CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA
Powered by Bloomington Health Foundation

THE COMPANION

MAY/JUNE 2026

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

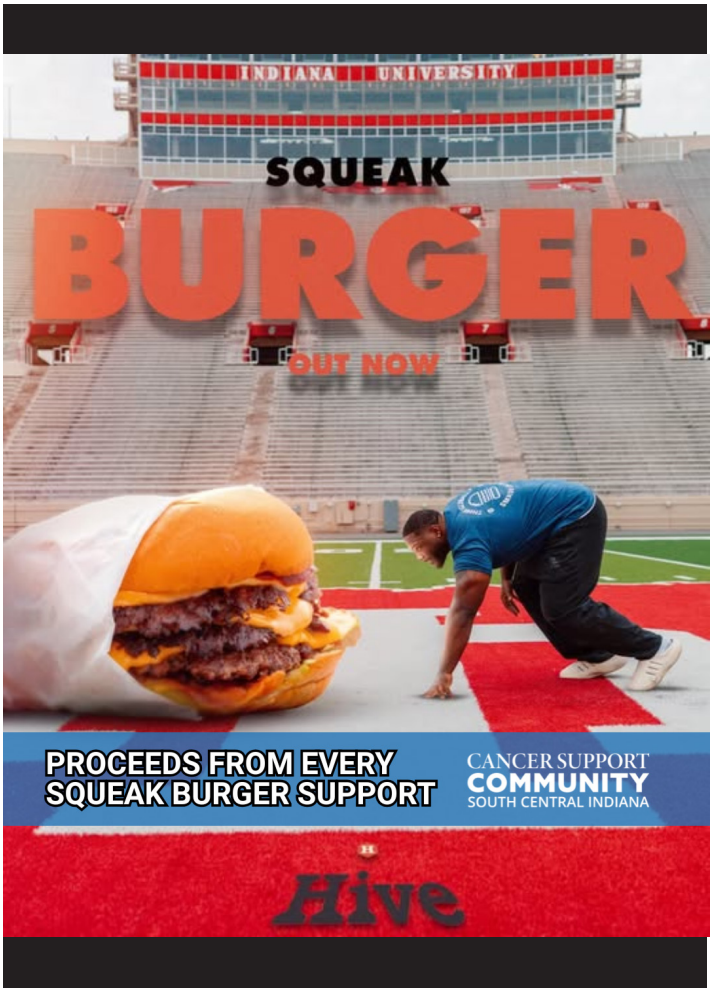
Scan the code to view our programs

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

This is a FREE publication. Please take one!

This month's cover features Bailee Chilman a Licensed Mental Health Counselor and Board Certified Art Therapist, along with Jasper a K9 Therapist, who together support CSCSCI clients.

OUR COMMUNITY IS STRONGER THAN CANCER



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COMFORT KITS DONATION DRIVE

Support patients receiving chemotherapy by making a donation from our

amazon wishlist

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CANCER SUPPORT COMMUNITY
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BLOOMINGTON

1719 W 3rd Street, Bloomington, IN 47404

CANCER SUPPORT COMMUNITY SOUTH CENTRAL INDIANA
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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
First & Third Wednesday • 3:00PM (Hybrid)
Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Breast Cancer Support Group
Second & Fourth Friday • 10:00AM (Hybrid)
Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

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

LGBTQIA+ Cancer Support Group
Wednesday, May 13 & June 3 • 6:30PM (Hybrid)
Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Living With Loss Support Group
Monday, May 18 & June 22 • 5:30PM (Hybrid)
Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Prostate Cancer Support Group
Second & Fourth Tuesday • 5:30PM (Hybrid)
Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Supportive Sounds Music Therapy Support Group
Second Monday • 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

Chair Yoga
NEW!
Every Tuesday • 5:30 - 6:30PM (Hybrid)
Chair yoga offers slow, supportive movements in which postures are performed while seated. This practice can enhance flexibility, strength and body awareness! It incorporates breathing techniques to promote focus, mental clarity and relaxation. All ages and abilities welcome!
Contact **Katie@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 **Katie@cancersupportscin.org** or call **812-233-3286.**

Serene & Soothing Sound Bath
Thursday, June 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!).
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 **Katie@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.**

Pour Paint Magnet Art Class NEW!

Tuesday, May 26 • 1:00-3:00PM (In Person)

Join Artist Karen Holtzclaw as she teaches you how to make pour paint art! Paint pouring is a fluid art technique where acrylic paints are mixed on a surface and manipulated by tilting, which creates a beautiful abstract and marbled design. Each participant will work with mini canvases to create magnet masterpieces to take home. This is a wonderful opportunity to get creative, try something new and connect with others! Space is limited and RSVP is required. Contact Katie at **Katie@cancersupportscin.org** or call **812-233-3286.**

Scenic Art Sunday NEW!

Sunday, May 31 • 10:00AM-1:00PM (In Person)

We invite you to explore beautiful Brown County views at T.C Steele State Historic Site and create your own landscape inspired artwork! CSC will provide art materials to participants, but you may bring your own art supplies, if desired. Participants may also wish to bring their own chair(s) or seating. Lunch will be provided. All ages are welcome to attend. Space is limited, RSVP is required.

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

Self-Care for the Caregiver

Wednesday, June 10 • 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 **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, June 25 • 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 **Emily@cancersupportscin.org** or call **812-233-3286.**

National Cancer Survivors Day Celebration

Sunday, Jun 7 • 12:00-2:00PM (In Person)

Join us as we honor and celebrate the cancer survivors in our community! Lunch, sweet treats and refreshments will be available! This family-friendly event will include kids activities, mini-massage sessions, music and cancer resource experts from the community. Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

The Morning Joannas

Every First Tuesday • 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 **Katie@cancersupportscin.org** or call **812-233-3286.**

The Morning Joes

Every Second Thursday • 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.**

MAY

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	2
4	5 **Morning Joannas** 10:00AM **Cancer Connections Bedford** 3:00PM **Chair Yoga** NEW! 5:30PM	6 **Strength & Resilience Yoga** 10:00AM **All-Cancer Group** 3:00 PM	7 **Qigong for Health** 10:00AM	8 **Breast Cancer Support Group** 10:00AM **Calming Creations** 10:00AM	9
11 **Supportive Sounds** 5:30PM	12 **Prostate Cancer Support Group** 5:30 PM **Chair Yoga** NEW! 5:30PM	13 **LGBTQIA+ Support Group** 6:30 PM	14 **Qigong for Health** 10:00AM	15	16
18 **Living with Loss** 5:30PM	19 **Chair Yoga** NEW! 5:30PM	20 **All-Cancer Group** 3:00 PM	21 **Qigong for Health** 10:00AM	22 **Breast Cancer Support Group** 10:00AM **Calming Creations** 10:00AM	23
25 CLOSED Memorial Day	26 **Pour Paint Magnet Class** NEW! 1:00PM **Prostate Cancer Support Group** 5:30PM **Chair Yoga** NEW! 5:30PM	27 **Strength & Resilience Yoga** 10:00AM	28 **Qigong for Health** 10:00AM	29 **Calming Creations** 10:00AM	30

Sunday, May 31: Scenic Art Sunday 12:00PM NEW!

BLOOMINGTON PROGRAMS

1719 W 3rd Street, Bloomington, IN 47404

CANCER SUPPORT COMMUNITY SOUTH CENTRAL INDIANA
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JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	**2** **Morning Joannas** 10:00AM **Cancer Connections Bedford** 3:00PM **Chair Yoga** NEW! 5:30PM	**3** **Strength & Resilience Yoga** 10:00AM **All-Cancer Group** 3:00PM **LGBTQIA+ Support Group** 6:30PM	**4** **Qigong for Health** 10:00AM	**5** **Calming Creations** 10:00AM	**6**
8 **Supportive Sounds** 5:30PM	**9** **Prostate Cancer Support Group** 5:30 PM **Chair Yoga** NEW! 5:30PM	**10** **Strength & Resilience Yoga** 10:00AM **Self-Care for the Caregiver** 5:30PM	**11** **Morning Joes** 9:00AM **Qigong for Health** 10:00AM **Serene & Soothing Sound Bath** 2:00PM	**12** **Breast Cancer Support Group** 10:00AM **Calming Creations** 10:00AM	**13**
15	**16** **Chair Yoga** NEW! 5:30PM	**17** **Strength & Resilience Yoga** 10:00AM **All-Cancer Group** 3:00PM	**18** **Qigong for Health** 10:00AM	**19** **Calming Creations** 10:00AM	**20**
22 **Living With Loss** 5:30PM	**23** **Prostate Cancer Support Group** 5:30 PM **Chair Yoga** NEW! 5:30PM	**24** **Strength & Resilience Yoga** 10:00AM	**25** **Qigong for Health** 10:00AM **Book Club** 2:00PM	**26** **Breast Cancer Support Group** 10:00AM **Calming Creations** 10:00AM	**27**
29	**30** **Chair Yoga** NEW! 5:30PM				**Massage available by appointment M and Tu** **Wig Fittings available by appointment M-F** **Call 812-233-3286 to schedule**

Sunday, June 7: Cancer Survivors Day Celebration 10:00AM

VIRTUAL OFFERINGS

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

COUNSELING & SUPPORT PROGRAMS

Franciscan Lafayette Patient Support Group

Every First & Third Wednesday • 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

Every Second & Fourth Wednesday • 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

Every Second & Fourth Wednesday • 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

Every First Friday • 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. Contact **Jessica@cancersupportindy.org** for more information and to register.

Gentle Stretch Yoga

Every Monday • 4:30PM (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.

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

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