



2026

August Program Calendar



Connection Group



Community Event

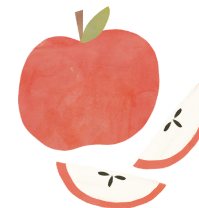
* = registration required

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 Community Accupuncture 1:30pm Registration Required	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 3:30pm	5	6 Free Oncology PT Clinic 8am-11am* Registration Required Breast Cancer Connection Group 11am Ostomy Support Group 4:00PM-6:00PM	7	8 All Workshops and Groups are held at 113 Mills Ave, Greenville SC, 29605. Click HERE to register! 9	
10	11 Creative Cafe 10am Registration Required Mindfulness Series 5:00pm-6:30pm Registration Required	12	13 Free Oncology PT Clinic 8am-11am* Registration Required Open Doors Tour 10am Bereavement Connection Group 12pm	14 Open Doors Tour 10am	15	16 
17	18 Patient & Caregiver Connection Group 11:30am Mindfulness Series 5:00pm-6:30pm Registration Required	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 Registration Required	26	27 Free Oncology PT Clinic 8am-11am* Registration Required Bereavement Connection Group 12pm	28	29 	30
31 Community Accupuncture 1:30pm Registration Required						



2026

September Program Calendar



Connection Group



Community Event

* = registration required

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Patient & Caregiver Connection Group 1 11:30am Grupo: Refugio de Fe y amor 1:30pm-3:30pm Mindfulness Series 5:00pm-6:30pm	Lunch & Learn: Patient Advocate Forum 2 12:00-1:30pm	Free Oncology PT Clinic 8am-11am* 3 Registration Required Breast Cancer Connection Group 11am Ostomy Support Group 4:00PM-6:00PM	4	5 All Workshops and Groups are held at 113 Mills Ave, Greenville SC, 29605. Click HERE to register!	
7 CLOSED Labor Day	8	9	Free Oncology PT Clinic 8am-11am* 10 Registration Required Open Doors Tour 10am Bereavement Connection Group 12pm	11	12	13
14	15	16	Free Oncology PT Clinic 8am-11am* 17 Registration Required Breast Cancer Connection Group 11am Art Gallery Opening & Reception 5:30-7:30pm	18	19	20
21	22	23	Free Oncology PT Clinic 8am-11am* 24 Registration Required Creative Cafe 10am Registration Required Bereavement Connection Group 12pm	25	26	27
28	29	30				

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. **Embassy Suites will be providing refreshments for this group!**

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! **We will have two creative cafe's this August!** August 11th class will be making “Lights of Hope” with art therapist Tricia Smith. August 21st will be an expressive arts activity led by HeARTs for Hope. **Space is limited, so reserve your spot today!**

Registration Required!

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!**

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!**

Open Doors Tour

Come see NCC in action! Join us for a tour of our building, learn about our services, and meet our wonderful community and staff.

Lunch & Learn: Patient Advocate Forum

Join us for a panel discussion on how to advocate for yourself or your loved one throughout the cancer journey. Our panel will provide information about choosing the right healthcare team for you, making care choices, and financial/insurance literacy.

Register for your spot today and include any questions in the registration form that you would like addressed.

Art Gallery & Reception

Come join us for a reception and art viewing! NCC onsite Art Gallery is a vibrant celebration of resilience, creativity, and hope for cancer patients, caregivers, and the entire Greenville community. Our gallery provides comfort, reflection, and inspiration for all who face the cancer journey. **Please RSVP!**

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