CANCER SUPPORT COMMUNITY INDIANA
1995-2025

Survivor Parade during 2025
Hoosiers Outrun Cancer

THE COMPANION

NOVEMBER/DECEMBER 2025

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

Scan the code to view **Indianapolis, IN** programs

Scan the code to view **Bloomington, IN** programs

Cancer Support Community offers FREE cancer support for individuals and families impacted by cancer.

This is a FREE publication. Please take one!

OUR COMMUNITY IS STRONGER THAN CANCER

We have a lot to be THANKFUL for!

This autumn has been a busy and exciting season for Cancer Support Community Indiana! We are deeply grateful to our donors, volunteers, and staff for their outstanding efforts in making our events such a success. Thanks to you, we are able to carry out our mission: ensuring that no one faces cancer alone.

The **9th Annual Jay W. Archer Memorial Golf Shamble** raised more than $87,000! Year after year, this event continues to grow, providing vital support for our programming at Cancer Support Community. A heartfelt thank you goes out to all the golfers, sponsors, volunteers, Eagle Creek Golf Club, the Archer Family, the golf committee and staff for helping make it such a memorable day. Interested in joining us next year? Mark your calendar for the 10th Annual event on September 17, 2026!

This year's **Hoosiers Outrun Cancer** was another uplifting success, raising more than $440,000 for our participants! This achievement would not have been possible without the generosity of our sponsors, donors, Survivors, walk/run participants, staff, and the dedicated volunteers who kept the event running smoothly. This event is a huge undertaking and over 4,300 participants joined us for a beautiful day in Bloomington, Indiana.

Our Annual **Fall Festival** celebrated its 10th year! Focused on bringing people together, this tradition continues to unite the Pike Township community with Cancer Support Community participants. We extend our gratitude to our community partners, participants, and staff for creating such a joyful evening of fun and fellowship.

Sista Strut returned with another inspiring walk at Victory Field, bringing together Survivors and supporters. This national event is dedicated to raising awareness about breast cancer specifically in women of color. Always a day filled with energy and community, it wouldn't be possible without the efforts of our incredible volunteers and staff.

Paint the Town Pink was also a tremendous success! Centered around the theme Awareness Saves Lives, this event would not have been possible without the support of Bloomington's business community. Thank you for helping us spread the message and advance our mission!

Looking to get involved in upcoming events?
Cancer Support Community Indiana will host its Annual Caregiver Event on Saturday, Nov. 1—a special day honoring the loved ones who provide care and support to our participants and Survivors. For more information, please call (317) 257-1505.

And don't miss our Holiday Party on Friday, Dec. 5! Join us for an evening of celebration, community, and holiday cheer. For more information, please call (317) 257-1505 for the Indianapolis celebration and (812) 233-3286 for the Bloomington celebration.

30 CANCER SUPPORT COMMUNITY INDIANA 1995-2025

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FUNDRAISING NEWS

These events are vital in helping us provide free support services to those impacted by cancer in our community. See below for upcoming events. **Let us know if you want to get involved by calling 317-257-1505 (Indianapolis location) or 812-233-3286 (Bloomington location)!**

GEMS (Give Every Month Society)

Giving a gift every month demonstrates your ongoing commitment to support your neighbors impacted by cancer as they find support, education and hope at Cancer Support Community.

GEMS members are a valuable partner as they provide steady and reliable source of funding so we can continue to provide our free services and support. **All gifts of every size make a difference. A community that stands together is stronger than cancer.**

At Cancer Support Community we focus on providing psychosocial support to complement medical treatments in order to nurture every part of a patient as they learn, grow, and recover. Our services include:

- **Educational Workshops**
- **Wellness Classes**
- **Support Groups**
- **Counseling Services**
- **Social Programming**

You can help people impacted by cancer find support, education and hope by supporting Cancer Support Community Indiana with a monthly gift. **Visit our website to become one of our GEMS, or scan the QR code!**

Scan the QR code to get started

BLOOMINGTON

1719 W 3rd Street, Bloomington, IN 47404

CANCER SUPPORT COMMUNITY SOUTH CENTRAL INDIANA
Powered by Bloomington Health Foundation

Anyone with interest in any of the programs below, please contact katie@cancersupportscin.org or call 812-929-0658 for more info and to register.

A brief conversation, in-person or over the phone, with one of our clinical staff will take place before getting started.

SUPPORT GROUPS

The in-person attendance option for each group is listed below. Many groups have a virtual attendance option through Zoom, with online connection accessible from any smart phone, tablet, or computer. ***Brief interview is required before joining.***

All-Cancer Support Group
1st & 3rd Wednesday of Each Month at 3:00PM

Breast Cancer Support Group
Holiday Schedule
2nd Friday of Each Month at 10:00AM

Family & Friends Writing Together
Special Edition
November 19 • 3:00PM

Family & Friends Support Group
1st and 3rd Wednesday of Each Month at 3:00PM

Living With Loss Support Group
Holiday Schedule
3rd Monday of Each Month at 5:30PM

Prostate Cancer Support Group
2nd and 4th Tuesday of Each Month at 5:30PM

Supportive Sounds Music Therapy Support Group
2nd Monday of Each Month at 5:30PM

Cancer Connections at Bedford Hospital
1st Tuesday of Each Month at 3:00PM
In-person only at IU Health Bedford Hospital, 2900 16th St., Bedford, IN 47421

LGBTQIA+ Cancer Support Group
2nd Wednesday of Each Month at 6:30PM

INDIVIDUAL COUNSELING

Individual Counseling
By Appointment Only (In-person & Virtual)
Meet with a counselor for one-on-one meetings to safely explore, discuss, and learn to cope with the stressors in your experience with cancer. ***Brief interview is required before joining.***

WELLNESS PROGRAMS

Reiki
Mondays and Wednesdays • By Appointment (In-person)
Reiki is a non-invasive, light touch practice that supports relaxation and reduces stress.

Massage Therapy
Mondays and Fridays • By Appointment (In-person)
Massage Therapy focuses on relieving muscle tension, enhancing circulation, and improving flexibility to support overall physical well-being and relaxation.

Strength & Resilience in Yoga
Every Wednesday • 10:00-11:00AM
Cancelled Nov. 26, Dec. 24 & Dec. 31
(In-person & Virtual)
Strength and Resilience Yoga incorporates energizing and strengthening poses with modifications, along with breathing techniques and meditation to build resilience in body, mind, and spirit.

Gentle Yoga
Every Tuesday • 5:30-6:30PM
Cancelled Nov. 25, Dec. 23 & Dec. 30
(Now Offered Only Virtually)
Gentle Yoga includes slow and smooth exercises and movements to help improve body awareness and range of motion.

PROGRAM ACCESS LEGEND Virtual Only | In-person Only | Hybrid: offered in-person and virtually

Tai Chi
Oct. 28, Nov. 4, Nov. 11 and Nov. 18
10:30-11:30AM (In-person)
This four-week, progressive series will teach the fundamentals of Tai Chi, a practice that can yield many health benefits, including improved balance. Class is led by 20-year Tai Chi practitioner, Kathi Bethell.

Qigong For Health And Vitality
Every Thursday • 10:00-10:45AM
(In-person & Virtual)
Qigong is a gentle movement practice that uses slow, flowing motions to reduce stress, enhance focus, and support emotional and physical well-being; participants may choose to stand or sit.

Serene & Soothing Sound Bath
Thursday, Dec. 11 • 2:00-3:00PM
(In-person)
Serene and Soothing Sound Bath invites you to relax and unwind as you're immersed in calming sounds and vibrations from gently played instruments like singing bowls, gongs, chimes, drums, and rain sticks (no water or towel required!).

EDUCATION PROGRAMS

Reiki Practice for Self-Care NEW!
Thursday, Nov. 13 • 5:30PM (In-person)
Led by our CSC Reiki provider, Becky Holtzman, we will learn how Reiki can be used for self-care in this educational program. We will cover a short history of Reiki and discuss how the practice is traditionally taught, then learn hand placements for self-Reiki (also called self-treatment or self-practice). Becky will guide us in a soothing 30-minute self-practice, and we'll wrap up with tips for getting into the habit of practicing at home, and how to access reputable sources for learning more about Reiki.

Wig Fitting
Monday - Friday • By Appointment
(In-person)
Wig Fitting takes place in our in-house boutique, where you can explore a variety of wigs, hats, and head scarves to find your best fit. You will learn about wig care and receive a complimentary wig, stand, and styling supplies to support your new look.

Calming Creations - Open Art Studio
Every Friday • 10:00-11:30AM
(In-person & Virtual)
Calming Creations is a weekly open art studio led by Art Therapist Bailee Taylor, featuring relaxing and engaging art activities each session. All materials are provided, and you're welcome to work on your own creative projects as well.

Nutrition for Wellness
Saturday, Nov. 8 • 11:00AM-Noon (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. This month, we will meet at BJ's Restaurant & Brewhouse. Hope to see you there!
RSVP required.

SOCIAL PROGRAMS

The Morning Joannas
1st Tuesday of each month
10:00-11:30AM
(In-person & Virtual)
The Morning Joannas welcomes female cancer survivors to a relaxed and uplifting gathering, offering space for meaningful conversation, connection, and community.

Book Club
Thursday, Dec. 11 • 2:00-3:00PM
(In-person & Virtual)
It's our bring-your-favorite-book meeting! No "required" reading to close out the year - just space to chat about best (and worst) reads of 2025.

Caregiver Check-in
1st Tuesday of each Month • 12:00-1:00PM
(Virtual)
Caregiver Check-In is a chance for caregivers to pause, take a breath, and connect with others who understand—offering a moment of rest and support in the midst of your busy day.

Holiday Party

NEW!

Friday, Dec. 5 • 6:00-8:00PM (In-person)

Join us for a festive meal and celebration of our CSC community! We will gather at Hoosier Energy to share dinner, conversation, and memories of the year. Door prizes, kids' crafts, holiday games, and family fun await. **Please call or email to RSVP!**

The Morning Joes

2nd Thursday of each month • 9:00-10:30AM (In-person & Virtual)

The Morning Joes welcomes male cancer survivors to a relaxed and uplifting gathering, offering space for meaningful conversation, connection, and community.

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Reiki available by appointment M and W Massage available by appointment M and F Wig Fittings available by appointment M-F Call 812-233-3286 to schedule
3	**4** Morning Joannas 10:00AM Tai Chi 10:30AM NEW! Caregiver Check-in 12:00PM Cancer Connections 3:00PM Gentle Yoga 5:30PM	**5** Strength & Resilience Yoga 10:00AM All-Cancer Group 3:00 PM Family & Friends Group 3:00 PM	**6** Qigong for Health 10:00AM	**7** Calming Creations 10:00AM	**8** Nutrition for Wellness 11:00AM
10 Supportive Sounds 5:30PM	**11** Tai Chi 10:30AM NEW! Gentle Yoga 5:30PM Prostate Cancer Support Group 5:30 PM LGBTQIA+ Support Group 6:30 PM	**12** Strength & Resilience Yoga 10:00AM	**13** Morning Joes 9:00AM Qigong for Health 10:00AM Reiki Practice for Self-Care 5:30PM NEW!	**14** Calming Creations 10:00AM Breast Cancer Support Group 10:00AM	**15**
17 Living With Loss 5:30PM	**18** Tai Chi 10:30AM NEW! Gentle Yoga 5:30PM	**19** Strength & Resilience Yoga 10:00AM All-Cancer Group 3:00 PM Family & Friends Writing Together 3:00 PM NEW!	**20** Qigong for Health 10:00AM	**21** Calming Creations 10:00AM	**22**
24	**25** Prostate Cancer Support Group 5:30 PM	**26** CLOSED FOR THANKSGIVING	**27** CLOSED FOR THANKSGIVING	**28** CLOSED FOR THANKSGIVING	**29** CLOSED FOR THANKSGIVING

PROGRAM ACCESS LEGEND Virtual Only · In-person Only · Hybrid: offered in-person and virtually

BLOOMINGTON PROGRAMS

1719 W 3rd Street, Bloomington, IN 47404

CANCER SUPPORT COMMUNITY SOUTH CENTRAL INDIANA
Powered by Bloomington Health Foundation

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **Reiki available by appointment M and W** **Massage available by appointment M and F** **Wig Fittings available by appointment M-F** Call 812-233-3286 to schedule	**2** **Morning Joannas** 10:00AM **Caregiver Check-in** 12:00PM **Cancer Connection** 3:00PM **Gentle Yoga** 5:30PM	**3** **Strength & Resilience Yoga** 10:00AM **All-Cancer Group** 3:00PM **Family & Friends Group** 3:00PM	**4** **Qigong for Health** 10:00AM	**5** **Calming Creations** 10:00AM **Holiday Party** 6:00PM NEW!	**6**
8 **Supportive Sounds** 5:30PM	**9** **Gentle Yoga** 5:30PM **Prostate Cancer Support Group** 5:30 PM	**10** **Strength & Resilience Yoga** 10:00AM **LGBTQIA+ Support Group** 6:30PM	**11** **Morning Joes** 9:00AM **Qigong for Health** 10:00AM **Book Club** 2:00PM **Serene & Soothing Sound Bath** 2:00PM	**12** **Calming Creations** 10:00AM **Breast Cancer Support Group** 10:00AM	**13**
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22	**23** **Prostate Cancer Support Group** 5:30 PM	**24** CLOSED FOR THE HOLIDAYS	**25** CLOSED FOR THE HOLIDAYS	**26** CLOSED FOR THE HOLIDAYS	**27** CLOSED FOR THE HOLIDAYS
29 CLOSED FOR THE HOLIDAYS	**30** CLOSED FOR THE HOLIDAYS	**31** CLOSED FOR THE HOLIDAYS			

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INDIANAPOLIS PROGRAM SPONSORS

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Cancer Support Community Headquarters

WELLNESS PROGRAM SPONSORS

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SOUTH CENTRAL INDIANA PROGRAM SPONSORS

ABOUT CANCER SUPPORT COMMUNITY

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

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VISIT US

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