

2025



Neighborhood
Cancer
Connection

June 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> | | <p>2 Young to Middle Adult (YMA) Connection Group 12pm Community Acupuncture 1:30-2:30pm* Registration Required</p> | <p>3 Patient & Caregiver Connection Group 11:30am</p> | <p>4</p> | <p>5 Breast Cancer Connection Group 11am Oral & Head & Neck Group (SPOHNC) 1:30pm Ostomy Support Group 4-6pm</p> | <p>6</p> |
| 7 | 8 | <p>9 Group: Faith for the Journey 12pm-1pm</p> | <p>10</p> | <p>11</p> | <p>12 Bereavement/ Grief Connection Group 12pm</p> | <p>13</p> |
| 14 | 15 | <p>16 Young to Middle Adult (YMA) Connection Group 12pm</p> | <p>17 Patient & Caregiver Connection Group 11:30am</p> | <p>18</p> | <p>19 Breast Cancer Connection Group 11am Chair Yoga and Sound Healing 1:30pm-2:15pm* Registration Required</p> | <p>20 Art it Out Group 10am* Registration Required</p> |
| 21 | 22 | <p>23</p> | <p>24</p> | <p>25</p> | <p>26 Bereavement Connection Group 12pm Workshop: Cooking for Wellness 12:30 - 1:30pm* Registration Required</p> | <p>27</p> |
| 28 | 29 | <p>30</p> | | | | |

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!**

Workshop: Cooking for Wellness: (Includes free produce box from FoodShare!)

Join us for "Cooking for Wellness" with FoodShare. Their farm manager and dietician will use one of their produce boxes from Mill Village Farms to demonstrate how to prepare a healthy recipe. Every person who registers will go home with a free food box!

Register by 6/17 at 12pm to receive the free food box!

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.

"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.