THE COMPANION

CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA
Powered by Bloomington Health Foundation

Pictured:
CSC Participant

WHAT'S INSIDE

MAY/ JUNE 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 | BLOOMINGTON HEALTH FOUNDATION

May/June 2023

In-Person & Virtual Program Offerings

= Hybrid. Offered in-person and/or virtually. = In-person only. ☎ = Reservation required.
= Brief interview required. Please call 812.233.3286. = Virtual only.

MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 ☎Reiki By Appt Restore & Revive Yoga 2:00P	**2** Calming Creations 10:00A Gentle Yoga 5:30P	**3** ☎Reiki By Appt All-Cancer Group 3:00P Friends & Family Group 3:00P	**4** Chi Kung 10:00A	**5** ☎Individual Counseling By Appt	**6**
8 ☎Reiki By Appt Supportive Sounds 5:30P	**9** Calming Creations 10:00A Gentle Yoga 5:30P	**10** ☎Reiki By Appt	**11** Morning Joes 9:00A Walking Club 10:00A Mindfulness Group 5:30P	**12** Breast Cancer Support Group 10:00A ☎Individual Counseling By Appt	**13**
15 ☎Reiki By Appt	**16** Calming Creations 10:00A Gentle Yoga 5:30P	**17** ☎Reiki By Appt All-Cancer Group 3:00P Friends & Family Group 3:00P	**18** Chi Kung 10:00A ☎Love your Skin with Kim 5:30P	**19** ☎Individual Counseling By Appt	**20** ☎Nutrition for Wellness 11:00A
22 ☎Reiki By Appt Supportive Sounds 5:30P	**23** Calming Creations 10:00A Gentle Yoga 5:30P	**24** ☎Reiki By Appt	**25** Walking Club 10:00A Mindfulness Group 5:30P	**26** Breast Cancer Support Group 10:00A ☎Individual Counseling By Appt	**27**
29 **No Programs in Observance of Memorial Day**	**30** Calming Creations 10:00A Gentle Yoga 5:30P	**31** ☎Reiki By Appt Courageous Cards 5:30P			

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Chi Kung 10:00A	**2** ☎Individual Counseling By Appt	**3**
5 ☎Reiki By Appt Restore & Revive Yoga 2:00P	**6** Calming Creations 10:00A Gentle Yoga 5:30P	**7** ☎Reiki By Appt All-Cancer Group 3:00P Friends & Family Group 3:00P	**8** Morning Joes 9:00A Walking Club 10:00A Mindfulness Group 5:30P	**9** Breast Cancer Support Group 10:00A ☎Individual Counseling By Appt	**10**
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19 **No Programs in Observance of Juneteenth**	**20** Calming Creations 10:00A Gentle Yoga 5:30P	**21** ☎Reiki By Appt All-Cancer Group 3:00P Friends & Family Group 3:00P	**22** Walking Club 10:00A Mindfulness Group 5:30P	**23** Breast Cancer Support Group 10:00A ☎Individual Counseling By Appt	**24**
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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? Schedule a newcomer meeting with us to learn more about the programs we offer and how to get involved. Give us a call at 812.233.3286.

= In-person only. = Virtual only. = Hybrid. Offered in-person and virtually
= Brief interview required. =Reservation required.

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 – 7:00 pm *(IN-PERSON & VIRTUAL)*

STRENGTH IN SISTERHOOD SUPPORT GROUP
1st and 3rd Tuesdays • 6:00 pm – 8:00 pm *(IN-PERSON & VIRTUAL)*

ALL-CANCER SUPPORT GROUP
1st and 3rd Wednesdays • 3:00 pm – 4:30 pm *(IN-PERSON & VIRTUAL)*

FRIENDS & FAMILY SUPPORT GROUP
1st and 3rd Wednesdays • 3:00 pm – 4:30 pm *(IN-PERSON & VIRTUAL)*

LIVING WITH LOSS SUPPORT GROUP
2nd and 4th Wednesdays • 6:30 pm – 8:00pm *(IN-PERSON & VIRTUAL)*

PROSTATE SUPPORT GROUP
2nd and 4th Wednesdays • 6:30 pm – 8:00 pm *(IN-PERSON & VIRTUAL)*

MINDFULNESS GROUP
2nd and 4th Thursdays • 5:30 pm – 6:30 pm *(IN-PERSON & VIRTUAL)*

RELAXATION & VISUALIZATION
Every Thursday • 5:45 pm – 6:15 pm *(VIRTUAL ONLY)*

BREAST CANCER SUPPORT GROUP
2nd and 4th Fridays • 10:00 am – 11:30 am *(IN-PERSON & VIRTUAL)*

INDIANA NEUROENDOCTRINE TUMOR AND CARCINOID CANCER GROUP (INTCC)
3rd Saturday of Every Month • 10:00 am – 11:30 am
(IN-PERSON & VIRTUAL)

INDIVIDUAL COUNSELING SESSIONS
Monday - Friday • By Appointment *(IN-PERSON & VIRTUAL)*

WELLNESS PROGRAMS

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

REIKI
Mondays and Wednesdays • By Appointment *(IN-PERSON)*

RESTORE & REVIVE YOGA *NEW PROGRAM*
1st Monday of the month • 2:00 pm – 3:00 pm *(IN-PERSON & VIRTUAL)*
R&R yoga is a mellow and low-energy practice of deep relaxation that emphasizes the meditative aspect of yoga. Using props like yoga blocks, blankets, and bolsters, many of the postures are held almost effortlessly for longer periods of time.

GENTLE YOGA
All flexibility levels welcome.
Every Tuesday • 5:30 pm – 6:30 pm *(IN-PERSON & VIRTUAL)*

SEATED CHI KUNG
1st and 3rd Thursdays • 10:00 am – 10:45 am *(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.

WALKING CLUB
2nd and 4th Thursdays • 10:00 am – 11:00 am *(IN-PERSON)*
Join us for some light movement, fresh air, and time outdoors. No distance minimum or maximum, just walking at our own pace. Register to receive updates on meeting location and cancellations in the event of inclement weather.

NUTRITION FOR WELLNESS
Saturday, May 20th • 11:00 am – 12:00 pm *(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

LOVE YOUR SKIN WITH KIM *NEW EVENT*
Thursday, May 18th • 5:30 pm – 7:00 pm *(IN-PERSON)*
Please join Kim, BeautyCounter Consultant, as she shares skin care tips and guides you on your self-care journey. This is a great opportunity to learn more about your own skin, along with trying cleansers, treatments, moisturizers and more! Refreshments and free BeautyCounter samples available for those attending.

CALMING CREATIONS
Every Tuesday • 10:00 am – 11:30 am *(IN-PERSON & 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.

WIG FITTING
Monday - Friday • By Appointment *(IN-PERSON)*
Join us at our in-house boutique to try out different wigs, hats, and head scarves and find the best fit for you. You will learn about wig care and receive a wig, wig stand, and styling supplies to care for your new look.

SOCIAL PROGRAMS

NATIONAL CANCER SURVIVORS DAY CELEBRATION! *RETURNING*
Sunday, June 4th • 12:00 pm – 2:00 pm *(IN-PERSON)*
Join us as we honor and celebrate the cancer survivors in our community! Food concessions, sweet treats and refreshments will be available, which includes a free meal for survivors! This family-friendly event will include kids activities, mini-reiki sessions, music and cancer resource experts from the community.

THE MORNING JOES
2nd Thursday of the Month • 9:00 am – 10:30 am *(IN-PERSON & VIRTUAL)*
Male cancer survivors please join us! Pour yourselves a cup of coffee and chat with other survivors for a relaxed get-together that will allow for good conversation and connection.

COURAGEOUS CARDS WITH MANDY
Wednesday, May 31st • 5:30 pm – 6:30 pm | Wednesday, June 28th • 5:30 pm – 6:30 pm *(IN-PERSON & VIRTUAL)*
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.

CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA
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NATIONAL CANCER SURVIVORS DAY *Celebration*

SUNDAY
JUNE 4, 2023
12:00PM TO 2:00PM

JOIN US AS WE HONOR AND CELEBRATE THE CANCER SURVIVORS IN OUR COMMUNITY!

Food concessions, sweet treats and refreshments will be available, which includes a free meal for survivors! This family-friendly event will include kids activities, mini-reiki sessions, music and cancer resource experts from the community.

Registration required.

To Register Visit: https://conta.cc/3K9nEGs

ANDY MOHR FIELD
IU SOFTBALL FIELD CONCOURSE
(Outdoors Weather Permitting)

1873 N. FEE LANE
BLOOMINGTON, IN 47408

For more information call 812-929-0658 or email Katie@cancersupportscin.org.

CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA
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www.cancersupportscin.org

WALKING CLUB

2nd & 4th Thursdays | 10:00am

Join us for some light movement, fresh air, and connection outdoors. No distance minimum or maximum, just walking at our own pace. Patients, survivors, and loved ones welcome. Refreshments provided.

Register to receive updates on meeting location and cancellations in the event of inclement weather.

This is an in-person program.

For more information email:

Brynn@cancersupportscin.org or call 317-981-2260.

CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA
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BLOOMINGTON WATERCOLOR SOCIETY ART GALLERY

Featured Artist:
Christine Peterson
BWS Member

Cancer Support Community (CSC) is partnering with Bloomington Watercolor Society (BWS) to celebrate and promote local art in our community. The partnership will provide a gallery space in the CSC office in Bloomington. The gallery features a new show by a local artist every other month.

May/June 2023 showcase:
"Spice of Life"
by BWS Member Christine Peterson

Gallery will open May 5 - June 30, 2023
Hours: Tuesday-Thursday, 8:30am - 4:30pm

Gallery is open daily to the public for viewing by appointment only.
RSVP required to view gallery. To RSVP please email
Stephanie@cancersupportscin.org or call 812-233-3286.

Opening reception: May 12, 2023, 4:00pm - 7:00pm
1719 W 3rd St, Bloomington, IN 47404

Presented in Partnership with
Bloomington Watercolor Society

CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA
POWERED BY BLOOMINGTON HEALTH FOUNDATION

TRIVIA NIGHT

Save The Date

JUNE 4, 2023

FOR MORE INFORMATION VISIT
CANCERSUPPORTSCIN.ORG/TRIVIA-NIGHTS/

SAVE THE DATE

9.16.2023

REGISTRATION OPENS MAY 1.

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

Cancer Support Community South Central Indiana
Powered by Bloomington Health Foundation

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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