



# 2017

120 Longwater Drive, Suite 104, Norwell, Massachusetts, 02061 – 781-610-1490 – cancersupportcommunityma.org

Mon	Tue	Wed	Thurs	Fri	Sat / Sun
<b>1</b> 9:30-11:30am <b>Breast Cancer Support Group</b> (pre-interview)	<b>2</b> 9:30-10:30am Newcomer's Orientation  10:00-11:00am <b>TAI CHI</b> (Peggy)	<b>3</b> 10:30am-12:30pm <b>Participant Support Group</b> (pre-interview)	<b>4</b> 3:00-4:30pm <b>Participant Support Group</b> (pre-interview)  6:00-8:00pm <b>Men's Support Group</b>	<b>5</b> 10:00-11:30am <b>Pinehills Support Group</b> (pre-interview)	<b>6/7</b> Sunday, May 7 <sup>th</sup> 8:00-10:30am <b>Champions Fighting Cancer Walk</b> (pre-register) 
<b>8</b> 9:30-11:30am <b>Breast Cancer Support Group</b> (pre-interview)  2:00-3:00pm <b>Origami Social: Spring Blooms</b> (pre-register)	<b>9</b> 10:00-11:00am <b>TAI CHI</b> (Peggy)  2:30-4:00pm <b>Survivorship Support Group</b>  6:00-7:30pm <b>Caregiver's Support Group</b>	<b>10</b> 9:00-9:45am <b>Qi GONG YOGA</b> (Amy)  10:30am-12:30pm <b>Participant Support Group</b> (pre-interview)  1:00-3:00pm <b>Nutrition Workshop</b> (pre-register)	<b>11</b> 3:00-4:30pm <b>Participant Support Group</b> (pre-interview)  6:00-7:30pm <b>Melanoma Support Group</b>	<b>12</b>	<b>13/14</b> Sunday May 14 <sup>th</sup> <b>MOTHER'S DAY</b> 
<b>15</b> 9:30-11:30am <b>Breast Cancer Support Group</b> (pre-interview)  2:00-3:30pm <b>Clinical Trials: What You Need To Know</b> (pre-register)	<b>16</b> 10:00-11:00am <b>TAI CHI</b> (Peggy)  3:00-4:00pm Newcomer's Orientation	<b>17</b> 10:30am-12:30pm <b>Participant Support Group</b> (pre-interview)	<b>18</b> 3:00-4:30pm <b>Participant Support Group</b> (pre-interview)  6:00-8:00pm <b>Men's Support Group</b>	<b>19</b> 10:00-11:30am <b>Pinehills Support Group</b> (pre-interview)	<b>20/21</b> Sunday May 21 <sup>st</sup> 3:00-5:00pm <b>Kid Support Group</b>  (pre-interview)
<b>22</b> 9:30-11:30am <b>Breast Cancer Support Group</b> (pre-interview)	<b>23</b> 10:00-11:00am <b>TAI CHI</b> (Peggy)  6:00-7:30pm <b>Caregiver's Support Group</b>	<b>24</b> 10:30am-12:30pm <b>Participant Support Group</b> (pre-interview)  2:00-3:30pm <b>Oncology Skin Care</b> (pre-register)	<b>25</b> 3:00-4:30pm <b>Participant Support Group</b> (pre-interview)	<b>26</b> 10:00-11:00am <b>YOGA NIDRA</b> (Peg)	<b>27/28</b>
<b>29</b> <b>MEMORIAL DAY</b> (CSC CLOSED) 	<b>30</b> 10:00-11:00am <b>TAI CHI</b> (Peggy)	<b>31</b> 10:30am-12:30pm <b>Participant Support Group</b> (pre-interview)			<b>CSC-MSS</b> remembers <b>all Veterans</b> with <b>gratitude!</b>

## 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!

**Champions Fighting Cancer Walk** - Sunday, May 7<sup>th</sup> - 8:00-10:30am

**Origami Social: Spring Blooms** - Monday, May 8<sup>th</sup> - 2:00-3:00pm

**Nutrition Workshop** - Wednesday, May 10<sup>th</sup> - 1:00-3:00pm

**Clinical Trials: What You Need To Know** - Monday, May 15<sup>th</sup> - 2:00-3:30pm

**Oncology Skin Care** - Wednesday, May 24<sup>th</sup> - 2:00-3:30pm

**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 on Wednesdays and Thursdays (in Norwell) and the 1<sup>st</sup> and 3<sup>rd</sup> Fridays 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 and Yoga Nidra)

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.**