

2025

May Program Calendar



Connection Group



Community Event

* = registration required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Workshops and Groups are held at 113 Mills Ave, Greenville SC, 29605.</p> <p>Click Here to Register!</p>				<p>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> <p>Pet Therapy 1:30pm-2:30pm</p>		
4	5 <p>Young to Middle Adult (YMA) Connection Group 12pm</p> <p>Community Acupuncture 1:30-2:30pm* Registration Required</p>	6 <p>Patient & Caregiver Connection Group 11:30am</p>	7	8 <p>Free Healthcare Advocate Advice 10am-12pm Registration Required</p> <p>Bereavement/ Grief Connection Group 12pm</p>	9	10
11	12 <p>Group: Faith for the Journey 12pm-1pm</p>	13	14 <p>Workshop: Introduction to Art Therapy 10:30am-12pm Registration Required!</p>	15 <p>Breast Cancer Connection Group 11am</p>	16 <p>New Group: Art it Out 10am* Registration Required</p>	17
18	19 <p>Young to Middle Adult (YMA) Connection Group 12pm</p>	20 <p>Patient & Caregiver Connection Group 11:30am</p>	21	22 <p>Bereavement Connection Group 12pm</p>	23	24
25	26	27	28	29 <p>Chair Yoga and Sound Healing 1:30pm-2:15pm Registration Required</p>	30	31

Workshops and Classes

Free Healthcare Advocate Advice

Struggling to get the care you need? Healthcare advocate John Leifer is here for you. He will help you understand your treatment plan and prepare you for talking with your doctors. Reserve your 30-minute session with John for guidance and support. **Registration Required!**

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**

Pet Therapy

Come play with our furry friends from Upstate Therapy Dogs. Whether you stay for 5 minutes or 30 minutes, these dogs are sure to put a smile on your face. This community event will take place at our building on Mills Avenue.

Introduction to Art Therapy

Curious about art therapy? Join us for this 90-minute workshop, led by Courtney Chandler, a certified art therapist. It's a creative space for anyone dealing with cancer—whether you're in treatment, survivorship, or caring for a loved one. You don't need any art experience—just come as you are. We'll explore simple, expressive art activities using a wax resist technique with crayons and watercolor. These activities can help you express your feelings, lower stress, and feel connection with others. Making art together in a group can bring comfort, support, and new insight as you move through your healing journey. **Registration Required!**

Chair Yoga and Sound Healing

Join a mindful journey of yoga and sound healing with Suli the Yogi. Designed for all experience levels, this chair yoga class will strengthen posture and relax the mind. If you wish to practice on a yoga mat you are more than welcome to bring yours to class. Classes will end with a healing crystal bowl session. **Registration Required!**

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, DAC, L.Ac.. **Cost:** Sliding scale fee between \$25 and \$40. Financial assistance available through NCC. Space is limited so please reserve your spot today! **Registration Required!**

Sign-up for workshops/classes requiring registration:

[Click Here to Register!](#)

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.

Faith for the Journey

This faith-based cancer connection group is provided in partnership with First Baptist Church of Greenville. This group is welcome to all! It provides connection to people who have been impacted by cancer of any kind. Whether you're newly diagnosed, in treatment, a survivor, or a caregiver, you don't have to face this path alone. Together, we lift each other up—spiritually, emotionally, and practically.

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.

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!**

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----->

[**Click Here to Register!**](#)