



2026

January 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 CLOSED: Happy New Year! | 2 |
| 3 | 4 | 5 Community Acupuncture 1:30-2:30pm* Registration Required | 6 Patient & Caregiver Connection Group 11:30am | 7 | 8 Free Oncology PT Clinic 8am-12pm* Registration Required Bereavement Connection Group 12pm | 9 |
| 10 | 11 | 12 Group: Faith for the Journey 12pm-1pm | 13 | 14 Chair Yoga and Sound Healing 10am* Registration Required | 15 Cooking for Wellness 12-1PM* Registration Required Breast Cancer Connection Group 11am | 16 Art it Out Group 10am* Registration Required |
| 17 | 18 | 19 CLOSED: MLK Day | 20 Patient & Caregiver Connection Group 11:30am | 21 Post-treatment Class Interest Meeting 12:00PM-1:00PM *Registration Required | 22 Free Oncology PT Clinic 8am-11am* Registration Required Chair Yoga and Sound Healing 1:30pm- 2:15pm* Registration Required Bereavement Connection Group 12pm | 23 |
| 25 | | 26 | 27 | 28 | 29 | 30 |





2026

February 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</p> <p>Community Acupuncture 1:30-2:30pm* Registration Required</p> | <p>3</p> <p>Patient & Caregiver Connection Group 11:30am</p> | <p>4</p> | <p>5</p> <p>Free Oncology PT Clinic 8am-11am* Registration Required</p> <p>Breast Cancer Connection Group 12pm</p> <p>Ostomy Support Group 4:00PM-6:00PM</p> | <p>6</p> |
| <p>7</p> <p>Galentine's Event! 1:30-4:30PM Registration Required!</p> | <p>8</p> | <p>9</p> <p>Group: Faith for the Journey 12pm-1pm</p> | <p>10</p> <p>Lunch and Learn: Financial Care Forum 12:00-1:00PM Registration Required!</p> | <p>11</p> <p>Chair Yoga and Sound Healing 10am* Registration Required</p> | <p>12</p> <p>Bereavement Connection Group 12pm</p> | <p>13</p> |
| <p>14</p> <p>Art it Out Group 10am* Registration Required</p> | <p>15</p> | <p>16</p> | <p>17</p> <p>Patient & Caregiver Connection Group 11:30am</p> | <p>18</p> | <p>19</p> <p>Free Oncology PT Clinic 8am-11am* Registration Required</p> <p>Breast Cancer Connection Group 11am</p> | <p>20</p> <p>Art it Out Group 10am* Registration Required</p> |
| <p>21</p> | <p>22</p> | <p>23</p> | <p>24</p> | <p>25</p> | <p>26</p> <p>Bereavement Connection Group 12pm</p> <p>Chair Yoga and Sound Healing 1:30pm-2:15pm* Registration Required</p> | <p>27</p> |
| <p>28</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!**

Cooking for Wellness:

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 01/06 at 12pm to receive the free food box using the link below: https://docs.google.com/forms/d/e/1FAIpQLScPgMFMskBJW2ySbQezkJcOq_2t0yCVgFSkMjWiFMi8VZZm8g/viewform?usp=header

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!**

Post-treatment Class Interest Meeting

We know that moving into life after treatment presents its own challenges, so NCC would like to offer a series of classes to help with this transition. Please register to attend this informational meeting where we can discuss the types of topics you would like a class like this to address. You are welcome to attend in-person or virtually. The Zoom link will be in the registration form. **Registration Required!**

Galentine's Event!

Join us for a fun Galentine's event created especially for women navigating cancer, where beauty, confidence, and community take center stage. This is a day to pamper yourself, connect with others who truly understand the journey, and rediscover the joy of feeling radiant—inside and out. The team of professionals from Glitter and Glory will teach make-up tricks, skin care, and wig styling. Please bring your own make-up with you to practice. **Registration Required!**

Lunch and Learn: Financial Care Forum

Navigating cancer is challenging enough—managing the financial side shouldn't be. Join us for a compassionate and informative Financial Care Forum designed specifically for individuals facing cancer and their caregivers. This event brings together finance professionals, legal experts, and social workers to help you understand your options and regain a sense of control. **Registration Required!**

**Sign-up for workshops/classes requiring registration:
visit <https://linktr.ee/neighborhoodcancerconnection> or call (864)-236-8830.**

Free Connection Groups

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.

"Art it Out" Group

"Art it Out" is a group for everyone—no art experience needed! In this group, you'll use art to express yourself and feel better. We'll do fun activities together, try out different kinds of art, and talk as a group to support each other and build connections. Guest art therapist, Courtney Chandler, leads the Saturday group. Space is limited, so reserve your spot today! **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
If you need to attend a support group virtually, please contact us for the link.