



COMPREHENSIVE CANCER CENTER

Upcoming Programs

*Casting for Recovery: **Sept 22***

*Writing Through Cancer: **Sept 27***

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September

2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Bereavement Support Group 10 – 11:30	5 Support Group for All Cancer 12 – 1:30 pm	6 >Leukemia/ Lymph Support 12 – 1:30 >Restorative Yoga 12:15-1:30 pm	7 Restorative Yoga 5:45-7 pm	8	9
10	11	12 >Prostate Cancer Support 12 – 1:30 pm >Forge Breast Cancer (Walker County) 6:00 pm	13 >Caregivers Support 12:00 – 1:00 pm >Restorative Yoga 12:15-1:15 pm	14 >Restorative Yoga 5:45-7 pm >Forge Share, Blount Co 6:00 pm	15 CanSurvive 12-1:30 pm	16
17 CanSurvive 2-4 pm	18	19 >Head & Neck (STVHS) 12:00 – 1:30 pm	20 >Bosom Buddies 12:00 – 1:30 pm >Restorative Yoga 12:15-1:15 pm	21 >New Beginnings 11 – 1pm >Restorative Yoga 5:45-7 pm >Colon Cancer Support, 6:30 – 8:00 pm	22	23
24	25	26	27 Writing Through Cancer 5:30 – 7:30 pm	28	29	30

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 Wednesday 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 Beginnings (Breast Cancer)

Join us for a talk on coping with cognitive effects of cancer and cancer treatments with Kristen Triebel.

When: Thursday, August 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

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: 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.

When: 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.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

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

Casting for Recovery: a Free, 2-day Retreat for Breast Cancer Survivors

Open to all ages and all stages of breast treatment and recovery. ***This is not a UAB-sponsored event.***

- When: September 22 – 24, 2017
- Where: Sumatanga Camp & Conference Center, Gallant, AL.
- Register: (888) 553-3500

Writing Through Cancer: When life hurts, writing helps.

Cancer survivors can find solace and purpose in writing about their experiences with cancer. Lead by professional writer, Lucy Jaffe, and storyteller, Elizabeth Vander Camp, you’ll learn how to use expressive writing as therapy to get through the trauma, pain and anxiety of a cancer diagnosis. You do not need experience or materials. Space is limited, so register soon!

- When: September 27– November 1, Wednesday Evenings from 5:30 – 7:30 pm,
- Where: **UAB Comprehensive Cancer Center, ROOM WTI 220**
- Contact: tgw318@uab.edu

Think Well Seminar: Healthy Living to Improve Cognitive Function

- When: October 14, 11 am – 1 pm
- Where: Holiday Inn, 5750 AL-44 , Guin, AL 35563
- Contact: Jacqueline Vo 205-934-7580 or Sabrena handley88@centurytel.net
- For more information: <http://www.thinkwell.tips/event/think-well-seminar-guin/>