



2026

# March 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.  <a href="#">Click HERE to register!</a>		2	3	4	5	6
		Community Acupuncture <b>1:30-2:30pm*</b> <b>Registration Required</b>	Patient & Caregiver Connection Group <b>11:30am</b>  Mindfulness Class Series <b>5:00-6:30PM*</b> <b>Registration Required</b>	Free Oncology PT Clinic <b>8am-11am*</b> <b>Registration            Required</b>	Breast Cancer Connection Group <b>11am</b>	Ostomy Support Group <b>4:00PM-            6:00PM</b>
7	8	9	10	11	12	13
		Group: Faith for the Journey <b>12pm-1pm</b>	Mindfulness Class Series <b>5:00-6:30PM*</b> <b>Registration Required</b>		Bereavement Connection Group <b>12pm</b>	
14	15	16	17	18	19	20
			Patient & Caregiver Connection Group <b>11:30am</b>		Free Oncology PT Clinic <b>8am-11am*</b> <b>Registration Required</b>	Art it Out Group <b>10am*</b> <b>Registration Required</b>
					Breast Cancer Connection Group <b>11am</b>	
21	22	23	24	25	26	27
			Lunch & Learn: Colorectal Cancer Prevention & Screening <b>12-1:30PM</b> <b>Registration Required</b>		Free Oncology PT Clinic <b>8am-11am* Registration            Required</b>	
			Mindfulness Class Series <b>5:00-6:30PM*</b> <b>Registration            Required</b>	Chair Yoga <b>3:30pm-4:15pm</b> <b>Registration            Required</b>	Bereavement Connection Group <b>12pm</b>	
28	29	30	31			
			Mindfulness Class Series <b>5:00-6:30PM*</b> <b>Registration Required</b>			



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 12-1:30PM 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>			

# 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!**

## **Mindfulness Class**

This is a 4-week course that invites participants to actively take part in learning mindfulness meditation and gentle movement practices. The class offers practical tools to help manage the everyday stresses and challenges of life, build awareness of the present moment, and develop healthier ways of responding to stress. The focus is on learning skills to support greater balance, resilience, and well-being. This class is taught by Dr. Meghan Slining, Ph.D., M.P.H. **Registration Required!**

## **Lunch & Learn: Colorectal Cancer Prevention & Screening with Dr. Cedrek McFadden**

Join Dr. Cedrek McFadden for an informative workshop on Colorectal Cancer prevention and screening, highlighting what truly makes a difference and why early detection remains so important. He will share updates on colorectal cancer research and screening, along with a clear, practical overview of today's treatment options and how care has changed over time. The goal is to offer honest, easy-to-understand information with helpful takeaways participants can use to help them feel more confident advocating for their health. **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!**

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

# 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 Beverly Head, BSN, RN, CWON.

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

**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. Participants share their feelings, experiences, and information with others who are on similar paths towards healing and wholeness.

**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, Angela Modzelewski, leads the group in March, and 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.**