CANCER SUPPORT COMMUNITY
SOUTH CENTRAL INDIANA
Powered by Bloomington Health Foundation

THE COMPANION

NOVEMBER/DECEMBER 2026

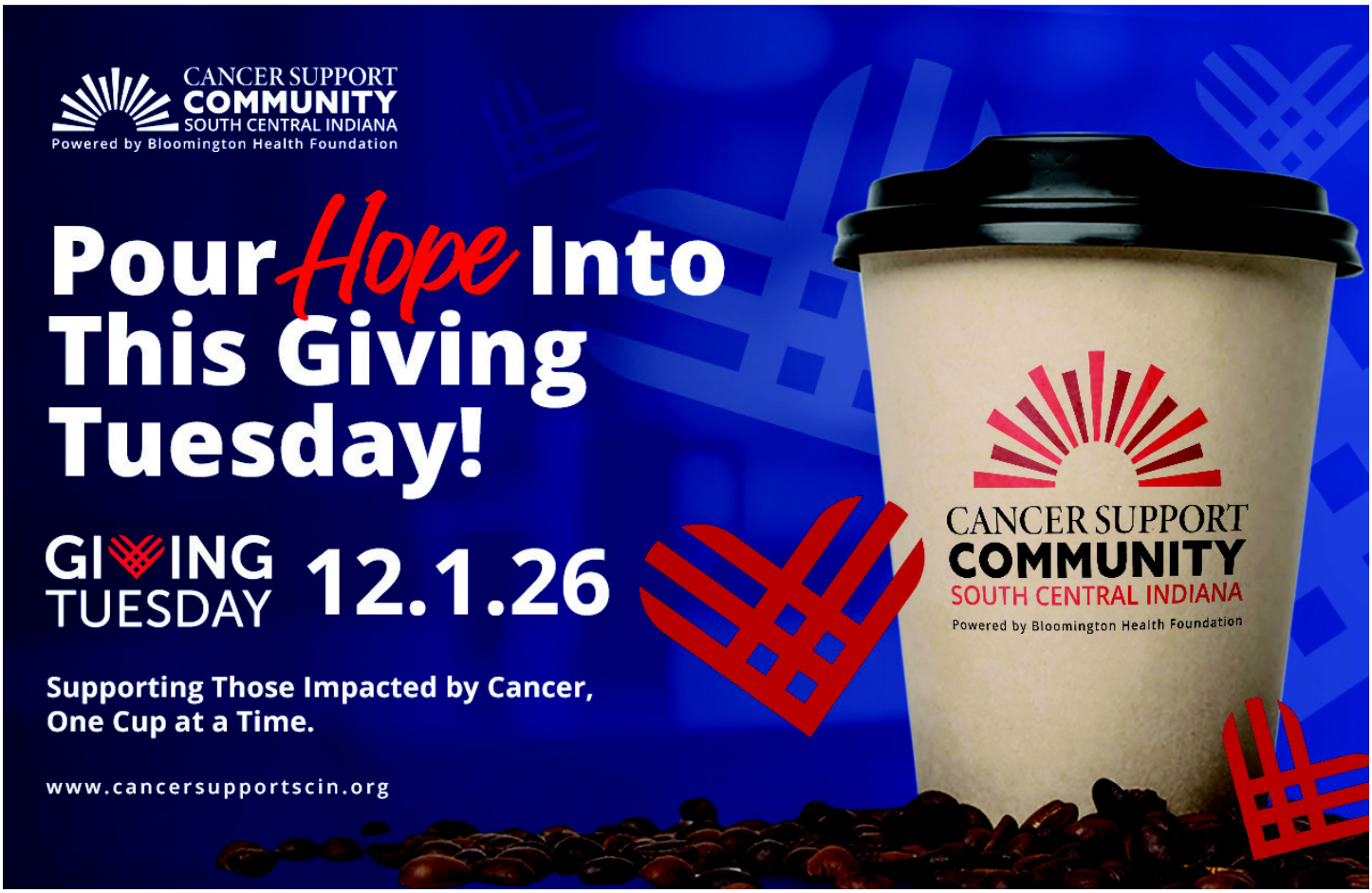
IN-PERSON & VIRTUAL PROGRAMS, COUNSELING & SUPPORT GROUP OFFERINGS, UPCOMING EVENTS

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
SOUTH CENTRAL INDIANA
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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
November 13 & December 11 • 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
Second Wednesday • 6:30PM (Hybrid)
Contact **Katie@cancersupportscin.org** or call **812-233-3286.**

Living With Loss Support Group
November 23 & December 14 • 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.**

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.**

Nutrition for Wellness NEW!
Saturday, November 21
11:00AM - 12:15PM (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'sRestaurant & Brewhouse. Hope to see you there!
RSVP required. 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, December 10 • 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

Open Art Studio

Every Monday • 10:00-11:30AM (Hybrid)

Open Art Studio is led by Art Therapy Student, Christina Green, featuring relaxing and engaging art activities. 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, December 9 • 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.**

Thankful Thursday Gratitude Journaling NEW!

Thursday, November 19 • 2:00PM-3:30PM (Hybrid)

Join us for Thankful Thursday to learn more about gratitude journaling and explore prompts that work for you, while creating space for reflection and connection. Journals will be provided, but feel free to bring your own. We hope to see you!
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, December 10 • 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.**

Holiday Party NEW!

Friday, December 4 • 6:00PM-8:00PM (In Person)

oin 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. Kids crafts, holiday games, festive music and family fun await. Please call or email to RSVP! Contact Katie at **Katie@cancersupportscin.org** or call **812-233-3286.**

November 1: Paint the Town Pink Breast Cancer Awareness Walk 1:00 - 3:00PM

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	**3** Morning Joannas 10:00AM Cancer Connections Bedford 3:00PM Chair Yoga 5:30PM	**4** Strength & Resilience Yoga 10:00AM All-Cancer Group 3:00 PM	**5** Qigong for Health 10:00AM	**6**	**7**
9 Open Art Studio 10:00AM	**10** Chair Yoga 5:30PM	**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	**14**
16 Open Art Studio 10:00AM	**17** Chair Yoga 5:30PM	**18** Strength & Resilience Yoga 10:00AM All-Cancer Group 3:00 PM	**19** Qigong for Health 10:00AM Gratitude Journal NEW! 2:00PM	**20**	**21** Nutrition for Wellness NEW! 11:00AM
23 Open Art Studio 10:00AM Living with Loss 5:30PM	**24** Chair Yoga 5:30PM	**25**	**26** OFFICE CLOSED FOR HOLIDAY	**27**	**28**
30 Open Art Studio 10:00AM					Massage available by appointment M and Tu Wig Fittings available by appointment M-F Call 812-233-3286 to schedule

DECEMBER

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 3:00PM	**3** Qigong for Health Virtual Only 10:00AM	**4** Holiday Party NEW! 6:00PM	**5**
7 Open Art Studio 10:00AM	**8** Chair Yoga 5:30PM	**9** Strength & Resilience Yoga 10:00AM LGBTQIA+ Support Group 6:30 PM Self-Care for the Caregiver 5:30PM	**10** Morning Joes 9:00AM Qigong for Health 10:00AM Serene & Soothing Sound Bath 2:00PM Book Club 2:00PM	**11** Breast Cancer Support Group 10:00AM	**12**
14 Open Art Studio 10:00AM Living with Loss 5:30PM	**15** Chair Yoga 5:30PM	**16** Strength & Resilience Yoga 10:00AM All-Cancer Group 3:00PM	**17** Qigong for Health 10:00AM	**18**	**19**
21	**22**	**23**	**24**	**25**	**26**
OFFICE CLOSED FOR HOLIDAY					
28	**29**	**30**	**31**	**1**	**2**
OFFICE CLOSED FOR HOLIDAY					

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.

Open Art Studio

Every Monday • 1:00-3:00PM (Hybrid) **RSVP Required**

Join us in a welcoming open-art studio where creativity becomes a pathway to healing. This safe space invites individuals to explore their cancer-related journeys, share concerns, and connect with others through meaningful art-making and conversation. You are welcome to bring current projects and work on those as well. Materials are provided.Contact **Aubreye@cancersupportindy.org** or call **317-721-7280** for more information or 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 @ 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

Classes coming this spring!
Tuesdays • 5:30PM EST (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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