

2025



Neighborhood
Cancer
Connection

July Program Calendar



Connection Group



Community Event

* = registration required

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
All Workshops and Groups are held at 113 Mills Ave, Greenville SC, 29605. Click HERE to register!			1 Patient & Caregiver Connection Group 11:30am	2	3 Oral & Head & Neck Group (SPOHNC) 1:30pm Breast Cancer Connection Group 11am	4 CLOSED: 4th of July
5	6	7 Young to Middle Adult (YMA) Connection Group 12pm	8	9	10 Bereavement/ Grief Connection Group 12pm	11
12	13	14 Group: Faith for the Journey 12pm-1pm	15 Patient & Caregiver Connection Group 11:30am Pet Therapy 11:30AM-12:30PM	16 Lunch & Learn: How to Sleep Better 12:00PM-1:00PM *Registration Required	17 Breast Cancer Connection Group 11am	18 Art it Out Group 10am* Registration Required
19	20	21 Young to Middle Adult (YMA) Connection Group 12pm Community Acupuncture 1:30-2:30pm* Registration Required	22	23	24 Bereavement Connection Group 12pm Chair Yoga and Sound Healing 1:30pm-2:15pm* Registration Required	25
26	27	28	29	30	31	

2025

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August Program Calendar



Connection Group



Community Event

* = registration required

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>All Workshops and Groups are held at 113 Mills Ave, Greenville SC, 29605.</p> <p>Click HERE to register!</p>						1
2	3	<p>4</p> <p>Young to Middle Adult (YMA) Connection Group 12pm</p> <p>Community Acupuncture 1:30-2:30pm* Registration Required</p>	<p>5</p> <p>Patient & Caregiver Connection Group 11:30am</p>	6	<p>7</p> <p>Breast Cancer Connection Group 11am</p> <p>Oral & Head & Neck Group (SPOHNC) 1:30pm</p> <p>Ostomy Support Group 4-6pm</p>	8
9	10	<p>11</p> <p>Group: Faith for the Journey 12pm-1pm</p>	12	13	<p>14</p> <p>Bereavement Connection Group 12pm</p>	<p>15</p> <p>Art it Out Group 10am* Registration Required</p>
16	17	<p>18</p> <p>Young to Middle Adult (YMA) Connection Group 12pm</p>	<p>19</p> <p>Patient & Caregiver Connection Group 11:30am</p>	<p>20</p> <p>Lunch & Learn: Learning to Live with Cancer 12:00PM-1:00PM *Registration Required</p>	<p>21</p> <p>Breast Cancer Connection Group 11am</p>	22
23	24	25	26	27	<p>28</p> <p>Bereavement Connection Group 12pm</p> <p>Chair Yoga and Sound Healing 1:30pm-2:15pm* Registration Required</p>	29

Workshops and Classes

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!**

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.

Lunch & Learn: How to Sleep Better

Join us for a lunch and learn with sleep therapist, Rayni Collins, BC-DMT, LPCS, LCMHCS as she helps you address insomnia and sleep-related challenges. Lunch will be provided. **Registration Required!**

Lunch & Learn: Learning to Live with Cancer

More people are living with cancer today than ever. Whether you are in active treatment or have completed treatment, this workshop will address the unique issues faced by people living with cancer. Join us for a conversation with John Leifer, author of “After You Hear It’s Cancer: A Guide to Navigating the Difficult Journey Ahead.” John Leifer is an author, teacher, and healthcare consultant. After a long career in healthcare consulting, the experience provided him with invaluable insight and empathy from the patient’s perspective. Lunch will be provided. **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. Group co-led by volunteer Stephanie Walker.

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.

“Art it Out” Group

"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!**

Ostomy Support Group:

Join us for the Ostomy Support Group! This FREE group is sponsored by Prisma Health–Upstate and affiliated with United Ostomy Associations of America Inc. Facilitated by Beverly Head, BSN, RN, CWON.

RSVP requested but not required to attend: WoundOstomy@PrismaHealth.org or 864-455-7961

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.