



2026

July Program Calendar



● Connection Group
 ● Community Event
 * = registration required

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2 Free Oncology PT Clinic 8am-11am* Registration Required Breast Cancer Connection Group 11am Ostomy Support Group 4:00PM-6:00PM	3	4 All Workshops and Groups are held at 113 Mills Ave, Greenville SC, 29605. Click HERE to register!	
6 Closed for 4 th of July	7 Patient & Caregiver Connection Group 11:30am Mind Over Matter Class Series 5:00pm - 6:30 pm	8	9 Bereavement Connection Group 12pm	10	11 	12
13 Community Accupuncture 1:30pm	14 Mind Over Matter Class Series 5:00pm - 6:30 pm	15	16 Free Oncology PT Clinic 8am-11am* Registration Required Breast Cancer Connection Group 11am	17 Creative Cafe 10am* Registration Required	18 	19
20 Patient & Caregiver Connection Group 11:30am Mind Over Matter Class Series 5:00pm - 6:30 pm	21 Mind Over Matter Class Series 5:00pm - 6:30 pm	22	23 Free Oncology PT Clinic 8am-11am* Registration Required Bereavement Connection Group 12pm	24	25	26
27 Mind Over Matter Class Series 5:00pm - 6:30pm Chair Yoga 3:30pm-4:15pm Registration Required	28	29	30	31	1	2



2026

August Program Calendar



● Connection Group
 ● Community Event
 * = registration required

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 Community Accupuncture 1:30pm	4 Patient & Caregiver Connection Group 11:30am Grupo: Refugio de Fe y amor Mind Over Matter Class Series 1:30pm-5:00pm - 6:30 pm	5	6 Free Oncology PT Clinic 8am-11am* Registration Required Breast Cancer Connection Group 11am Ostomy Support Group 4:00PM-6:00PM	7	8-9 All Workshops and Groups are held at 113 Mills Ave, Greenville SC, 29605. <div style="background-color: #4CAF50; color: white; padding: 5px; text-align: center; border-radius: 10px;"> Click HERE to register! </div>	
10	11 Mindfulness Series 5:00pm-6:30pm	12	13 Bereavement Connection Group 12pm	14	15	16 
17	18 Patient & Caregiver Connection Group 11:30am Mindfulness Series 5:00pm-6:30pm	19	20 Free Oncology PT Clinic 8am-11am* Registration Required Breast Cancer Connection Group 11am	21 Creative Cafe 10am* Registration Required	22	23
24	25 Chair Yoga 3:30pm-4:15pm Registration Required Mindfulness Series 5:00pm-6:30pm	26	27 Free Oncology PT Clinic 8am-11am* Registration Required Bereavement Connection Group 12pm	28	29 	30
31						

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 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.

Creative Cafe

Enjoy coffee and a treat while creating! This group is for anyone who would like a supportive space to explore simple, guided art activities. No art experience needed! Guest art therapist, Courtney Chandler, will lead this group. **Space is limited, so reserve your spot today!**

Grupo: Refugio de Fe y amor

"Reuniones para sobrevivientes de cáncer:

Te invitamos a compartir un momento de integración social y apoyo espiritual con otras personas que también han sido diagnosticadas con cáncer.

**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!**

Mind Over Matter Class Series:

This 5-week course helps cancer patients, survivors, and caregivers navigate the emotional and mental challenges of a diagnosis and recovery. Participants learn practical strategies, stress-reduction techniques, and mindfulness practices. This supportive environment fosters resilience, reduces anxiety, and builds a shared community for everyone impacted by the cancer journey. **Registration Required!**

Mindfulness Class Series

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. Meghan is an Associate Professor of Health Sciences at Furman with expertise in Public Health, Nutrition and Epidemiology. She completed her Mindfulness Based Stress Reduction teacher training with The Mindfulness Center at Brown University and The Center for Mindfulness at University of Massachusetts Medical Center. **Registration Required!**

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