**Upcoming Programs**

- **Forge Gardening Event:** May 6
- **Living with Cancer:** May 15
- **Metavivors:** May 20

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Bosom Buddies Breast Cancer Support Group
A monthly support group for women who have experienced breast cancer with the opportunity to meet other women at different stages of recovery and survivorship. The group meets on the third Tuesday of every month from noon until 1:30 p.m. A light lunch is provided. To register, call 516-8500 or e-mail to Rhonda Reese, mailto:rhonda.reese@stvhs.com.

New Light Support Group (Breast Cancer)
When: TBD
Where: TBD
Contact: Kimberly Robinson (205) 975-7912 or email krobinson@uabmc.edu

Young Breast Cancer Survivors Support Group
Next Meeting: TBD
When: TBD
Where: TBD
For more information on registration, visit: http://www.surviveal.org/

New Beginnings (Breast Cancer)
Join us for a talk on coping with cognitive effects of cancer and cancer treatments with Kristen Triebel.
When: Thursday, May 18 from 11 – 1:00 pm
Where: 4th Floor Conference Room, The Kirlin Clinic
Contact: (205) 801-7907 or newbeginningssupportgroup@uabmc.edu

Forge Share in Blount County
Breast cancer support for patients, survivors and caregivers living in Blount County, AL
When: 2nd Thursday of the month at 6pm
Where: Warrior, AL.
Contact: Megan Sisk 205-838-6158 or megan.sisk@stvhs.com

CanSurvive (Gyn Cancers) Offered 2 times and at different locations
Support group for ovarian, cervical, endometrial, uterine and other gynecological cancers.
When: 3rd Friday of the month, 12 p.m. (Lunch provided)
Where: American Cancer Society, 1100 Ireland Way, Suite 201, Birmingham, Alabama
When: 3rd Sunday of the month, Time: 2 p.m. to 4 p.m. (Refreshments provided)
Where: Homewood Public Library, Room 101, 1721 Oxmoor Road
Homewood, Alabama
Contact: (205) 934-7509, Cansurvivebham@gmail.com
Head and Neck Cancers

St. Vincent’s Head & Neck Support: Open to patients, survivors and caregivers.
When: 3rd Tuesday Each Month, 12:00 – 1:30 pm
Where: St. Vincent’s Birmingham: Bruno Cancer Center
Contact: Louis Josof (205) 939-7884

UAB Head and Neck Cancer Support Group for patients, survivors and caregivers.
Join Elizabeth Barnes and Lirong Sun from Rehabilitation Services to talk about coping with lymphedema and learn about exercises and methods that can relieve the discomfort.
When: Thursday, July 20, 2017 at 4:00 pm
Thursday, October 19, 2017 at 4:00 pm
Where: UAB Comprehensive Cancer Center, WTI 101 (Training Room)
1824 6th Avenue South, Birmingham
Contact: Lisa Clemons (205) 934-9714 or lkclemons@uabmc.edu

Online Head and Neck Support
Visit: http://www.spohncc.org/

All Cancers

Bereavement: Support for those who have lost a loved one
When: 1st Monday of Each Month, 10:00 – 11:30 am
Where: St. Vincent’s Birmingham: Bruno Cancer Center
Contact: Louis Josof (205) 939-7884

Bone Marrow Transplant Support (BMT)
Dates/Times/Topics to be announced. For more information, contact Nel Williams at (205) 996-9449.

Camp Bluebird
This retreat offers a unique experience for adult cancer patients by promoting a sense of well-being among campers, teaching them how to live with cancer and cancer treatments, and providing them with a time for listening and learning, sharing and caring, and rest and relaxation. The three-day, two-night camp is held twice each year and is free-of-charge to the camper. Call 205- 930-2217 or e-mail to Katherine.puckett@gmail.com for more information.

Caregivers Support Group
Get caregiving tips, advice, and support with Caring.com's online support groups. Connect with those who understand what you're going through. Share, vent, laugh, and feel less alone. Open for all cancer diagnoses.
When: 2nd Wednesday Each Month, 12:00 – 1:30 pm
Where: St. Vincent’s Birmingham: Bruno Cancer Center
Contact: Louis Josof (205) 939-7884

Support Group for All Cancers
This group is open to patients, survivors and caregivers.
When: 1st Tuesday Each Month, 12:00 – 1:30 pm
Where: St. Vincent’s Birmingham: Bruno Conference Center
Contact: Louis Josof (205) 939-7884
Leukemia / Lymphoma Support Group
This support group is open to patients, survivors and caregivers.
  When: 1st Wednesday Each Month, 12:00 – 1:30 pm
  Where: St. Vincent’s Birmingham: Bruno Cancer Center
  Contact: Louis Josof (205) 939-7884

Prostate Cancer Support Group
This support group is open to patients, survivors and caregivers.
  When: 2nd Tuesday of the Month, 12:00 – 1:30 pm
  Where: St. Vincent’s Birmingham: Bruno Cancer Center
  Contact: Louis Josof (205) 939-7884

Restorative Yoga: offered 2 days a week!
Gentle, restorative yoga for cancer survivors. Class space is limited. Registration and permission from your physician to participate are required.
  When: Wednesdays 12:15-1:30 p.m. and Thursdays 5:45-7 p.m.
  Where: Embody Practice Center
  Contact: Diane Wood, dianewood@uabmc.edu (205) 934.4462
  Cost: $50 for 10-week session (scholarships are available)

The Semi-Colon Club
Colon cancer support group.
  When: 3rd Thursday from 6:30 – 8pm
  Where: Homewood Library
  Contact: Jacky Turner, jacky.turner@rumpshaker5k.com or call (205) 613-4341.

SPECIAL SUPPORT EVENTS

Forge Breast Cancer Survivor Center Presents
“The Benefits of Gardening Throughout Life’s Journey” Enjoy light refreshments and create a potted plant to take home!
  Guest Speaker: Wendy Demark-Wahnefried, PhD, RD
  When: Saturday, May 6, 9:30—11:30 am
  Where: Birmingham Botanical Gardens
         2612 Lane Park Road
         Birmingham, AL
  Register: www.forgeon.org/news-events or (205) 838-6159

Robert E. Reed GI Oncology Research Foundation Presents
“The 2nd Annual Living with Cancer Symposium: strategies for improving the health and well-being of cancer survivors.
  Guest Speakers: Marty Heslin, MD; Elizabeth Kvale, MD; Sushanth Reddy, MD, Laura Rogers, MD,
               Carolina Salvador, MD
  When: Monday, May 15, 1:00—4:00 pm
  Where: UAB National Alumni Society House
         1301 10th Avenue South
         Birmingham, AL
Forge Breast Cancer Survivors Center Presents
“Metavivors of Alabama: a stage IV/metastatic breast cancer support network”
Guest Speakers: Andres Forero, MD & Gabrielle Rocque, MD
When: Saturday, May 20, 10:00-11:30 am
Where: Oasis Counseling
1900 14th Avenue South
Birmingham, AL
Register: amy.bailey.ackley@gmail.com or (205) 908-7729