

THE CENTER FOR CANCER SUPPORT & EDUCATION

2012 Schedule

All groups require pre-registration before attending. Please call (781) 648 0312 or email centerforcancer@gmail.com) the office and the appropriate clinician or facilitator will be in touch with you. All groups meet at Armstrong ambulance unless noted.

Support Groups

Breast Cancer Support Group

Tuesdays 4:30 - 5:45 PM

Facilitator: Mary Lewis Sheehan, RN CNS-BC

Gain the vital support and connection for coping with the stress of breast cancer treatment. Contact us to join. No Fee. Meets weekly on Tuesdays.

Advanced Cancer Support Group

Fourth Monday from 4:00-5:00 PM

Facilitator: Deb DeMella, RN, RPP, RYS, Reiki Master

Become more comfortable with peace and acceptance and learn to create and attain a list of five wishes to fulfill your desires in your life. This group is designed for those with recurrent or metastatic cancer. Meets at Pro EMS. No Fee. Meets Jan. 23, Feb. 27, Mar 26, and April 23, 2012.

BRAINSTORMERS

Second Saturday of each month 10:00 AM -12:00 PM

Facilitator: Deb DeMella, RN, RPP, RYS, BT Survivor

For all brain cancer patients, survivors and caregivers. Meets at Cambridge Savings Bank, Conference Room, in Arlington Heights, 1300 Mass Ave., Arlington. No Fee. Next meeting April 14.

The following two support groups are free thanks to the funding of The Elizabeth and George L. Sanborn Foundation for the Treatment and Cure of Cancer, Inc.

General Cancer Support Group

Thursdays 5:45-7:00 PM - Twice Monthly

Facilitator: Tara Mann, PhD

Men and women of all ages and with all types of cancers are welcome to join at any time. The group has developed cohesiveness around management of fear and anxiety, developing hope. Meets Jan. 26, Feb. 9 & 23, Mar 8 & 22, April 5 & 19. No Fee.

Caregivers/Family Members Support Group and Program

Thursdays 6:00 -7:15 PM - Twice monthly - call for dates.

Facilitator: Edie Barrett, APRN, BC, PhDc

Call the Center at 781-648-0312 to receive support and services as a family member and/or cancer caregiver. No Fee.

Post Cancer Discussion Group

Tuesdays 6:00 – 7:30PM

Third Tuesday of Each Month

This is a new self-led discussion group for those people who are post cancer treatment who may be living with side/ after effects of cancer or its treatment. It will be a venue to discuss/research/learn/take action on the emotional and physical aspects that often accompany cancer survivorship and treatment. The group will meet on the third Tuesday of each month from 6:00 - 7:30 PM. No Fee. Meets Jan. 17, Feb. 21, Mar 20, and April 12, 2012.

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Wellness Activities

Monthly Meditation Workshop

Facilitator: Deb DeMella, RN, RPP, RYS, Reiki Master

"Find peace and calm in the moment" through exploring alternate pathways to cancer support. Sessions of guided meditation to remind your body of its ability to function. This group provides a non-verbal support system between you and your spiritual self." Meets at ProEMS, Smith Place, Cambridge on Jan. 23 and Feb. 27. Fee: Sliding Scale \$10-20 per class. Please call for additional dates.

Private Wellness Sessions

Wellness Programs can provide relief and support related to cancer, its care giving, and grief. A customized private wellness session is designed specifically to meet the needs of the client and incorporate any of our available therapies. Sessions are appropriate for anyone dealing with the pressures of chronic medical conditions, care giving or for people simply seeking higher levels of wellness and greater quality of life. Contact CCSE to schedule a private session.

Polarity Balancing Therapy/ Light Massage/ Acupressure/Reiki Private Therapy Sessions

Facilitator: Deb DeMella, RN, RPP, RYS, Reiki Master

Polarity therapy is a synthesis of ancient Eastern and integrative medicine health philosophies, centered on the concept of a human energy field. It utilizes touch, verbal interaction, exercise, nutrition and other methods. Fee: \$70/hr for cancer patients, caregivers and health care professionals. \$85/hr for general public. Six-session discount available.

Acupuncture

Facilitator: Kate Ruma, MAOM, Lic. AC – Board Certified Acupuncturist/Herbalist

Acupuncture has helped many in relieving nausea due to chemotherapy and radiation treatments, boosts immunity and increases energy levels. Fee: \$70 per session.

The Writers' Group for Cancer Survivors and Caregivers

Selected Saturdays, 10:00 AM – noon

Facilitator: Angelika Festa, M.A., Artist, Writer, Teacher & editor of the literary publication WRITING IT DOWN participants explore writing as an expression of their thoughts, feelings, and experiences of living with cancer. Emphasis is on the writing process rather than a final product. Fee: \$5 per session to support the Wellness Program. Meets Jan. 28, Feb. 11 & 25, Mar 10 & 24, April 14 & 28, and May 12.

Creative Arts for Cancer

Wednesdays 6:30-8:00 PM, second Wednesday of each month

Facilitator: Regina Fetterolf

A creative group for anyone who has been touched by cancer or is in any stage of treatment and would like to meet each month and be creative! Basic art supplies will be available but donations are welcome. A new project will be chosen for each session. Future meetings will be on the second Wednesday of every month. Topics will be announced at the previous meeting. Meets Jan. 11., Feb. 8, Mar 7, and April 11.

Professional Essay Writing for Caregivers and Family Members

Look for a new session summer 2012

A new class for those who have lost someone, or cared for someone, with cancer. Are you a motherless daughter? Or the spouse of someone who has suffered with cancer? We know there's a story you might want and need to tell about your loss, fears, or experiences, but haven't figured out a way to put form to your words. Bystanders and loved ones suffer too. While their stories and perspectives are different, they're just as valid, and just as valuable to hear. To give those folks voice, we have developed a personal essay-writing course that will teach how to express yourself in a concise, highly readable way. Taught by a professor of journalism at Northeastern. Writing experience not needed, but you will need to feel comfortable with being edited and rewriting your work. Fee \$5.00 to support the Wellness Program.