



Mon	Tue	Wed	Thurs	Fri	Sat / Sun
					30/1
2 9:30-11:30am Breast Cancer Support Group (pre-interview)	3 10:00-11:00am TAI CHI 9:30-10:30am Newcomer's Orientation	4 10:30am-12:30pm Participant Support Group (pre-interview)	5 3:00-4:30pm Participant Support Group (pre-interview) 6:00-8:00pm Men's Support Group	6 10:00-11:30am Plymouth Support Group (pre-interview)	7/8
9 Columbus Day! CSC-MSS office Closed 	10 10:00-11:00am TAI CHI 11:00am-12:30pm Veterans' Support Group (pre-interview) 6:00-7:30pm Caregivers' Support Group	11 9:00-9:45am Qi GONG YOGA 10:30am-12:30pm Participant Support Group (pre-interview) 2:00-3:00pm NEW: Guided Mindfulness	12 9:30-10:30am YOGA 2:00-3:00pm Sound Journey! 3:00-4:30pm Participant Support Group (pre-interview) 6:00-7:30pm Note Cancelled Melanoma Support Group	13	14/15 Sunday 3:00-5:00pm Kids Support Group 
16 9:30-11:30am Breast Cancer Support Group (pre-interview)	17 10:00-11:00am TAI CHI 3:00-4:00pm Newcomer's Orientation	18 10:30am-12:30pm Participant Support Group (pre-interview) 2:00-3:00pm NEW: Guided Mindfulness	19 3:00-4:30pm Participant Support Group (pre-interview) 6:00-8:00pm Men's Support Group	20 10:00-11:30am Plymouth Support Group (pre-interview)	21/22
23 9:30-11:30am Breast Cancer Support Group (pre-interview) 2:00-4:00pm Special event: Look Good Feel Good	24 10:00-11:00am TAI CHI 11:00am-12:30pm Veterans' Support Group (pre-interview) 6:00-7:30pm Caregivers' Support Group	25 10:30am-12:30pm Participant Support Group (pre-interview)	26 9:30-10:30am YOGA 3:00-4:30pm Participant Support Group (pre-interview)	27 10:00-11:00am RESTORATIVE with YOGA NIDRA	28/29 Art of Living Conference
30 9:30-11:30am Breast Cancer Support Group (pre-interview)	31 Halloween-Boo☺ 10:00-11:00am TAI CHI				

## SPECIAL EVENTS and ONGOING PROGRAMS

Cancer Support Community - Massachusetts South Shore provides professional programs of emotional support, education and hope for people living with cancer and their caregivers. Services are free of charge through the generosity of individuals, corporations, small businesses and thoughtful bequests.

**CSC-MSS is a 501(c)(3) organization and a Division of the NVNA Foundation.**

### -----SPECIAL EVENTS-----

Participants **must pre-register** for all CSC-MSS **Special Events** to ensure program availability. For more information and/or to pre-register, please call 781-610-1490, sign up while here or email at [cscinfo@nvna.org](mailto:cscinfo@nvna.org) Thank you!

- 10/11, 10/18, 11/1 and 11/8 2:00-3:00pm (4 consecutive Wednesday's) **Guided Mindfulness** explore ways to calm, clear and relax the mind
- 10/12/17 2:00-3:00pm **Sound Journey**, a Guided Meditation with sound and serenity.
- 10/23/17 2:00-4:00pm **Look Good Feel Good**, learn Beauty techniques specific for you.

### -----ONGOING PROGRAMS-----

#### **NEW: VETERAN'S SUPPORT GROUP**

Veteran's Support Group meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday every month. This group provides the opportunity to explore specific issues and concerns about the cancer experience with other Veterans. **Pre-interview is required.**

#### **Returning this month: KID SUPPORT GROUP**

Kid Support Group meets once every month. This group is for children ages 5 through 17 who have a family member diagnosed with cancer. A concurrent parent group takes place during this support group. **Pre-interview is required.**

#### **PARTICIPANT SUPPORT GROUPS - (Groups held in Norwell and Plymouth)**

Participant Support Groups meet every Wednesday and Thursday (in Norwell) and the 1<sup>st</sup> and 3<sup>rd</sup> Friday every month (in Plymouth). These groups are for individuals with a recent cancer diagnosis or treatment within the last 18 months. Support Groups offer people living with cancer a safe place to connect, share and learn from others who also travel the cancer journey. **Pre-interview required.**

#### **BREAST CANCER SUPPORT GROUP**

Breast Cancer Support Group meets every Monday and is designed to provide emotional support to breast cancer survivors from diagnosis through post treatment (18 months). **Pre-interview is required.**

#### **MELANOMA SUPPORT GROUP**

Melanoma Support Group meets on the 2<sup>nd</sup> Thursday every month. This group is open to people diagnosed with melanoma, whether newly diagnosed, in treatment or beyond. **Kindly sponsored by the Melanoma Foundation of New England.**

#### **MEN'S SUPPORT GROUP**

Men's Support Group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday every month. This group provides the opportunity to explore specific issues and concerns about the cancer experience with other men. Discussions focus on various issues, including the impact of cancer on work and relationships.

#### **CAREGIVER'S SUPPORT GROUP**

Caregiver's Support Group meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday every month. This group explores ways of assisting loved ones dealing with a current cancer diagnosis, while simultaneously gaining personal support.

**All of the above-listed CSC-MSS Ongoing Programs are facilitated by licensed professionals.**

#### **NEWCOMER'S ORIENTATION**

If you are new to the Cancer Support Community, please attend our Newcomer's Orientation. This program is open to all lives touched by cancer, including those with cancer diagnoses, family members and friends. The orientation meets on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday every month and introduces newcomers to our programs and services. We look forward to welcoming you!

#### **HEALTHY LIFESTYLE - Tai Chi, Qi Gong Yoga, Restorative Yoga Nidra, and Gentle Hatha Yoga**

Healthy Lifestyle Offerings are for individuals dealing with a cancer diagnosis and/or their caregivers. These groups offer peace and clarity of mind, body and spirit. Classes are designed to increase strength and flexibility. **Led by certified practitioners.**