CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA
Powered by Bloomington Health Foundation

THE COMPANION

SEPTEMBER /OCTOBER 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

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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
September 9 & October 28 • 6:30PM (Hybrid)
Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Living With Loss Support Group
Fourth 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
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.**

JourneyDance® with Tessa Bent
Saturday, September 26 • 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 **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, October 8 • 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.**

Self-Care for the Caregiver
Wednesday, October 14 • 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.**

NEW!

Survivorship Series for Young People with Breast Cancer
Wednesdays, September 2, 9, 23 & 30
5:30PM-7:00PM (Virtual)
This Survivorship Series, in partnership with Living Beyond Breast Cancer (LBBC), will give you tips and tools for coping with a breast cancer diagnosis and its common side effects while empowering you to take charge of your health. While information may be particularly relevant for folks diagnosed with breast cancer ages 45 and younger, anyone interested in the session content is welcome to attend. Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

September 2: Early Menopause
September 9: Long-Term Side Effects of Treatment
September 23: Sex and Intimacy
September 30: Self-Care After Breast Cancer

NEW!

Yoga of Voice: A Wellness Workshop Series for Patients, Survivors and Bereaved
Thursdays, September 3, 17 & 24 • 2:30PM-4:00PM (In Person)
Join Stephanie Heidemann (graduate student, Clinical Mental Health Counseling | Music Therapy) for a three-week journey of healing, expression, and connection through the power of your own voice. Also known as Authentic Voicework®, this series is a gentle, playful, and restorative practice that uses yoga, breathwork, sound healing, and voice-movement therapy to release tension, process grief, and reconnect with your authentic self. No singing experience is necessary! This is not a performance — it's an invitation to explore, be heard, and find your voice again. In a safe and non-judgmental space, participants will unravel layers of embodied wisdom, and discover the healing vibrations that live within each of us. Contact Katie at **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, October 29 • 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.**

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.**

SEPTEMBER

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** Morning Joannas 10:00AM Cancer Connections Bedford 3:00PM Chair Yoga 5:30PM	**2** Strength & Resilience Yoga 10:00AM All-Cancer Group 3:00 PM Survivorship Series NEW! 5:30PM	**3** Qigong for Health 10:00AM Yoga of Voice NEW! 2:30PM	**4** CLOSED for Labor Day	**5**
7 CLOSED for Labor Day	**8** Chair Yoga 5:30PM	**9** Strength & Resilience Yoga 10:00AM Survivorship Series NEW! 5:30PM LGBTQIA+ Support Group 6:30 PM	**10** Morning Joes 9:00AM Qigong for Health 10:00AM	**11** Breast Cancer Support Group 10:00AM Calming Creations 10:00AM	**12**
14	**15** Chair Yoga 5:30PM	**16** Strength & Resilience Yoga 10:00AM All-Cancer Group 3:00 PM	**17** Qigong for Health 10:00AM Yoga of Voice NEW! 2:30PM	**18** Calming Creations 10:00AM	**19**
21	**22** Chair Yoga 5:30PM	**23** Strength & Resilience Yoga 10:00AM Survivorship Seri NEW! 5:30PM	**24** Qigong for Health 10:00AM Yoga of Voice 2:30PM NEW!	**25** Breast Cancer Support Group 10:00AM Calming Creations 10:00AM	**26** JourneyDance® 11:00AM NEW!
28 Living with Loss 5:30PM	**29** Chair Yoga Virtual only 5:30PM	**30** Strength & Resilience Yoga Virtual only 10:00AM Survivorship Seri NEW! 5:30PM			

BLOOMINGTON PROGRAMS

1719 W 3rd Street, Bloomington, IN 47404

CANCER SUPPORT COMMUNITY SOUTH CENTRAL INDIANA
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OCTOBER

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** **Qigong for Health Virtual Only** 10:00AM	**2** **Calming Creations** 10:00AM	**3** **Hoosiers Outrun Cancer Event**
5 **OFFICE CLOSED**	**6** **Morning Joannas** 10:00AM **Cancer Connections Bedford** 3:00PM **Chair Yoga** 5:30PM	**7** **Strength & Resilience Yoga** 10:00AM **All-Cancer Group** 3:00PM	**8** **Morning Joes** 9:00AM **Qigong for Health** 10:00AM **Serene & Soothing Sound Bath** 2:00PM	**9** **Breast Cancer Support Group** 10:00AM **Calming Creations** 10:00AM	**10**
12	**13** **Chair Yoga** 5:30PM	**14** **Strength & Resilience Yoga** 10:00AM **Self-Care for the Caregiver** 5:30PM	**15** **Qigong for Health** 10:00AM	**16** **Calming Creations** 10:00AM	**17**
19	**20** **Chair Yoga** 5:30PM	**21** **Strength & Resilience Yoga** 10:00AM **All-Cancer Group** 3:00PM	**22** **Qigong for Health** 10:00AM	**23** **Breast Cancer Support Group** 10:00AM **Calming Creations** 10:00AM	**24**
26 **Living With Loss** 5:30PM	**27** **Chair Yoga** 5:30PM	**28** **Strength & Resilience Yoga** 10:00AM **LGBTQIA+ Support Group** 6:30PM	**29** **Qigong for Health** 10:00AM **Book Club** 2:00PM	**30** **Calming Creations** 10:00AM	**31**

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 **info@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 **info@cancersupportindy.org** for more information and to register.

Gentle Stretch Yoga @ Franciscan Health

Every Monday • 4:30PM (Virtual)

Whether on a yoga mat or seated in a chair, this gentle yoga class offers mindful stretching to help increase flexibility, ease muscle tension, and support physical and emotional wellness. Perfect for all fitness levels and abilities. Contact **Katiew@cancersupportindy.org** or call **317-721-1468** for more information or to register.

Gentle Stretch Yoga @ Hendricks Health

Every Tuesday • 5:30PM (Virtual)

Whether on a yoga mat or seated in a chair, this gentle yoga class offers mindful stretching to help increase flexibility, ease muscle tension, and support physical and emotional wellness. Perfect for all fitness levels and abilities. Contact **info@cancersupportindy.org** for more information and to register.

Moving Beyond

In Person classes running Sept 8-Oct 29
Tuesdays • 5:30PM (Virtual)

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.

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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