THE COMPANION

JANUARY/FEBRUARY 2026

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

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

This is a FREE publication. Please take one!

Scan the code to view our programs

OUR COMMUNITY IS STRONGER THAN CANCER

You are invited

04.22.26

Switchyard Park Pavilion

Join us for a powerful fundraising event dedicated to making a difference in the lives of those impacted by cancer.

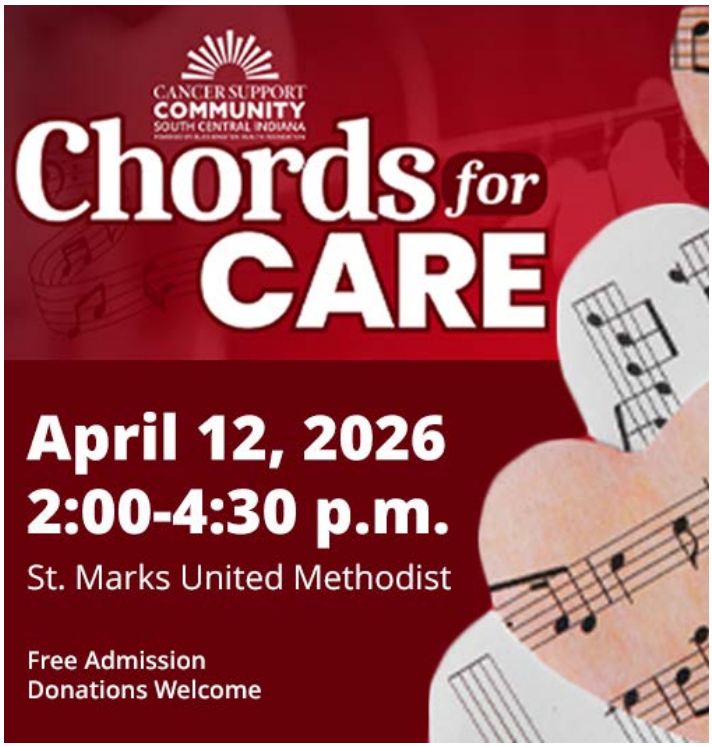

Table of Contents

Counseling & Support Groups....3
Wellness Programs....3
Education Programs....4
Social Programs....4
Virtual Offerings....7

CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA
Powered by Bloomington Health Foundation

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 reach out to the contact listed below or call (812) 233-3286 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
Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Breast Cancer Support Group
2nd and 4th Friday of Each Month at 10:00AM
Contact **Brynn@cancersupportscin.org** or call **812-233-3286.**

Living With Loss Support Group
4th Monday of Each Month at 5:30PM
Contact **Brynn@cancersupportscin.org** or call **812-233-3286.**

Prostate Cancer Support Group
2nd and 4th Tuesday of Each Month at 5:30PM
Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Supportive Sounds Music Therapy Support Group
2nd Monday of Each Month at 5:30PM
Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

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 4742. Contact **Brynn@cancersupportscin.org** or call **812-233-3286.**

LGBTQIA+ Cancer Support Group
2nd Wednesday of Each Month at 6:30PM
Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

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.*** Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

WELLNESS PROGRAMS

Massage Therapy
Mondays and Tuesday • By Appointment (In-person)
Massage Therapy focuses on relieving muscle tension, enhancing circulation, and improving flexibility to support overall physical well-being and relaxation. Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Reiki
Every Monday • By Appointment (In-person)
Reiki is a non-invasive, light touch practice that supports relaxation and reduces stress. Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Serene & Soothing Sound Bath
Thursday, Feb. 12 • 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!). Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

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. Contact **Brynn@cancersupportscin.org** or call **812-233-3286.**

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

Strength & Resilience in Yoga
Every Wednesday • 10:00-11:00AM
(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. Contact **Brynn@cancersupportscin.org** or call **812-233-3286.**

EDUCATION PROGRAMS

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 Chilman, 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. Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Nutrition for Wellness
Saturday, Jan. 31 • 11:00AM-12:00PM (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.** Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Advance Care Planning
NEW!
Thursday, Jan. 29 • 5:30-6:30PM (Hybrid)
Do you have a plan for your future health care? Advance care planning involves discussion and preparation for medical care decisions. This education program will focus on general information around advance care planning, which includes documents such as a Living Will, Healthcare Representative, DNR and more. Guided by an Oncology Social Worker, we will be exploring terminology and factors to consider throughout your advance care planning process. Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Self-Care for the Caregiver
NEW!
Wednesday, Feb. 11 • 5:30PM-7:00PM (Hybrid)
Join Oncology Social Worker, Bethany Williams, for a coversation about self-care for those caregiving. All family, friends, and loved ones of those with cancer are welcome. To RSVP, contact **Brynn@cancersupportscin.org** or call **812-233-3286.**

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. Contact **Emily@cancersupportscin.org** or call **812-233-3286.**

SOCIAL PROGRAMS

Book Club
Thursday, Feb. 26 • 2:00-3:00PM
(In-person & Virtual)
Join us for our read of the month! RSVP to learn the title, gain a copy, and get ready for a good discussion. Contact **Brynn@cancersupportscin.org** or call **812-233-3286.**

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. Contact **Brynn@cancersupportscin.org** or call **812-233-3286.**

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. Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Cupid's Crafting Corner
NEW!
Saturday, Feb. 7 • 10:00AM-11:30AM (In-person)
Let's make some Valentine's Day cards! Create handmade notes for all the loved ones in your life with Crafter Mandy Covert. Adults and kids welcome. Snacks and materials provided; children under 17 will receive an art kit to take home. Contact **Brynn@cancersupportscin.org** or call **812-233-3286.**

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reiki available by appointment on M Massage available by appointment M and T Wig Fittings available by appointment M-F Call 812-233-3286 to schedule			1 CLOSED	2 CLOSED	3
5	6 Morning Joannas 10:00AM Cancer Connections 3:00PM	7 Strength & Resilience Yoga 10:00AM All-Cancer Group 3:00 PM	8 Morning Joes 9:00AM Qigong for Health 10:00AM	9 Breast Cancer Support Group 10:00AM Calming Creations 10:00AM	10
12 Supportive Sounds 5:30PM	13 Prostate Cancer Support Group 5:30 PM	14 Strength & Resilience Yoga 10:00AM LGBTQIA+ Support Group 6:30 PM	15 Qigong for Health 10:00AM	16 Calming Creations 10:00AM	17
19 CLOSED FOR MLK DAY	20	21 Strength & Resilience Yoga 10:00AM All-Cancer Group 3:00 PM	22 Qigong for Health 10:00AM	23 Calming Creations 10:00AM Breast Cancer Support Group 10:00AM	24
26 Living With Loss 5:30PM	27 Prostate Cancer Support Group 5:30 PM	28 Strength & Resilience Yoga 10:00AM	29 Qigong for Health 10:00AM Advance Care Planning 5:30PM NEW!	30 Calming Creations 10:00AM	31 Nutrition for Wellness 11:00AM

BLOOMINGTON PROGRAMS

1719 W 3rd Street, Bloomington, IN 47404

CANCER SUPPORT COMMUNITY SOUTH CENTRAL INDIANA
Powered by Bloomington Health Foundation

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 **Massage available by appointment M and T** **Wig Fittings available by appointment M-F** Call 812-233-3286 to schedule	**3** **Morning Joannas** 10:00AM **Cancer Connection** 3:00PM	**4** **Strength & Resilience Yoga** 10:00AM **All-Cancer Group** 3:00PM	**5** **Qigong for Health** 10:00AM	**6** **Calming Creations** 10:00AM	**7** **Cupid's Crafting Corner** NEW! 10:00AM
9 **Supportive Sounds** 5:30PM	**10** **Prostate Cancer Support Group** 5:30 PM	**11** **Strength & Resilience Yoga** 10:00AM **Self-Care for the Caregiver** NEW! 5:30PM **LGBTQIA+ Support Group** 6:30PM	**12** **Morning Joes** 9:00AM **Qigong for Health** 10:00AM **Serene & Soothing Sound Bath** 2:00PM	**13** **Calming Creations** 10:00AM **Breast Cancer Support Group** 10:00AM	**14**
16	**17**	**18** **Strength & Resilience Yoga** 10:00AM **All-Cancer Group** 3:00PM	**19** **Qigong for Health** 10:00AM	**20** **Calming Creations** 10:00AM	**21**
23 **Living With Loss** 5:30PM	**24** **Prostate Cancer Support Group** 5:30 PM	**25** **Strength & Resilience Yoga** 10:00AM	**26** **Qigong for Health** 10:00AM **Book Club** 2:00PM	**27** **Calming Creations** 10:00AM **Breast Cancer Support Group** 10:00AM	**28**

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

VIRTUAL OFFERINGS

These programs are offered virtually, so you can take advantage of them no matter where you live.

SOCIAL PROGRAMS

Open Art Studio
Every Monday • 1:00-3:00PM
A supportive space to create, reflect, and connect with others impacted by cancer. Materials provided. Contact **savannah@cancersupportindy.org** or call **317-426-0282** for more information and to register.

COUNSELING & SUPPORT PROGRAMS

Patient Support Group
Second and fourth Wednesday • 6:00PM
A brief interview is required before joining. Please call **317-257-1505** to get started.

Prostate Cancer Support Group
Fourth Wednesday • 6:30PM
A brief interview is required before joining. Please call **317-257-1505** to get started.

Franciscan Lafayette Patient Support Group
First and Third Wednesday of Each Month
5:30-7:00PM
Open to any patient or survivor impacted by cancer. Contact **savannah@cancersupportindy.org** or call **317-426-0282** for more information and to register.

ART THERAPY PROGRAMS

Art Therapy Group
1st Friday of each Month • 1:00PM
Art Therapy Group provides a supportive space to explore your thoughts and emotions through creative expression, using art materials and guided prompts to promote healing, reduce stress, and encourage personal insight—no artistic experience needed. Contact **faith@cancersupportindy.org** for more information and to register.

WELLNESS PROGRAMS

Gentle Cardio & Strength Building
Every Monday • 5:30PM
Gentle Cardio and Strength Building offers low-impact movement to improve endurance, strength, and overall wellness—modifications are available, and all fitness levels are welcome. Please visit **ecommunity.com/survivorship** for information and to register for classes.

Moving Beyond
Every Tuesday • 5:30-7:30PM
Moving Beyond is an 8-week program designed to help cancer survivors and caregivers thrive and live a healthy life after treatment. This program occurs twice a year, once in the Spring and once in the Fall. Contact **movingbeyond@cancersupportindy.org** for more information.

Symptom Management
NEW!
4th Monday of Each Month
6:00PM (Virtual) RSVP Required
Join us for a supportive, educational session led by an oncology rehabilitation specialist. Learn about common long-term side effects of cancer treatment—such as pain, fatigue, lymphedema, mobility changes, pelvic floor issues—and explore practical strategies to improve strength, energy, and daily function. To register and for more information, please contact **info@cancersupportindy.org** or **call 317-257-1505**.
Monthly Topics:
Jan: Head & Neck Cancer
Feb: Breast Cancer
Mar: Gynecologic Oncology
Apr: Prostate & Male Bladder Cancer

Gentle Stretch Yoga
Every Tuesday • 5:30 – 6:30PM (Virtual)
Gentle Stretch Yoga offers slow, supportive movements to enhance flexibility and body awareness. Please contact **kathleen@cancersupportindy.org** or call **317-661-1727** for more info and to register.

CANCER SUPPORT COMMUNITY INDIANA

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!

Charity Navigator FOUR-STAR

GUIDESTAR PLATINUM TRANSPARENCY 2021

CONTACT US

CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA
(812) 233-3286
info@cancersupportscin.org

VISIT US

BLOOMINGTON LOCATION
1719 W 3rd Street | Bloomington, IN 47404
cancersupportscin.org

SUPPORT OUR PROGRAMS BY MAKING A DONATION
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