



COMPREHENSIVE CANCER CENTER

Upcoming Programs

- Let's Pink Out* - Nov 4
- Frankly Speaking About Lung Cancer* - Nov 7
- Artful Journeys* - Begins in Jan
- FreshStart!* - Begins Jan

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November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Support Group for All Cancer 12 – 1:30 pm	2 >Leukemia/ Lymph Support 12 – 1:30 >Restorative Yoga 12:15-1:15 pm	3 Restorative Yoga 5:45-7 pm	4 >Let's Pink Out 6:00 – 7:30pm	5
6	7 Bereavement Support Group 10 – 11:30	8 >Prostate Cancer Support 12 – 1:30 pm >Breast Cancer Support 12:00 – 1:30 pm (STVHS)	9 >Caregivers Support 12:00 – 1:00 pm >Restorative Yoga 12:15-1:15 pm	10	11	12
13	14	15 > Bosom Buddies Noon – 1:30 pm >Head & Neck Support 12:00 – 1:30 pm	16 >Restorative Yoga 12:15-1:15 pm	17 >New Beginning Support Group 10:30 am – 1:00 pm >Restorative Yoga 5:45-7 pm > Semi-Colon Club Colon Cancer Support 6:30 – 8:00 pm	18 CanSurvive 12-1:30 pm	19
20 Can Survive 2-4 pm	21 >Brain Buddies 10:30-11:30 am	22	23 >Restorative Yoga 12:15-1:15 pm	24 THANKSGIVING	25 UAB CLOSED	26
27	28	29	30			

Brain Cancers

Brain Buddies

Support group for adults with brain tumors and their families.

When: 3rd Monday of the month, 10:30 a.m. – Noon (Lunch provided)

Where: The Kirklin Clinic of UAB Hospital, Neuro-Oncology 5th Floor

Contact: (205) 934-2921

Breast Cancer

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 205-838-3519 or e-mail to Debbie.gray@stvhs.com.

New Light Support Group (Breast Cancer)

Join our New Light Triple Negative Breast Cancer Support Group.

When: TBD

Where: TBD

Contact: Kimberly Robinson (205) 975-7912 or email krobinson@uabmc.edu

Young Breast Cancer Survivors Support Group

Next Meeting: Birmingham Get Connected – Let’s Pink Out

When: Friday, November 4 from 6:00 – 7:00 pm

Where: Jake’s Soul Food Café

Registration is required. For more information on any of the Young Breast Cancer Survivors programs, visit: <http://www.surviveal.org/>

New Beginnings (Breast Cancer)

A support program available to newly diagnosed breast cancer patients and their families. This month’s topic will be on nutrition and cancer survivorship provided by Dr. Kimberly Keene.

When: 3rd Thursday of the month, 10:30 a.m. – 1 p.m. (Lunch provided)

Where: The Kirklin Clinic of UAB Hospital, 5th Floor Conference Room

Contact: Angels Help Desk, (205) 801-7907

Gynecological Cancers

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: Brookwood Wellness Center at Gold’s Gym, 1090 Montgomery Highway, Vestavia Hills, Alabama

Contact: (205) 934-7509, Cansurvivebham@gmail.com

Gyn-Onc In-Patient Support Group *Offered twice per week.*

Support for gynecology and oncology in-patients. Topics of discussion include feelings about treatment, relationships, spirituality, your diagnosis and more. Group led by survivors, chaplain and/or staff.

When: Tuesdays and Fridays, 1-2:00 pm
Where: WIC 7th Floor Family Room, WIC7252
Contact: (205) 975-4986

Head and Neck Cancers

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

Online support: <http://www.spohnc.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

Look Good Feel Better

For more information on these meetings, contact:

Louise Price Smith at (205) 502-9958

louise.smith@cancer.org

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.

Woman to Woman: Volunteer Training Program to Support Newly Diagnosed Ovarian Cancer Patients

A training program for volunteers for the new Woman-to-Woman program will be held at the Women and Infants Center. This new program matches a trained ovarian cancer survivor with a newly diagnosed patient to provide information and support.

When: TBD
Where: UAB's Women and Infant Center
Contact: cmurphy@uabmc.edu

Living with Cancer

TBD