



2026

# April 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><a href="#">Click HERE to register!</a></p>					<p>1 Free Oncology PT Clinic 8am-11am* Registration Required</p> <p>2 Breast Cancer Connection Group 11am</p> <p>Ostomy Support Group 4:00PM-6:00PM</p>	3
4	5	6	7	8	9	10
		<p>Community Acupuncture 1:30-2:30pm* Registration Required</p>	<p>Patient &amp; Caregiver Connection Group 11:30am</p>	<p>Lunch &amp; Learn: Life After Treatment: Building Your Next Chapter 12-1:00PM Registration Required</p>	<p>Bereavement Connection Group 12pm</p>	
11	12	13	14	15	16	17
					<p>Free Oncology PT Clinic 8am-11am* Registration Required</p> <p>Breast Cancer Connection Group 11am</p>	<p>Art it Out Group 10am* Registration Required</p>
18	19	20	21	22	23	24
			<p>Patient &amp; Caregiver Connection Group 11:30am</p>		<p>Free Oncology PT Clinic 8am-11am* Registration Required</p> <p>Bereavement Connection Group 12pm</p>	
25	26	27	28	29	30	
			<p>Chair Yoga 3:30pm-4:15pm Registration Required</p>			



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2	3	4	Patient & Caregiver Connection Group <b>11:30am</b>	6	Free Oncology PT Clinic <b>8am-11am*</b> <b>Registration Required</b> Breast Cancer Connection Group <b>11am</b> Ostomy Support Group <b>4:00PM-6:00PM</b>	8
9	10	Community Acupuncture <b>1:30-2:30pm*</b> <b>Registration Required</b>	12	Lunch & Learn: Making Daily Life Easier - Tips for Energy, Ease, and Independence <b>12-1:00PM</b> <b>Registration Required</b>	14	Bereavement Connection Group <b>12pm</b> Art it Out Group <b>10am*</b> <b>Registration Required</b>
	17	18	Patient & Caregiver Connection Group <b>11:30am</b>	FoodShare Cooking Class and Demonstration <b>12-1:30PM</b> <b>Registration Required</b>	Free Oncology PT Clinic <b>8am-11am*</b> <b>Registration Required</b> Breast Cancer Connection Group <b>11am</b>	22
23	24	25	Chair Yoga <b>3:30pm-4:15pm</b> <b>Registration Required</b>	27	Free Oncology PT Clinic <b>8am-11am*</b> <b>Registration Required</b> Bereavement Connection Group <b>12pm</b>	29

# Free Connection Groups

**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.

**Ostomy Support Group:**

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

RSVP requested but not required to attend: [WoundOstomy@PrismaHealth.org](mailto:WoundOstomy@PrismaHealth.org) or 864-455-7961

**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 April group. Space is limited, so reserve your spot today! **Space is limited, so reserve your spot today!**

**Support Groups facilitated by Katie Bennett, LISW-CP**  
**If you need to attend a support group virtually, please contact us for the link.**

# Workshops and Classes

## **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!**

## **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!**

## **Chair Yoga**

Join a mindful journey of yoga with instructor Hanna Allen. 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. **Registration Required!**

## **Lunch & Learn: Life After Treatment: Building Your Next Chapter**

People often need the most support at two key points in the cancer journey: at diagnosis and after treatment ends. This workshop will briefly acknowledge the emotional impact of diagnosis while focusing on the transition into survivorship. Together, we'll explore what survivorship means, how it can affect your sense of identity, and how to build a healthcare team that supports your needs moving forward. Join us for a conversation with John Leifer, author of After You Hear It's Cancer: A Guide to Navigating the Difficult Journey Ahead. Everyone who registers and attends will receive a free copy of his book. Space is limited—reserve your spot today. **Registration Required!**

## **Lunch & Learn: Making Daily Life Easier--Tips for Energy, Ease, and Independence**

Living with cancer can make everyday tasks feel harder—for people in treatment and caregivers. In this workshop, occupational therapist, Alysse Edwards, will share simple, practical tips to help make your day easier. You will learn ways to save energy, feel more comfortable, and make daily activities easier to manage. We will talk about helpful tools, easy routines, and small changes that can make a big difference. Whether you are caring for yourself or supporting a loved one, you will leave with ideas you can start using right away to feel more confident and independent. **Registration Required!**

## **FoodShare Cooking Class and Demonstration**

Join us for "Cooking for Wellness" with FoodShare. Their farm manager and chef 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! **Registration Required!**

## **Spring Garden Party at NCC!**

Celebrate the spring season with a garden tea party including balloon sculpting, crafts, character meet & greets, refreshments, raffle prizes, and more! Bring your family or friends--everyone is welcome!

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