THE COMPANION

CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA
Powered by Bloomington Health Foundation

Pictured: CSC Participants

WHAT'S INSIDE

JANUARY/ FEBRUARY 2023

IN-PERSON & VIRTUAL PROGRAMS, COUNSELING, & SUPPORT GROUP OFFERINGS

FREE cancer support for individuals and families impacted by cancer.

This is a FREE publication.

CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA
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www.cancersupportscin.org

The Morning Joes

2nd Thursday of Each Month | 9:00am -10:30am

Male cancer survivors please join us!

The Morning Joes offers a safe space where men impacted by cancer can come connect with each other to discuss experiences, difficulties, and successes in the fight against cancer.

Pour yourselves a cup of coffee and chat with other survivors for a relaxed get-together that will allow for good conversation and connection.

This program will be held in-person and virtually. **RSVP Required.**

To RSVP or for more information email:
Katie@cancersupportscin.org
or call 812-233-3286.

LOCATION
Cancer Support Community
1719 W. 3rd Street | Bloomington, IN 47404

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SEATED CHI KUNG
Wellness Series

Seated Chi Kung is an easy-to-learn health-oriented exercise using gentle, fluid movements while seated in a chair. The practice is adaptable and accessible to people of varying abilities and physical challenges. Studies have shown that regular practice of Chi Kung movements can improve flexibility, focus, and overall wellbeing.

Instructor Kathi Bethell received her certificate in Chi Kung through Master Jody Curley's Tai Chi Wellness program in 2005, and she has taught Chi Kung in the Bloomington community since 2006.

This class is in-person only. Seating is limited.
RSVP required.

DATES & TIMES

JANUARY 5TH, 2023
10:00AM

JANUARY 19TH, 2023
10:00AM

FEBRUARY 2ND, 2023
10:00AM

FEBRUARY 16TH, 2023
10:00AM

To RSVP for one or more classes contact:
Brynn@cancersupportscin.org
or call 812-233-3286.

LOCATION
Cancer Support Community
1719 W. 3rd Street | Bloomington, IN 47404

CANCER SUPPORT COMMUNITY SOUTH CENTRAL INDIANA | BLOOMINGTON HEALTH FOUNDATION

January/February 2023

In-Person & Virtual Program Offerings

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 **CLOSED IN OBSERVATION OF NEW YEAR'S DAY**	**3** ☎ Calming Creations 10:00A	**4** ☎ Reiki Therapy By Appt All-Cancer Group 3:00P Friends & Family Group 3:00P	**5** ☎ Seated Chi Kung 10:00A	**6** Individual Counseling By Appt	**7** ☎ Nutrition for Wellness 11:00A
9 ☎ Reiki Therapy By Appt Supportive Sounds 5:30P	**10** ☎ Calming Creations 10:00A ☎ Gentle Yoga 5:30P	**11** ☎ Reiki Therapy By Appt	**12** Morning Joes 9:00A	**13** Breast Cancer Support Group 10:00A Individual Counseling By Appt	**14**
16 **CSC CLOSED IN OBSERVATION OF MARTIN LUTHER KING JR. DAY**	**17** ☎ Calming Creations 10:00A ☎ Gentle Yoga 5:30P	**18** ☎ Reiki Therapy By Appt All-Cancer Group 3:00P Friends & Family Group 3:00P	**19** ☎ Seated Chi Kung 10:00A ☎ Courageous Cards 5:30P	**20** Individual Counseling By Appt	**21**
23 ☎ Reiki Therapy By Appt Supportive Sounds 5:30P	**24** ☎ Calming Creations 10:00A ☎ Gentle Yoga 5:30P	**25** ☎ Reiki Therapy By Appt	**26** Breast Cancer & Body Image Education Program 6:00P	**27** Breast Cancer Support Group 10:00A Individual Counseling By Appt	**28**
30 ☎ Reiki Therapy By Appt	**31** ☎ Calming Creations 10:00A ☎ Gentle Yoga 5:30P		**SPECIAL EVENTS** Bloomington Watercolor Society Art Gallery Opening with Featured Artist Rose Brenner **OPENING RECEPTION:** January 13, 2023 | 4:00PM – 7:00PM 1719 W. 3rd St., Bloomington, IN 47404		

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 ☎ Reiki Therapy By Appt ☎ Reiki Therapy By Appt All-Cancer Group 3:00P Friends & Family Group 3:00P	**2** ☎ Seated Chi Kung 10:00A	**3** Individual Counseling By Appt	**4**
6 ☎ Reiki Therapy By Appt	**7** ☎ Calming Creations 10:00A ☎ Gentle Yoga 5:30P	**8** ☎ Reiki Therapy By Appt	**9** Morning Joes 9:00A Mindfulness Group 5:30P ☎ Neuropathy Presentation 5:30P	**10** Breast Cancer Support Group 10:00A Individual Counseling By Appt	**11**
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NEW TO CANCER SUPPORT COMMUNITY? ATTEND A NEWCOMER MEETING!

Want to learn more about CSC and find the best fit for you and your loved ones? Just attend one of our newcomer meetings. You'll learn more about CSC, how to get involved, and more. Call 812-233-3286 to schedule an individual meeting with one of our staff members.

= Virtual programs offered via teleconference or video conference. = Brief interview required. Please call 812-214-1042.
☎ = Call or email to RSVP for more information.

SUPPORT PROGRAMS

To register for a support group, email Katie: katie@cancersupportscin.org

SUPPORTIVE SOUNDS MUSIC THERAPY SUPPORT GROUP
2nd and 4th Mondays • 5:30 pm *(IN-PERSON & VIRTUAL)*

ALL-CANCER SUPPORT GROUP
1st and 3rd Wednesdays • 3:00 pm *(IN-PERSON & VIRTUAL)*

FRIENDS & FAMILY SUPPORT GROUP
1st and 3rd Wednesdays • 3:00 pm *(IN-PERSON & VIRTUAL)*

THE MORNING JOES *NEW*
2nd Thursday of the Month • 9:00 am *(IN-PERSON & VIRTUAL)*

MINDFULNESS GROUP *NEW STARTING FEB*
2nd and 4th Thursdays • 5:30 pm *(IN-PERSON & VIRTUAL)*

INDIANA NEUROENDOCTRINE TUMOR AND CARCINOID CANCER GROUP (INTCC)
3rd Saturday of Every Month • 10:00 am *(IN-PERSON & VIRTUAL)*

STRENGTH IN SISTERHOOD SUPPORT GROUP
1st and 3rd Tuesdays • 6:00 pm *(IN-PERSON & VIRTUAL)*

LIVING WITH LOSS SUPPORT GROUP
2nd and 4th Wednesdays • 6:30 pm *(IN-PERSON & VIRTUAL)*

PROSTATE SUPPORT GROUP
2nd and 4th Wednesdays • 6:30 pm *(IN-PERSON & VIRTUAL)*

RELAXATION & VISUALIZATION
Every Thursday • 5:45 pm *(VIRTUAL ONLY)*

BREAST CANCER SUPPORT GROUP *NEW*
2nd and 4th Fridays • 10:00 am *(IN-PERSON & VIRTUAL)*

INDIVIDUAL COUNSELING SESSIONS
BY APPOINTMENT Monday-Friday *(IN-PERSON & VIRTUAL)*

WELLNESS PROGRAMS

To register for a program, email Katie: katie@cancersupportscin.org

☎ GENTLE YOGA
All levels of flexibility welcome. No previous experience necessary.
Every Tuesday • 5:30 pm – 6:30 pm *(IN-PERSON)*

☎ REIKI THERAPY
Mondays and Wednesdays by Appointment *(IN-PERSON)*

☎ SEATED CHI KUNG *NEW SERIES*
January 5th, January 19th, February 2nd, and February 16th at 10am *(IN-PERSON)*
Seated Chi kung is an easy-to-learn health-oriented exercise using gentle, fluid movements while seated in a chair. The practice is adaptable and accessible to people of varying abilities and physical challenges. Studies have shown that regular practice of chi kung movements can improve flexibility, focus, and overall wellbeing. Instructor Kathi Bethell received her certificate in Chi Kung through Master Jody Curley's Tai Chi Wellness program in 2005, and she has taught Chi Kung in the Bloomington community since 2006.

☎ NUTRITION FOR WELLNESS
Saturday, January 7th • 11:00 am | Saturday, February 25th • 11:00 am *(IN-PERSON)*
Come learn from a local chef! This wellness program focuses on foods that provide good nutrition with easy effort. Follow along to a cooking demonstration, enjoy the prepared meal, and take the recipe home with you for future cooking.

EDUCATION PROGRAMS

To register for a program, email Katie: katie@cancersupportscin.org

☎ CALMING CREATIONS *NEW PROGRAM*
Every Tuesday • 10:00 am – 11:30 am *(IN-PERSON AND VIRTUAL)*
This open art studio, led by Art Therapist, Bailee Taylor, will focus on engaging members with a relaxing and enjoyable art directive each week! Art materials will be provided, but participants are welcome to bring their own projects if desired. As an Art Therapist and Licensed Mental Health Counselor, Bailee will provide social and emotional support in addition to the art created each class.

☎ NEUROPATHY: GETTING ON YOUR NERVES? *NEW EVENT*
Thursday, February 9th • 5:30 pm – 7:00 pm *(IN-PERSON AND VIRTUAL)*
Neuropathy can be a huge source of pain and frustration during treatments and throughout survivorship. Emily McClain, Occupational Therapist, will discuss Neuropathy as it relates to symptoms, symptom management and OT interventions. Q&A to follow the presentation.

SOCIAL PROGRAMS

☎ COURAGEOUS CARDS WITH MANDY
January 19th and February 16th • 5:30 pm *(IN-PERSON)*
Courage is a pillar of the cancer journey. Join us in connecting through that experience in an evening of card-making and community with Crafter Mandy Covert. This is a great opportunity to craft a hand-made card for a loved one and connect over hope, courage, and support. Art supplies, snacks, and drinks provided. Patients, family, and friends welcome.

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NEUROPATHY: GETTING ON YOUR NERVES?

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Calming Creations
Open Art Studio

Every Tuesday | 10:00am -11:30am

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Mindfulness Group

2nd & 4th Thursday of Each Month | 5:30pm

A regular mindfulness practice can ease stress and increase life enjoyment—particularly in challenging times. In this drop-in group, you'll learn basic mindfulness and meditation skills, and how to incorporate mindfulness into your daily life. You'll have the opportunity to meditate with a group and learn simple ways to develop a personal meditation practice.

This program will be held in-person and virtually. RSVP Required.

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SOUTH CENTRAL INDIANA

Strength in COMMUNITY LUNCHEON

Save the Date

4.19.2023

Mark your calendars for CSC's second annual Strength in Community Luncheon!

BECOME A TABLE CAPTAIN!

For more information email Stephanie@cancersupportscin.org.

PROGRAM SPONSORS

Bloomington Health Foundation

Indiana University Health

United Way of Monroe County

Community Foundation Bloomington + Monroe County

Smithville

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For more information on Hoosiers Outrun Cancer visit www.hoosiersoutruncancer.org.

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ABOUT CSC

Cancer Support Community (CSC) ensures that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. At Cancer Support Community, all programs are FREE OF CHARGE. Whether you or your loved one is living through a cancer diagnosis, treatment or survivorship, please consider becoming part of this supportive community.

Cancer Support Community's program has been recognized by the Institute of Medicine as a vital and complementary component to one's cancer treatment and is built around five pillars – support services, wellness, education, social connectedness, and information assistance and referral. Every day, people with cancer and their loved ones find support, education, and hope at Cancer Support Community. You can take the first step to living with, through, and beyond cancer by joining our community!

CONTACT US:
812-233-3286
info@cancersupportscin.org

VISIT US:
1719 W 3rd Street,
Bloomington, IN 47404
www.cancersupportscin.org

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