

# JUNE

A Division of the NVNA Foundation

120 Longwater Drive, Suite 104, Norwell, Massachusetts, 02061 – 781-610-1490 – [cancersupportcommunityma.org](http://cancersupportcommunityma.org)

Mon	Tue	Wed	Thurs	Fri	Sat / Sun
<p>“My father didn’t tell me how to live; He lived and let me watch him do it.” <small>-Clarence Budington Kelland</small></p>			<p>1 3:00-4:30pm Participant Support Group (pre-interview)</p> <p>6:00-8:00pm Men’s Support Group</p>	<p>2 10:00-11:30am Plymouth Support Group (pre-interview)</p>	<p>3/4</p>
<p>5 9:30-11:30am Breast Cancer Support Group (pre-interview)</p> <p>1:30-3:00pm Let’s Talk ENERGY! (pre-register)</p>	<p>6 9:30-10:30am Newcomer’s Orientation</p> <p>10:00-11:00am TAI CHI (Peggy)</p>	<p>7 10:30am-12:30pm Participant Support Group (pre-interview)</p>	<p>8 9:30-10:30am RESTORATIVE YOGA (Jennifer)</p> <p>3:00-4:30pm Participant Support Group (pre-interview)</p> <p>6:00-7:30pm Melanoma Support Group</p>	<p>9</p>	<p>10/11 Sunday, June 11<sup>th</sup> 3:00-5:00pm Kid Support Group</p>  <p>(pre-interview)</p>
<p>12 9:30-11:30am Breast Cancer Support Group (pre-interview)</p>	<p>13 10:00-11:00am TAI CHI (Peggy)</p> <p>2:30-4:00pm Survivorship Support Group</p> <p>6:00-7:30pm Caregiver’s Support Group</p>	<p>14 9:00-9:45am QI GONG YOGA (Amy)</p> <p>10:30am-12:30pm Participant Support Group (pre-interview)</p>  <p>HAPPY FLAG DAY!</p>	<p>15 3:00-4:30pm Participant Support Group (pre-interview)</p> <p>6:00-8:00pm Men’s Support Group</p>	<p>16 10:00-11:30am Plymouth Support Group (pre-interview)</p>	<p>17/18 Sunday, June 18<sup>th</sup> FATHER’S DAY</p> 
<p>19 9:30-11:30am Breast Cancer Support Group (pre-interview)</p>	<p>20 10:00-11:00am TAI CHI (Peggy)</p> <p>3:00-4:00pm Newcomer’s Orientation</p>	<p>21 10:30am-12:30pm Participant Support Group (pre-interview)</p>	<p>22 9:30-10:30am RESTORATIVE YOGA (Jennifer)</p> <p>1:00-2:00pm SAFE MOBILIZATION (pre-register)</p> <p>3:00-4:30pm Participant Support Group (pre-interview)</p>	<p>23</p>	<p>24/25</p>
<p>26 9:30-11:30am Breast Cancer Support Group (pre-interview)</p>	<p>27 10:00-11:00am TAI CHI (Peggy)</p> <p>6:00-7:30pm Caregiver’s Support Group</p>	<p>28 10:30am-12:30pm Participant Support Group (pre-interview)</p>	<p>29 3:00-4:30pm Participant Support Group (pre-interview)</p>	<p>30 10:00-11:00am RESTORATIVE with YOGA NIDRA (Peg)</p>	

## 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 or email at [cscinfo@nvna.org](mailto:cscinfo@nvna.org). Thank you!

**Let's Talk ENERGY!** - Monday, June 5<sup>th</sup> – 1:30-3:00pm

**Safe Mobilization** - Thursday, June 22<sup>nd</sup> – 1:00-2:00pm

**Kid Support** - This program started in January 2017 and pre-registration is required.

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

#### **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 diagnosed with cancer while simultaneously gaining personal support.

#### **SURVIVORSHIP SUPPORT GROUP**

Survivorship Support Group meets on the 2<sup>nd</sup> Tuesday every month. This group is for people who have completed their cancer treatment and desire support moving forward. Please come network and share with fellow **survivors** who wish to be **thrivers!**

**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 with Yoga Nidra and Gentle Hatha Yoga)**

Healthy Lifestyle Groups are for individuals 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.**