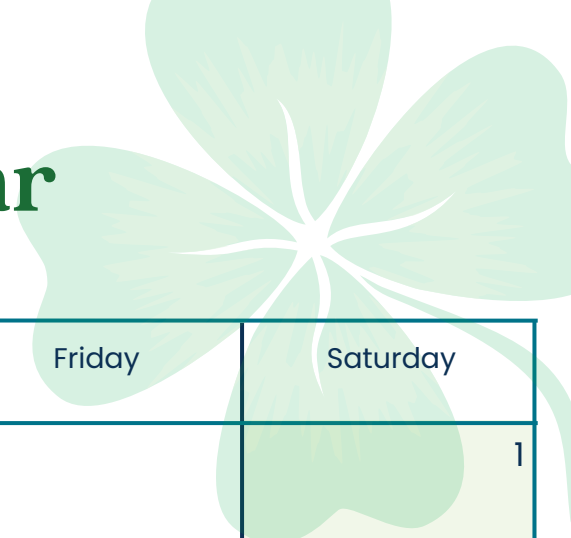




2025

March Program Calendar

● Connection Group ● Community Event



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Workshops and Groups are held at 113 Mills Ave, Greenville SC, 29605. Please call (864)-236-8830 or scan the QR code on the next page for any class requiring registration.</p>						1
2	3 Young to Middle Adult (YMA) Connection Group 12pm	4 Patient & Caregiver Connection Group 11:30am Upstate Therapy Dogs Visit 1:30pm	5 Workshop: Therapeutic and Medicinal Impacts of Gardening 10am Registration Required	6 Free Oncology PT Clinic 8am-12pm* Registration Required Breast Cancer Connection Group 11am Oral & Head & Neck Group (SPOHNC) 1:30pm	7	8
9	10	11	12 Community Acupuncture 1:30pm* Registration Required	13 Bereavement Connection Group 12pm Lymphedema Workshop 1pm Registration Required	14	15
16	17 Young to Middle Adult (YMA) Connection Group 12pm	18 Patient & Caregiver Connection Group 11:30am	19 Spiritual Direction 11:45 am* Registration Required	20 Free Oncology PT Clinic 8am-12pm Registration Required Breast Cancer Connection Group 11am	21 New Group: Art it Out 10am* Registration Required	22
23	24	25 Prayer Group 1:00 pm	26 Quigong 1:30 pm* Registration Required	27 Bereavement Connection Group 12pm Multiple Myeloma Awareness Event 10am-12pm	28	



Workshops and Classes

Qigong

Qigong combines slow movement, meditation, and breathing exercises. The practice is typically done while standing, but it can also be done in a seated position. Qigong translates into energy movement and teaches how to cultivate the energy in your body to increase overall health and vitality. These classes are about 45 minutes long. In partnership with: Dr. Dawn Garrison, L.Ac DAOM, Carolina Family Acupuncture, **Cost: \$10 per class**. Limited scholarships are available. **Registration Required: Scan QR Code!**



Community Acupuncture

This style of acupuncture is done in a community room with several patients being treated at once in chairs or on yoga mats. This style allows for more affordable acupuncture as the practitioner can treat multiple people at a time. It includes a short intake and pulse and tongue diagnosis to determine the treatment. Acupuncture can treat stress, anxiety, PTSD, Women's health issues, pain and much more. In partnership with: Dr. Dawn Garrison, L.Ac DAOM, Carolina Family Acupuncture, **Cost: Sliding scale fee between \$25 and \$40**. Limited scholarships available.

Registration Required: Scan QR Code!



Workshop: Therapeutic and Medicinal Impacts of Gardening

This presentation explores research findings that show how our interaction with nature through gardening impacts our health, sense of well-being and promotes healing. Fragrances produced by plants affect our brain, impacting emotions, our mood and even relieving physical symptoms. This presentation will highlight therapeutic and medicinal aspects related to gardening, plants, and plant aromas. Presented by Master Gardener Sue Bethel.

Registration Required: Scan QR Code!



Lymphedema Workshop with Limitless PT

Join us for an informative and hands-on Lymphedema Workshop at the Neighborhood Cancer Connection, designed for cancer patients, survivors, and caregivers. This session will provide education and practical strategies to help you understand and manage lymphedema effectively. This workshop is free of charge and is led by Dr. Katie Fincher who is a Certified Lymphedema Therapist and Oncology Physical Therapist.

Registration Required: Scan QR Code!



Multiple Myeloma Awareness Event

You are welcomed to join us for an event held at the Neighborhood Cancer Connection bringing awareness to Multiple Myeloma. Join us and learn about resources available if you or a family member is dealing with cancer, and hear messages of hope from Multiple Myeloma Thrivers. Blood Connection Bus will take donations from: 10:00am-1:00pm 10am to 12pm: Guest Speakers: Dr. Elizabeth Cull, Prisma Health Oncologist & Lauren Anderson, Social Worker

Free Oncology PT Clinic:

Limitless Pelvic Health and the Neighborhood Cancer Connection are teaming up to provide a free physical therapy clinic for cancer patients/survivors who qualify for financial aid. This clinic is here to help clients improve their health and quality of life by offering expert care and support in the form of physical therapy. We will be offering care that targets fluid retention, range of motion, and pelvic health. The clinic is located at 113 Mills Ave, Greenville, SC, and is open the first and third Thursday morning of each month from 8:00 AM to 12:00 PM. Together, we're working to make a positive difference for cancer patients/survivors in our community.

*Clients must determine eligibility before scheduling. **Please call ahead to schedule! (864) 236-8830**

Free Connection Groups

Young and Middle Adult (YMA) Connection Group: The YMA support group is for young to mid adults (18-50 years of age) navigating the complexities of cancer. We understand that a cancer diagnosis can be especially challenging when you're in the midst of raising children, working, or planning a future. Our group provides a compassionate space where you can share experiences, seek advice, and find understanding among peers who truly get it. Open to patients and survivors.

Cancer Patient/Caregivers Connection Group: Provides support to people who have been impacted by cancer of any kind. Participants share their feelings, experiences, and information with others who are on similar paths towards healing and wholeness.

Breast Cancer Connection Group: Provides emotional and practical support while helping people cope with the challenges and stress of a breast cancer diagnosis, treatment, and recovery. Open to both men and women, patients, and survivors.

Bereavement Connection Group: Open to anyone who may be experiencing any kind of grief (not limited to cancer). This group provides support and connection for those who have experienced loss.

Oral, Head & Neck Cancer Group: Support for Patients with Oral & Head & Neck Cancer (SPOHNC) is a patient-led, patient-centered organization dedicated to providing information, support and encouragement to newly diagnosed patients, survivors, family members and friends in a friendly and non-threatening forum. spohnc.org. Please contact local facilitators, Linda & Bill Clyne, at (864) 243-8671, or lsclayne@gmail.com.

Spiritual Direction: All Faiths Welcome

Are you looking for a place to listen and share, alongside others, about the joys and challenges of life? Being in Group Spiritual Direction provides a heart connection with others, an opportunity for spiritual friendship, and a nourishing time of silence and sharing that encourages a deepening relationship with God. This is an open group that meets monthly. In Partnership with: Rachel Donnelly, Spiritual Director and LPCA, **Cost: Sliding scale fee of \$15.** Limited scholarships available. **Registration Required: Scan QR Code!**



New Group: "Art it Out"

"Art it Out" is a group for everyone--no artistic ability required! The purpose of this group is to promote creativity, self-discovery, healing, and personal empowerment. This group will involve guided activities, open-ended exploration, and group sharing to deepen connections and enhance emotional well-being. Join us this month as guest artist and illustrator, David Bernardy, teaches the basics of drawing and how to see like an artist. **Space is limited, so reserve your spot today by scanning the QR code!**



Support Groups facilitated by Katie Bennett, LISW-CP and Chameka Duncan, LPC

If you need to attend a support group virtually, please contact us for the link.

Sign-up for workshops/classes requiring registration by calling [864-236-8830](tel:864-236-8830), scanning the QR code, or emailing katieb@nccgreenville.org

