CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA
Powered by Bloomington Health Foundation

THE COMPANION

MARCH/APRIL 2026

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

Scan the code to view our 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

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.

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CANCER SUPPORT COMMUNITY
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BLOOMINGTON

1719 W 3rd Street, Bloomington, IN 47404

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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

Support Groups are a space to connect with those who have gone through similar experiences. ***Brief interview is required before joining.***

All-Cancer Support Group
Wednesday, March 4, 18 & April 1, 15 • 3:00PM (Hybrid)
Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Breast Cancer Support Group
Friday, March 13, 27 & April 10, 24 at 10:00AM (Hybrid)
Contact **Brynn@cancersupportscin.org** or call **812-233-3286.**

Cancer Connections at Bedford Hospital
Tuesday, March 3 & April 7 • 3:00PM (In Person)
In person only at IU Health Bedford Hospital, 2900 16th St., Bedford, IN 47421. Contact **Brynn@cancersupportscin.org** or call **812-233-3286.**

LGBTQIA+ Cancer Support Group
Wednesday, March 11 & April 8 • 6:30PM (Hybrid)
Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Living With Loss Support Group
Monday, March 23 & April 27 • 5:30PM (Hybrid)
Contact **Brynn@cancersupportscin.org** or call **812-233-3286.**

Prostate Cancer Support Group
Tuesday, March 10, 24 & April 14, 28 • 5:30PM (Hybrid)
Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Supportive Sounds Music Therapy Support Group
Monday, March 9 & April 13 • 5:30PM (Hybrid)
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

JourneyDance®
NEW!
Saturday, March 28 • 11:00AM-12:15PM (In Person)
JourneyDance® is not about learning steps. It is a practice that combines guided and freestyle movements so you can get into your body, clear your mind, and release what no longer serves you. JourneyDance® provides a supportive space for participants to experience embodiment, explore emotions, and bring forth inner power. Suitable for everyone! Adaptations provided to accommodate all ability levels.
Contact **Brynn@cancersupportscin.org** or call **812-233-3286.**

Massage Therapy
Every Monday 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.**

Qigong For Health & Vitality
Every Thursday • 10:00-10:45AM (Hybrid)
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.**

Serene & Soothing Sound Bath
Thursday, April 9 • 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.**

Strength & Resilience in Yoga
Every Wednesday • 10:00-11:00AM (Hybrid)
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 (Hybrid)
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.**

Head & Neck Screening Event NEW!
Thursday, April 16 • 5:30-8:00PM (In Person)
April is Head and Neck Cancer Awareness Month! Over 70,000 Americans were diagnosed with Head and Neck Cancer (HNC) in 2025. HNC arise from the oral cavity, nasopharynx, oropharynx, hypopharynx, larynx, nasal cavity and /or paranasal sinuses, and salivary glands. Please join us for a free cancer screening event open to all adults in the community! A healthcare provider will check your nose, mouth and throat and feel for lumps in the neck. Early detection MATTERS! **Registration is required.** Contact Katie at **Katie@cancersupportscin.org** or call **812-233-3286.**

Location: IUH RAHC Medical Oncology Clinic (3rd Floor)
2651 E. Discovery Parkway | Bloomington, IN 47408

Henna for Healing: A Creative Self-Love Workshop
Tuesday, March 31 • 5:30-7:00PM (In Person) NEW!
This workshop is a gentle, creative experience that encapsulates Henna art expression and how it can offer comfort and shared humanity. It's an opportunity to experience touch and adornment in a way that feels affirming and empowering. This Henna workshop will incorporate lotion cone practice, the cultural history of Henna and individual symbolic designs for each participant. Space is limited and registration is required. Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Neuropathy Education Presentation
Thursday, March 26 • 5:30-7:00PM (Hybrid)
Neuropathy can be a source of pain and frustraiton during cancer treatments and into survivorship. Emily McClain, Occupational Therapist, will discuss neuropathy as it relates to symptoms, symptom management and OT interventions. Q&A to follow the presentation.
Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Nutrition for Wellness
Saturday, April 18 • 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 The Yellowwood at Ivy Tech. Hope to see you there! **RSVP required.**
Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Self-Care for the Caregiver
Wednesday, April 8 • 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.**

Moving Through It Together NEW!
Tuesday, April 7 • 1:00-3:30PM (In Person)
Moving Through It Together is a supportive, interactive group focused on emotional wellness,connection, and resilience. Each session blends gentle movement, engaging group activities, and guided reflection to help participants explore emotions, reduce stress, and strengthen coping skills in a welcoming community. This group offers a space to connect with others who understand, while nurturing both body and mind. All abilities and comfort levels are welcome — participation is always at your own pace.
Contact **Katie@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, April 30 • 2:00-3:00PM (Hybrid)
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
Tuesday, March 3 & April 7 • 10:00-11:30AM (Hybrid)
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
Thursday, March 12 & April 9 • 9:00-10:30AM (Hybrid)
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.**

BLOOMINGTON PROGRAMS

1719 W 3rd Street, Bloomington, IN 47404

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	**3** **Morning Joannas** 10:00AM **Cancer Connections Bedford** 3:00PM	**4** **Strength & Resilience Yoga** 10:00AM **All-Cancer Group** 3:00 PM	**5** **Qigong for Health** 10:00AM	**6** **Calming Creations** 10:00AM	**7**
9 **Supportive Sounds** 5:30PM	**10** **Prostate Cancer Support Group** 5:30 PM	**11** **Strength & Resilience Yoga** 10:00AM **LGBTQIA+ Support Group** 6:30 PM	**12** **Morning Joes** 9:00AM **Qigong for Health** 10:00AM	**13** **Breast Cancer Support Group** 10:00AM **Calming Creations** 10:00AM	**14**
16	**17**	**18** **All-Cancer Group** 3:00 PM	**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 **Neuropathy Education Presentation** NEW! 5:30PM	**27** **Breast Cancer Support Group** 10:00AM **Calming Creations** 10:00AM	**28** **JourneyDance®** NEW! 11:00AM
30	**31** **Henna for Healing** 5:30PM				**Massage available by appointment M and Tu** **Wig Fittings available by appointment M-F** **Call 812-233-3286 to schedule**

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APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Massage available by appointment M and Tu Wig Fittings available by appointment M-F Call 812-233-3286 to schedule		**1** Strength & Resilience Yoga 10:00AM All-Cancer Group 3:00PM	**2** Qigong for Health 10:00AM	**3** Calming Creations 10:00AM	**4**
6	**7** Morning Joannas 10:00AM Moving Through It Together NEW! 1:30AM Cancer Connections Bedford 3:00PM	**8** Strength & Resilience Yoga 10:00AM Self-Care for the Caregiver 5:30PM LGBTQIA+ Support Group 6:30PM	**9** Morning Joes 9:00AM Qigong for Health 10:00AM Serene & Soothing Sound Bath 2:00PM	**10** Breast Cancer Support Group 10:00AM Calming Creations 10:00AM	**11**
13 Supportive Sounds 5:30PM	**14** Prostate Cancer Support Group 5:30 PM	**15** Strength & Resilience Yoga 10:00AM All-Cancer Group 3:00PM	**16** Qigong for Health 10:00AM Head & Neck Screening NEW! 5:30PM	**17** Calming Creations 10:00AM	**18** Nutrition for Wellness 11:00AM
20	**21**	**22** Strength & Resilience Yoga 10:00AM	**23** Qigong for Health 10:00AM	**24** Breast Cancer Support Group 10:00AM Calming Creations 10:00AM	**25**
27 Living With Loss 5:30PM	**28** Prostate Cancer Support Group 5:30 PM	**29** Strength & Resilience Yoga 10:00AM	**30** Qigong for Health 10:00AM Book Club 2:00PM		

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 • 1:00-2:45PM (Hybrid)
A supportive space to create, reflect, and connect with others impacted by cancer. Materials provided. Contact **info@cancersupportindy.org** or call **317-426-0282** for more information and to register.

COUNSELING & SUPPORT PROGRAMS

Franciscan Lafayette Patient Support Group
Wednesday, March 4, 18 & April 1, 15 • 5:30-7:00PM (Virtual)
Open to any patient or survivor impacted by cancer. Contact **Katiew@cancersupportindy.org** or call **317-721-1468** for more information and to register.

Patient Support Group
Wednesday, March 11, 25 & April 8, 22 • 6:00PM (Virtual)
A brief interview is required before joining. Please call **317-257-1505** or **info@cancersupportindy.org** to get started.

Prostate Cancer Support Group
Wednesday, March 11, 25 & April 8, 22 • 6:30PM (Virtual)
A brief interview is required before joining. Please call **317-257-1505** or **info@cancersupportindy.org** to get started.

ART THERAPY PROGRAMS

Art Therapy Group
Friday, March 6 & April 3 • 1:00PM (Virtual)
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 **Jessica@cancersupportindy.org** for more information and to register.

WELLNESS PROGRAMS

Gentle Cardio & Strength Building
Every Monday • 5:30PM (Virtual)
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.

Gentle Stretch Yoga
Every Monday • 4:30-5:30PM (Virtual)
Gentle Stretch Yoga offers slow, supportive movements to enhance flexibility and body awareness. Contact **Katiew@cancersupportindy.org** or call **317-721-1468** for more information or to register.

Gentle Stretch Yoga
Every Tuesday • 4:30PM (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.

Moving Beyond
Virtual & In-person classes starting in April
Tuesday, April 21 & 28 • 5:30-7:30PM (Virtual)
Thursday, April 23 & 30 • 1:30-3:30PM (In Person)
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** or call **317-721-1468** for more information.

Symptom Management
NEW!
March 23 & April 27
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 **Nina@cancersupportindy.org** or **call 317-257-1505**.

Monthly Topics:
Mar: Gynecologic Oncology
Apr: Prostate & Male Bladder Cancer

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

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

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