

February 2012

CSC-MSS provides professional programs of emotional support, education and hope for people living with cancer and their caregivers. Services are provided at no cost to participants through the generosity of individuals, corporations, small businesses & bequests.
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Mon	Tue	Wed	Thu	Fri
		1 10:30-12:30 Participant Support Group 5:30-6:30pm Newcomers Orientation	2 4:00-6:00 pm Participant Support Group	3 Available for intakes and phone inquiries
6 Available for intakes and phone inquiries	7 10-11am Tai Chi 6-8pm Men's Support Group	8 10:30-12:30 Participant Support Group	9 4:00-6:00 pm Participant Support Group 10:30-11:30am Newcomers Orientation	10 Available for intakes and phone inquiries
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20 Available for intakes and phone inquiries	21 10-11am Tai Chi 6-8pm Men's Support Group	22 10:30-12:30 Participant Support Group	23 4:00-6:00 pm Participant Support Group 10:30-11:30am Newcomers Orientation	24 Available for intakes and phone inquiries
27 Available for intakes and phone inquiries	28 10-11am Tai Chi 6-8pm Caregiver's Support Group	29 10:30-12:30 Participant Support Group 5:30-6:30pm Newcomers Orientation	<p>Save the Date! May 18-20th "Skills for Healing" Facilitated by Rob Rutledge, MD and Tim Walker, PhD co-authors of <i>The Healing Circle</i> Weekend retreat for people who have or have had a diagnosis of cancer, as well as an accompanying family member or friend. Learn about the medical system, benefits of nutrition, reducing stress, & principles of mindfulness. Exercises including meditation, cognitive therapy, & gentle yoga. Registration is limited call for information</p>	
<p>Save the Date! Saturday, March 10th 2:00-4:00pm "A New Way to Look at Nutrition and Weight Management for Cancer Survivors" A workshop presented by Stacy Kennedy, MPH, RD, CSO, LDN and Russ Kennedy, Psy.D., M.A. Registration is limited call for information</p>				

Newcomers Orientation People with cancer, family and friends may drop-in for this program to learn more about the **free** programs & services offered.

Participant Support Groups offer people living with cancer a safe place to connect, share, support and learn from and with one another. Open to people at any point in their cancer experience and facilitated by a licensed therapist. An introductory pre-screening with the group facilitator is required before joining.

Caregivers Support Group is a drop-in group facilitated by a licensed therapist. This group **now meets twice a month** (2nd and 4th Tuesday each month) and provides caregivers an opportunity to offer each other support through the sharing of common feelings & concerns relevant to their situation.

Men's Support Group is a drop-in group facilitated by a licensed therapist. This group **now meets twice a month** (1st and 3rd Tuesday each month) & provides men living with cancer an opportunity to offer each other support through sharing of common feelings & concerns relevant to their situation.

Tai Chi is an ancient Chinese practice incorporating mind, body & spirit. In this program you will learn stretching, balancing & meditation techniques. This is a drop-in group. All are welcome.

Prepare for Surgery/Chemo/Radiation is an individual workshop based on Peggy Huddleston's program "Prepare for Surgery, Heal Faster" which provides physical & emotional preparation for surgery, chemo and/or radiation. Sessions will be scheduled individually and are led by professionals trained under Ms Huddleston.

Please call to inquire about scheduling an intake, hypnosis sessions, or nutrition counseling.

