

# 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)

## JOURNEY OF GRIEF SUPPORT GROUP

**2nd Tuesday of each month, 5:00-6:30 p.m.**

A monthly drop-in group for adults who have experienced the death of a loved one from cancer.

This group will provide an overview of grief responses and coping ideas.

Registration is not required.

📞 [CALL 309.451.2259 FOR MORE INFO](tel:309.451.2259)

## USTOO® PROSTATE CANCER GROUP

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

**First and third Monday of each month, 9:00 a.m.**

This clinic provides preventive education and screening for breast cancer patients.

📞 [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, 10:00-11:30 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, 1:00-3:00 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 TO REGISTER](tel:451.2295)

## SPIRITUAL PATHWAYS

**1st Thursday of each month 3:00-4:30 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

FINANCIAL NAVIGATOR      309.451.2295

# SUPPORT GROUPS & EDUCATIONAL PROGRAMS

## LOOK GOOD...FEEL BETTER®

Free online classes focusing on skin care, cosmetics, haircare, and hair loss and is for women in active cancer treatment.

▶ GO TO [www.lookgoodfeelbetter.org](http://www.lookgoodfeelbetter.org)

## 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

## 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

## RESOURCE CENTER

**Open Monday-Friday, 7:30 a.m.-5:00 p.m.**

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

## HELP ONLINE® PATIENT RESOURCE

▶ [CANCER HELP COMMUNITY.CANCERCENTER.ORG](http://CANCERHELP.COMMUNITY.CANCERCENTER.ORG)

## THE HEALING GARDENS

The Healing Gardens at the Community Cancer Center provide places of refuge, mediation, 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 American Cancer Society Road to Recovery Program provides free rides to cancer treatment. To arrange for a ride, please call 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 Resource Center and can be ordered by calling ACS.

▶ CALL 800.227.2345

▶ [CANCER.ORG](http://CANCER.ORG)

### 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

### 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

### Wig Bank

Provides a selection of clean, gently used wigs (includes styling) at no cost to cancer patients. Contact Phoebe for appointment.

▶ CALL 309.684.0871

