



Cancer Support Group

2005 Schedule

January 30th – 4pm – 5pm – Thursday - **“Exercise and Nutrition”**

Exploring ways to stay fit and nourished through your journey.

Special Guest - Liz Hunt, Anytime Fitness

February 27th – 4pm – 5pm – Thursday – **Coping with Diagnosis**

Sharing emotional reactions and strategies for dealing with the initial shock and adjustment.

Special Guest – Mark Thompson, MD – Radiation Oncologist

March 27th – 4pm – 5pm – Thursday – **Emotional and Mental Health** – Addressing anxiety, depression, fear of recurrence, and ways to maintain mental well-being

Special Guest – Cathrine Kearns – LCSW – Nations Best Family Health

April 24th – 4pm – 5pm – Thursday - **Treatment Experiences**

Discussing various treatments (chemo, radiation, surgery), side effects, and tips for managing them.

Special Guest - Hasan Murshed, MD – Radiation Oncologist

May 22nd – 4pm – 5pm – Thursday **Communicating with Family and Friends** – Navigating difficult conversations and setting boundaries with loved ones.

June 26th 4pm – 5pm – Thursday **Body Image and Self-Esteem**

– Coping with physical changes (hair loss, weight changes, scars) and maintaining a positive self-image.

Special Guest -

July 24th 4pm – 5pm – Thursday - **Fatigue and Energy Management** – Discussing ways to manage cancer-related fatigue and prioritize activities.

August 28th 4pm – 5pm – Thursday **Integrative and Holistic Therapies** – Exploring complementary approaches like yoga, meditation, acupuncture, or art therapy.

September 25th 4pm – 5pm – Thursday - **Financial and Insurance Concerns** – Sharing experiences and resources for managing medical costs, insurance issues, and workplace rights.

October 23rd 4pm – 5pm – Thursday - ☒ **Survivorship and Life After Treatment** – Adjusting to life post-treatment, dealing with follow-up care, and finding a "new normal."

November 20th 4pm – 5pm – 3rd THURSDAY (not Thanksgiving) **Grief, Loss, and End-of-Life Concerns** – Providing a safe space to discuss fears around mortality, loss, and how to support others in the group who may be facing advanced stages.

December 18th 4pm – 5pm – 3rd THURSDAY (not Christmas) **Relationships and Intimacy** – Talking about how cancer affects romantic relationships, intimacy, and sexuality.