.m.

A group for persons with metastatic/Stage IV Cancer.

📍 [CALL 309.451.2217 TO REGISTER](tel:309.451.2217)

CANCER SUPPORT GROUP

2nd Tuesday of each month, 5:30–6:30 p.m.

A drop-in group for individuals with any type of cancer at all stages in the treatment process.

📍 [CALL 309.451.2217 TO REGISTER](tel:309.451.2217)

USTOO® PROSTATE CANCER GROUP

2nd Tuesday in the months of January, April, July, October. 7–8 p.m.

A quarterly education program for men with prostate cancer and their loved ones.

📍 [CALL 309.451.2217 TO REGISTER](tel:309.451.2217)

LYMPHEDEMA CLINICS

These clinics provide preventative education and screening for general cancer patients.

1st & 3rd Monday of each month, 9 a.m.

📍 [CALL 309.451.2216 TO REGISTER](tel:309.451.2216)

1st Monday of each month, 10 a.m.

📍 [CALL 309.451.2257 TO REGISTER](tel:309.451.2257)

i CARE – CANCER CAREGIVER SUPPORT NETWORK

4th Thursday of each month, 5:30–6:30 p.m.

For those caring for a loved one with cancer.

📍 [CALL 309.451.2259 TO REGISTER](tel:309.451.2259)

reNEW

4th Thursday of each month, 10–11:30 a.m.

Nutrition, exercise and wellness – A healthy lifestyle program for ALL cancer survivors.

📍 [CALL 309.451.2218 TO REGISTER](tel:309.451.2218)

COOL CLUB (AGES 5–12) & TEEN GROUP (AGES 13–18)

**Twice-a-month after school (September–April)
Weekly during the summer (June–July)**

Support group for children and teens who have a loved one with cancer.

📍 [CALL 309.451.2217 TO REGISTER](tel:309.451.2217)

SPIRITUAL PATHWAYS

**1st Thursday of each month
3–4:30 p.m. or 5:30–7 p.m.**

Spiritual support group for persons of all religious and spiritual perspectives on the cancer journey.

📍 [CALL 309.451.2259 TO REGISTER](tel:309.451.2259)

REACH TO RECOVERY®

This program, offered in partnership with the American Cancer Society, provides information and support for persons newly diagnosed with breast cancer by a trained volunteer who will meet with the patient in person or by telephone.

📍 [CALL 800.227.2345 TO REGISTER](tel:800.227.2345)



COMMUNITY CANCER CENTER SUPPORTIVE CARE TEAM

BREAST HEALTH
NURSE NAVIGATOR [309.451.2216](tel:309.451.2216)

CHAPLAIN [309.451.2259](tel:309.451.2259)

DIETITIAN [309.451.2218](tel:309.451.2218)

SOCIAL WORKER [309.451.2217](tel:309.451.2217)

SUPPORT GROUPS & EDUCATIONAL PROGRAMS

LOOK GOOD...FEEL BETTER®

This one-session class, offered in partnership with the American Cancer Society, teaches wig care, skin care and make-up application to women undergoing cancer treatment. Space limited; participants must register.

▶ [CALL 309.451.2210](tel:309.451.2210) OR [800.227.2345](tel:800.227.2345)

YOGA

Tuesday, 10:30–11:30 a.m.

Wednesday, 7:30–8:30 a.m.

Cost: \$48 for 8 classes (1st class is free!)

Therapeutic, gentle, all levels yoga and meditation for patients and caregivers.

Walk-ins welcome!

▶ [CALL 309.531.3528](tel:309.531.3528) TO REGISTER

BREAST SELF-AWARENESS CLASS

This class will teach individuals how to perform a thorough and proficient breast self-exam (BSE).

▶ [CALL 309.451.2216](tel:309.451.2216) FOR MORE INFO

RESOURCE CENTER

Open Monday–Friday, 7:30 a.m.–5 p.m.

Offers various educational and supportive books and resources, as well as access to the internet and cancer information resources.

HELP ONLINE® PATIENT RESOURCE:

▶ CANCERHELP.COMMUNITYCANCERCENTER.ORG

THE HEALING GARDENS

The Healing Gardens at the Community Cancer Center provide places of refuge, meditation, restoration and promote a sense of well-being and healing for our patients, families and staff. The gardens include:

TERRACE GARDEN: Terrace Garden is open during regular cancer center hours and can be accessed directly through the doors located in the Resource Center and Medical Oncology reception area.

LABYRINTH: Walking the simple path of the labyrinth can help a person find calm, peace and healing. Our labyrinth is located adjacent to the Terrace Garden and is accessible at any time for our patients, families, staff and community to enjoy.

BUTTERFLY GARDEN: Located adjacent to the Labyrinth, stroll along the garden's walking path. It's accessible at any time for our patients', families', staff's, and communities' enjoyment.

FREE TRANSPORTATION TO/FROM CANCER TREATMENT

FOR PATIENTS RESIDING IN BLOOMINGTON-NORMAL:

Scott Resources:

▶ [CALL 309.823.4224](tel:309.823.4224)

American Cancer Society:

▶ [CALL 800.227.2345](tel:800.227.2345)

FOR PATIENTS NOT RESIDING IN BLOOMINGTON-NORMAL:

American Cancer Society:

▶ [CALL 800.227.2345](tel:800.227.2345)

WIG AND PROSTHESIS RESOURCES

FOR A COMPLETE LIST OF WIGS AND PROSTHESIS RESOURCES, CALL 309.451.2217.

AMERICAN CANCER SOCIETY (ACS)

ACS offers a selection of free wigs to cancer patients. Sample wigs are on display in the Cancer Center's Gift Shop and can be ordered by calling ACS.

▶ [CALL 800.227.2345](tel:800.227.2345)

▶ CANCER.ORG

CB HAIR DESIGN

209 S. Prospect Rd., Bloomington, IL 61704

Provides a selection of clean, gently used wigs (includes styling) at no cost to cancer patients; Walk-ins welcome.

▶ [CALL PHOEBE: 309-663-5441](tel:309.663.5441)

FOX & HOUNDS SALON AND DAY SPA

200 W. Monroe St., 2nd Floor, Bloomington, IL 61701

Offers free wigs provided by the American Cancer Society. Walk-ins welcome/appointments preferred.

▶ [CALL 309-829-0482](tel:309.829.0482)

CENTRAL ILLINOIS MEDICAL EQUIPMENT AT MERLE PHARMACY

203 E. Locust St., Ste. 2, Bloomington, IL 61701. Prosthetics/

Lymphedema Services offered by certified prosthetic and post-mastectomy bra fitter on staff, as well as certified lymphedema sleeve fitters. Appointment preferred.

▶ [CALL 309-827-3459](tel:309.827.3459)