

December 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>1 Young to Middle Adult (YMA) Connection Group 12pm Community Acupuncture 1:30-2:30pm* Registration Required</p>	<p>2 Patient & Caregiver Connection Group 11:30am</p>	<p>3 Cooking with Confidence Series (Class 2 of 3) 11:00AM-1:00PM *Registration Required</p>	<p>4 Free Oncology PT Clinic 8am-11am* Registration Required Breast Cancer Connection Group 11am Ostomy Support Group 4pm Oral & Head & Neck Group (SPOHNC) 1:30pm</p>	<p>5</p>
6	7	<p>8 Group: Faith for the Journey 12pm-1pm</p>	9	10	<p>11 Free Oncology PT Clinic 8am-11am* Registration Required Bereavement Connection Group 12pm Chair Yoga and Sound Healing 1:30pm- 2:15pm* Registration Required</p>	<p>12 NCC Holiday Party! 10:00am-12:00pm   </p>
<p>13 Spanish-Speaking Cancer Connection Group (en Espanol) 9:30-10:30AM</p>	14	<p>15 Young to Middle Adult (YMA) Connection Group 12pm</p>	<p>16 Patient & Caregiver Connection Group 11:30am</p>	<p>17 Cooking with Confidence Series (Class 3 of 3) 11:00AM-1:00PM *Registration Required</p>	<p>18 Free Oncology PT Clinic 8am-12pm* Registration Required Breast Cancer Connection Group 11am</p>	<p>19 Art it Out Group 10am* Registration Required</p>
20	21	22	23	24	25	26
<p>CLOSED: HAPPY HOLIDAYS!</p>						
27	28	29	30	31	1	
					<p>CLOSED: Happy New Year!</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!**

NCC Holiday Party:

Join us for a festive holiday celebration with food, music, and good company! Enjoy seasonal treats, crafts, and a warm atmosphere filled with joy and connection. All clients and their families are welcome. Pick up your holiday gift bag while you are here!

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!**

**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 Apoyopara 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 elestres y encontrara fortaleza en comunidad. Costas: gratis

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

If you need to attend a support group virtually, please contact us for the link.