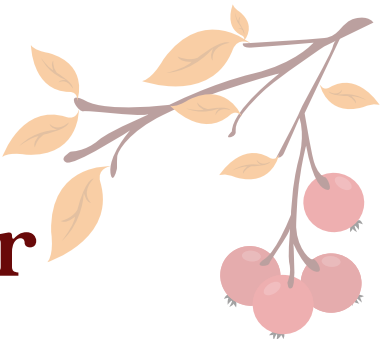




November Program Calendar

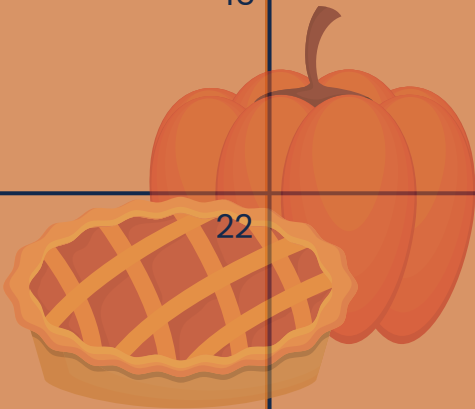


Connection Group



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!		Young to Middle Adult (YMA) Connection Group 12pm Community Acupuncture 1:30-2:30pm* Registration Required	Patient & Caregiver Connection Group 11:30am		Free Oncology PT Clinic 8am-1pm* Registration Required Breast Cancer Connection Group 11am Oral & Head & Neck Group (SPOHNC) 1:30pm	
Spanish-Speaking Cancer Connection Group (en Espanol) 9:30-10:30AM		Group: Faith for the Journey 12pm-1pm		Lunch & Learn: Finding the Right Cancer Treatment for You 12:00PM-1:00PM *Registration Required	Free Oncology PT Clinic 8am-12pm* Registration Required Bereavement Connection Group 12pm	
		Young to Middle Adult (YMA) Connection Group 12pm	Patient & Caregiver Connection Group 11:30am	Cooking with Confidence Series (Class 1 of 3) 11:00AM-1:00PM *Registration Required	Free Oncology PT Clinic 8am-1pm* Registration Required Breast Cancer Connection Group 11am Chair Yoga and Sound Healing 1:30pm-2:15pm* Registration Required	Art it Out Group 10am* Registration Required Pet Therapy 11am*
						CLOSED: Happy Thanksgiving!

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!**

Lunch & Learn: Finding the Right Cancer Treatment for You

Come enjoy lunch and hear from Kiyatec, a local company helping doctors choose the cancer treatments that may work best for each person. By testing a patient's own tumor cells in the lab, Kiyatec can give doctors helpful information before treatment begins. Learn how this new approach is bringing more personalized options and hope to cancer care. Lunch will be provided. **Registration Required!**

Cooking with Confidence Series:

Cooking Up Confidence is coming to Neighborhood Cancer Connection! In this fun and flavorful 3-part series, you'll team up with a registered dietitian and a certified chef to learn essential cooking skills and smart nutrition tips. In partnership with Foodshare, we'll help you create delicious, healthy meals the whole family will love. Come stir up something new with us! Presented by Gibbs Cancer Center Culinary Medicine Program. **Registration Required!**

Free Oncology Physical Therapy Clinic

Neighborhood Cancer Connection is hosting Limitless PT 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. Limitless PT will be offering care that targets fluid retention, range of motion, and pelvic health. Together, we're working to make a positive difference for cancer patients/survivors in our community. *Financial eligibility requirement. **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.

**Sign-up for workshops/classes requiring registration:
visit <https://linktr.ee/neighborhoodcancerconnection> or call (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.

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!**

Spanish-Speaking Cancer Connection Group (en Espanol):

Spanish-Speaking Cancer Connection Group/Grupo de Apoyo para Pacientes con Cancer que hablan Espanol

Un espacio seguro de apoyo para adultos hispano hablantes que viven con cancer. Facilitadora: Carolina Van De Voorde, LMSW. Unase para compartir experiencias, reducir el estres y encontrar fortaleza en comunidad. Costas: gratis

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.