

# 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](http://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.**  
**Except in November and December**  
A group for persons with metastatic/Stage IV Cancer.  
▶ [CALL 309.451.2217 TO REGISTER](tel:309.451.2217)

**i CARE – CANCER CAREGIVER SUPPORT NETWORK**  
**4th Thursday of each month, 5:30–6:30 p.m.**  
**Except in November and December**  
For those caring for a loved one with cancer.  
▶ [CALL 309.451.2259 TO REGISTER](tel:309.451.2259)

**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**  
This clinic provides preventative education and screening for breast cancer patients.

**First and third Monday of each month, 9 a.m.**  
▶ [CALL 309.451.2216 TO REGISTER](tel:309.451.2216)

**COOL CLUB (AGES 5–13)**  
**Twice-a-month after school (September–April)**  
**Weekly during the summer (June–July)**  
Support group for children who have a loved one with cancer.  
▶ [CALL 309.451.2217 TO REGISTER](tel:309.451.2217)

**reNEW**  
**4th Thursday of each month, 10–11:30 a.m.**  
A one-session class on Nutrition, Exercise and Wellness for cancer survivors.  
▶ [CALL 309.451.2218 TO REGISTER](tel:309.451.2218)

**SENIOR HEALTH INSURANCE PROGRAM (SHIP)**  
**4th Thursday of each month, 1–3 p.m.**  
SHIP is a free counseling service offered to help our patients with insurance and Medicare questions.  
▶ [CALL 309.451.2217](tel:309.451.2217) OR [451.2295](tel:451.2295) TO REGISTER

**SPIRITUAL PATHWAYS**  
**1st Thursday of each month**  
**3–4:30 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 provided by a trained volunteer for persons newly diagnosed with breast cancer.  
▶ [CALL 800.227.2345 TO REGISTER](tel:800.227.2345)



## COMMUNITY CANCER CENTER SUPPORTIVE CARE TEAM

BREAST HEALTH NURSE NAVIGATOR      309.451.2216

CHAPLAIN      309.451.2259

DIETITIAN      309.451.2218

SOCIAL WORKER      309.451.2217



## SUPPORT GROUPS & EDUCATIONAL PROGRAMS

### LOOK GOOD...FEEL BETTER®

This one-session class teaches wig care, skin care and make-up application to women undergoing cancer treatment. Space is limited; participants must register.

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

### YOGA

**Tuesday, 10:30–11:30 a.m.**

**Wednesday, 7:30–8:30 a.m.**

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

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

Walk-ins welcome!

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

### BREAST SELF-AWARENESS CLASS

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

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

### RESOURCE CENTER

**Open Monday–Friday, 7:30 a.m.–5 p.m.**

Offers cancer-related educational and supportive books and resources, as well as access to the internet.

### HELP ONLINE® PATIENT RESOURCE:

▶ [CANCERHELP.COMMUNITYCANCERCENTER.ORG](http://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 is accessible at any time for our patients, families, staff, and community to enjoy.

## TRANSPORTATION

The Community Cancer Center, in collaboration with the American Cancer Society provides transportation for those with cancer who need assistance with trips for medical visits and treatment.

To arrange for a ride, please call the **American Cancer Society's Road to Recovery Transportation Program.**

▶ [CALL 800.227.2345](tel:800.227.2345)

For additional transportation services, please call the Community Cancer Center social worker at 309.451.2217.

## 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](http://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)