



2025

April 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>		<p>1 ● Patient & Caregiver Connection Group 11:30am</p> <p>● Upstate Therapy Dogs Visit 1:30pm</p>	2	<p>3 ● Free Oncology PT Clinic 8am-12pm* Registration Required</p> <p>● Breast Cancer Connection Group 11am</p> <p>● Oral & Head & Neck Group (SPOHNC) 1:30pm</p>	4	5
6	<p>7 ● Young to Middle Adult (YMA) Connection Group 12pm</p> <p>● Community Acupuncture 1:30 pm* Registration Required</p>	8	9	<p>10 ● Bereavement Connection Group 12pm</p> <p>● Cancer Care Guide Today 12pm</p>	11	12
13	14	<p>15 ● Patient & Caregiver Connection Group 11:30am</p>	<p>16 ● Spiritual Direction 11:45 am* Registration Required</p>	<p>17 ● Free Oncology PT Clinic 8am-12pm* Registration Required</p> <p>● Breast Cancer Connection Group 11am</p>	<p>18 ● <u>New Group: Art it Out</u> 10am* Registration Required</p>	19
20	<p>21 ● Young to Middle Adult (YMA) Connection Group 12pm</p>	22	<p>23 ● Workshop: Pain Management Solutions 10:30 am</p>	<p>24 ● Bereavement Connection Group 12pm</p>	25	<p>26 ● Family Day at Cancer Survivors Park!! 10am-2pm</p>
27	28	29	30			

Workshops and Classes

Cancer Care Guide Today

John Leifer, a healthcare consultant, is here to guide you through your cancer care journey. He'll help you understand your treatment plan, answer your questions, and improve communication with your healthcare team. Reserve your 30-minute session with John for personalized guidance and support.

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. Grace Minella, Carolina Family Acupuncture, Cost: Sliding scale fee between \$25 and \$40. Limited scholarships available. **Space is limited so please reserve your spot today!**



Workshop: Pain Management Solutions with Dr. Josh Smith

Join Dr. Joshua Smith from Renew Pain Solutions for a workshop about ways to manage pain. Chronic pain affects both patients and their caregivers. Dr. Smith will explain different treatment options to help with pain relief.

Registration Required: Scan QR Code!



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**

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!**



Neighborhood Cancer Connection Family Day in the Park - See Flyer Attached to this Calendar!!!

Join the Neighborhood Cancer Connection at the Cancer Survivors Park (52 Cleveland St) on April 26th from 10am-2pm for a fun day in the park. We will have different activities set up for you and your family to enjoy such as: photo booth, caricature sketches, bracelet making, succulent pot painting, massage, and food! All of this will be free of charge and available to you and any family members you would like to bring along with you. **Please scan QR code to register so we have an idea of how many will be attending!**



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 lsclyne@gmail.com.

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. **Space is limited, so reserve your spot today by scanning the QR code!**



Support Groups facilitated by Katie Bennett, LISW-CP and Anna Galvin, LPC-A

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, scanning the QR code, or emailing katieb@nccgreenville.org

