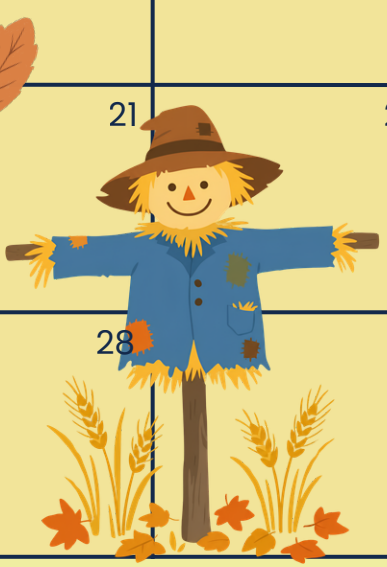
Neighborhood Cancer Connection

2026

November Program Calendar

Connection Group Community Workshop * = registration required

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Community Accupuncture **1:30pm Registration Required**	3 Patient & Caregiver Connection Group **11:30am**; Grupo: Refugio de Fe y amor **1:30pm-3:30pm**; Mind Over Matter Class Series **5:00pm - 6:30 pm Registration Required**	4	5 Free Oncology PT Clinic **8am-11am* Registration Required**; Breast Cancer Connection Group **11:30am**; Ostomy Support Group **4:00PM-6:00PM**	6 Creative Cafe **10am Registration Required**	7 **Run4Life 9:00am**	8
9	10 Mind Over Matter Class Series **5:00pm - 6:30 pm Registration Required**	11	12 Free Oncology PT Clinic **8am-11am* Registration Required**; Open Doors Tour **3pm**; Bereavement Connection Group **12pm**	13 Open Doors Tour **10am**	14	15
16 Mind Over Matter Class Series **5:00pm - 6:30 pm Registration Required**	17 Patient & Caregiver Connection Group **11:30am**; Financial Matters Workshop **12:30pm-1:30pm Registration Required**	18	19 Free Oncology PT Clinic **8am-11am* Registration Required**; Managing Cancer Effects & Recurrence **5:00pm - 6:30pm Registration Required!**; Breast Cancer Connection Group **11:30am**	20 Creative Cafe **10am Registration Required**	21	22
23 Mind Over Matter Class Series **5:00pm - 6:30 pm Reigstration Required**	24 Chair Yoga **3:30pm-4:15pm Registration Required**; Cooking Up Confidence Holiday Series @ Gibbs **11:00am-1:00pm Registration Required**	25	26 **Closed for Thanksgiving!**	27	28	29
30					All Workshops and Groups are held at 113 Mills Ave, Greenville SC, 29605. **Click HERE to register!**	



Neighborhood Cancer Connection

2026

December Program Calendar



Connection Group Community Workshop * = registration required

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

Free Connection Groups

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

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! **Space is limited, so reserve your spot today! Registration Required!**

Grupo: Refugio de Fe y amor
"Reuniones parasobrevivientes de cáncer:
Te invitamos a compartir un momento de integración social y apoyo espiritualcon otras personas que también han sido diagnosticadas con cáncer.

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!**

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!**

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!**

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!**

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. **Call to register (864)-236-8977.**

Cooking Up Confidence Holiday Series @ Gibbs
In this fun and flavorful 3-part series, you'll team up with a registered dietitian and a certified chef to learn essential cooking skills and smart nutrition tips. We'll help you create delicious, healthy meals this holiday season. Come stir up something new with us @ Gibbs culinary kitchen. **Presented by Gibbs Cancer Center Culinary Medicine Program.** Location: Gibbs Cancer Center - Pelham 2759 SC-14 Greer, SC 29650. **Registration Required!**

Run4Life: 5K Run/Walk and 1-Mile Fun Run
Join us for the annual Run4Life! You can create your own team or join the NCC team. If you want to join the NCC Team, you can select our team on the registration form. **Registration Required!**

Managing Cancer Effects & Recurrence
Join us for an evening workshop that will provide information about managing effects of cancer treatment (physical and emotional toll), long term toxicity of treatment, and how to monitor for cancer recurrence. Presented by **Dr. David Neskey and Dr Paul Davis**- Oncology surgeons, **Dr. Ricardo Padilla**- Oral Pathologist and Dentist, **Dana Hodges**-Speech Language Pathologist, **Meagan Duggan** - Registered Dietician. **Refreshments and Gift bags will be provided. Registration Required!**

Financial Matters Workshop
A cancer diagnosis can bring up many financial concerns and challenges. This one-hour session is a place to learn about practical resources that may help to address your medical and/or non-medical financial concerns. Topics include health system financial assistance programs, co-payment assistance foundations, medication assistance programs, an overview of types of insurance options, Social Security, Disability, cancer-specific grant programs, and other local resources. **Facilitated oncology social worker,Tanya B. Carter, LMSW, CHC. Registration Required!**

NCC Holiday Party
Come celebrate the holiday season with crafts, sweet treats, and your NCC family! **RSVP Required!**