



A Place for People Impacted by Cancer

For more information, call 314-238-2000 or visit www.cancersupportstl.org.



MISSION: *To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community to enhance their overall well-being.*

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**TAKE
ON** CANCER
TOGETHER
JOIN. GIVE. ACT.



If you are impacted by cancer, you will find a Community here ready to take on cancer together.

When you call, you will talk to a social worker who works with you to schedule a time to meet individually or in our monthly New Member Orientation. During your first visit, you will have the opportunity to create your own wellness plan based on your needs, tour our space and learn about the many ways our members find support through professionally led support groups, education, healthy lifestyle and stress management workshops and social activities. We also have programs for the whole family, the whole time, when a child under 18 is affected by parents or grandparents with cancer.

Visit our facility in Des Peres Square at: 1058 Old Des Peres Road, St. Louis, MO 63131

Families CONNECT

THE WHOLE FAMILY, THE WHOLE TIME

Cancer Support Community of Greater St. Louis is proud to introduce **Families Connect: A program for children and teens who are impacted by cancer in the family.** Funding for this program is provided by *The Saigh Foundation and Cardinals Care.*

Families Connect Monthly Group

First Tuesdays, No January Session,
February 6, March 6 • 6:00-8:00 PM

Families Connect is a program for the whole family when a parent, grandparent, or adult relative has cancer. A family support group is held while the children and teens (ages 5-18) meet for equal parts support and fun! **RSVP by NOON the Monday prior to each group!**

Special Families Connect: Tuesday, February 6

Art therapist, Susie McGaughy, ATR, LPC, will inspire families to create artistic expressions of love during this combined session.



Family, Food, and Fun! - RSVP

Tuesday, March 20 • 6:30 - 7:30 PM

Teaching artist and foodie Maria Ojascastro will guide kids and their parents, step by step, to create a nutritious and delicious family friendly meal inspired by the changing season.



STRESS MANAGEMENT

Family Yoga - RSVP

Second Tuesdays • 6:30-7:30 PM • Jan 9, Feb 13, March 13

Lisa Roberts, RYT, RCT, and author of *Breathe, Chill - A Handy Book of Games and Techniques Introducing Breathing, Relaxation and Meditation to Kids and Teens* will offer ongoing sessions for children and families to practice wellness in fun and interesting ways. **Parent Support Group will be offered at January session of Family Yoga.**



A Board Certified Music Therapist helps participants (children and teens diagnosed with cancer, as well as those who have a family member with cancer) to express their feelings that they then convert into songs. Attendees receive the recording on CD! No prior musical experience needed!

Call 314-238-2000 to schedule your appointment! This program is in collaboration with Maryville University's fully accredited music therapy program in the School of Health Professions.

SUPPORT GROUPS

The following support groups are open to individuals ages 18 and older and require a short preparation meeting in advance. Call 314-238-2000 to schedule.

WEEKLY SUPPORT GROUPS FOR CANCER PATIENTS offer people with a cancer diagnosis who are in active treatment an opportunity to share thoughts, feelings, and information. Together, group participants experience warmth, understanding, support, and learn how to manage stress. Morning, afternoon and evening groups are available.

TWICE MONTHLY SUPPORT GROUP FOR FAMILY AND FRIENDS offers those supporting a person with cancer the opportunity to discuss common issues. Together family, friends and caregivers learn new ways to cope with their individual stress as well as ways to support their loved ones living with cancer.

TWICE MONTHLY CANCER BEREAVEMENT SUPPORT GROUPS are offered day and evening and are open to any caregiver who has lost a loved one to cancer in the past 18 months.

All Support and Networking Groups are free, led by licensed facilitators, and funded in part with generous donations from the St. Louis Men's Group Against Cancer, Gertrude & William A. Bernoudy Foundation, Saigh Foundation, Lung Cancer Connection and the Arenberg Family. Groups are not open for observation at any time and are only for people with a cancer diagnosis and, where indicated, their loved ones.

NETWORKING GROUPS

These are drop-in groups (except where otherwise indicated) designed for attendees with similar diagnoses or life situations (such as bereavement) to meaningfully connect with others and share information helpful on the cancer journey. Family and friends are welcome to attend where indicated.

ALL CANCER MONTHLY GROUP

Third Tuesday each month • 1:00 – 2:30 PM

St. Anthony's Cancer Care Center, 10010 Kennerly Rd, 63128

The Monthly Cancer Group at St. Anthony's gives people with cancer and/or their friends and family members the opportunity to share resources, ideas to manage side effects, and an opportunity to get and give support to others.



BEREAVEMENT MONTHLY GROUP - RSVP

First Thursday each month • 6:30 – 8:00 PM

This group is a place for adults and their family members to connect with others who are dealing with the loss of a friend or family member from cancer. This group includes dinner. *This group is made possible by Missouri Baptist Healthcare Foundation.*

January 4: Potluck-bring a side dish or dessert; we will have sandwiches

BRAIN TUMOR MONTHLY GROUP

Fourth Thursday each month • 6:30 – 8:30 PM

A caring environment to learn about and discuss issues associated with brain cancer: memory, cognitive losses and challenges, communication, and the impact on family. Family and friends welcome.

BREAST CANCER MONTHLY GROUP - RSVP

Second Wednesday • 5:30 – 7:00 PM

David C Pratt Cancer Center, Suite 1440, John Krey Cancer Information Center, Mercy Hospital, 607 S. New Ballas Rd, 63141

An educational and emotionally safe group, in collaboration with Mercy, for women newly diagnosed, survivors, along with female family and friends.



GYNECOLOGICAL CANCERS MONTHLY GROUP

Third Monday each month • 6:30 – 8:30 PM

An active, nurturing support group that shares information and discusses pertinent issues such as nutrition, coping skills, fear of recurrence, intimacy challenges, and genetic concerns. For women newly diagnosed and survivors, female family and friends.

LUNG CANCER MONTHLY GROUP

Second Thursday each month • 6:00 – 7:30 PM

The group provides a nurturing environment to learn about and discuss coping skills, disease management, and quality of life during and after treatment. *Made possible by a generous donation from its sponsor, Lung Cancer Connection.*



METASTATIC CANCER MONTHLY GROUP

First Wednesday each month • 6:30 – 8:00 PM

Living with metastatic cancer presents several unique experiences that are explored in this monthly group including living with uncertainty, maintenance treatment, and managing your health and long term side effects.

MULTIPLE MYELOMA MONTHLY GROUP

Second Tuesday each month • 11:30 AM – 1:00 PM

St. Louis University Hospital,
West Pavilion 3635 Vista Avenue Room 302

Connect with other people with multiple myeloma and their family to learn about the unique experience of living with this diagnosis.



ANN ARENBERG PANCREATIC CANCER MONTHLY GROUP

Fourth Thursday each month • 1:00–2:30 PM

Siteman Cancer Center, West County, 10 Barnes West Dr.
2nd Floor Conference Room

Attendees exchange stories, treatment tips, and share concerns about quality of life, intensity of diagnosis, nutritional issues, and other effects of pancreatic cancer. Family and friends welcome.

February 22: Open to Options with Kelly O'Neal, LMSW



PROSTATE CANCER MONTHLY GROUP

First Thursday each month • 6:30–8:00 PM

David C Pratt Cancer Center, Suite 1440, John Krey Cancer Information Center, Mercy Hospital, 607 S. New Ballas Rd, 63141

This group features speakers and follow-up discussions on important topics such as treatment options, quality of life, incontinence, intimacy concerns, and fear of recurrence. *This group is part of the UsTOO Prostate Cancer Education & Support Network.*



SURVIVORSHIP SERIES MONTHLY GROUP

Third Monday each month • 6:30 – 8:00 PM

David C Pratt Cancer Center, Suite 1440, John Krey Cancer Information Center, Mercy Hospital, 607 S. New Ballas Rd, 63141

Many cancer survivors say that they felt they had lots of support during their treatment, but once treatment ended, it was hard to make a transition to a new way of life. This monthly group helps work through new feelings, new problems and a different way of looking at the world.



WORKSHOPS

■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED

Mind/Body/Spirit Classes are listed on page 10

Empowered by Knowledge EDUCATION

New Member Meetings - RSVP

First Fridays, January 5, February 2, March 2 • 10:30 – 11:30 AM

Third Wednesdays, January 17, February 21, March 21 • 6:30 – 7:30 PM

This introduction to CSC allows people with cancer, their family and friends, and the bereaved an opportunity to explore our homelike environment, discover our programs, and connect with others looking to be empowered by knowledge, strengthened by action, and sustained by community.

Transition to Survivorship - RSVP

Third Thursdays, January 18, February 15, March 15 • 6:30 – 8:00 PM

This monthly dinner and education session is an opportunity to connect and learn from others who are finished with treatment and figuring out what survivorship means.

Meaning-Centered Conversations - RSVP

Mondays, January 29 - March 12 • 1:00 – 2:30 PM

Meaning-Centered Conversations is a 7-week group that explores creating, experiencing, and keeping a sense of meaning in life. Each session includes conversation, art, and mindfulness. *For the best experience, please commit to 6 out of 7 sessions.*

Lunch and Learn:

Oral Health Care and Cancer - RSVP

Thursday, January 25 • 11:30 AM – 1:00 PM

Join us for a light lunch as Lori Crawford, a Registered Dental Hygienist, shares techniques of oral health care before, during and after cancer treatment. Members will learn how to cope with common side effects such as dry mouth, mucositis, tooth decay and other dental problems. Lori will give you information and recommendations to maintain optimum oral health and help prevent oral health decline.

Genetics and Cancer Through the Years - RSVP

Wednesday, January 31 • 6:30-8:00 PM

Hereditary cancer syndromes account for about 10% of all cancer diagnoses. Identifying families with hereditary risk is important to help the family members at increased risk for developing cancer to make empowered choices about cancer prevention and early detection. This program will focus on what families might benefit from genetic testing and the many advances that have been made in genetic testing through the years.

Life After Transplant - RSVP

Wednesday, February 7 • 6:30 – 8:00 PM

Stem cell and bone marrow transplants can have side effects that happen shortly after the transplant, but there may also be long term effects. Dr. Iskra Pusic shares her expertise on this subject and answers questions about ways to cope with side effects.

In an effort to keep our workshops free, we require that you update your visitor form once a year.

Intimacy After Cancer - RSVP

Tuesday, February 13 • 6:00 – 7:00 PM

A diagnosis of cancer affects an individual's total being, including their sexual wellness. Join Becky Kaufman Lynn, MD, Assistant Professor of Obstetrics and Gynecology, to address challenges associated with intimacy that individuals and their loved ones may experience after a cancer diagnosis. Questions will be answered in a comfortable setting and practical tools and techniques will be provided. *This workshop is for women only.*



Frankly Speaking

About Lung Cancer - RSVP

Wednesday, March 7 • 6:00 – 8:00 PM

This workshop, with Mary Graham, MD, from St. Anthony Cancer Center, provides fundamental information about the most current lung cancer treatments, strategies for symptom/side-effect management and tools for survivorship. A complimentary book, *Frankly Speaking About Cancer: Lung Cancer*, will be provided. We will start with dinner in the kitchen from 6:00-6:30.



Let's Talk About Communication - RSVP

Tuesday, March 13 • 1:00 – 2:30 PM

St. Anthony's Cancer Care Center,
10010 Kennerly Rd., 63128

Family, friends, coworkers, health care team...there is a variety of support for patients and their caregivers. How do you make the most of sharing your experience and getting what you need from others? Join Kelly O'Neal, LMSW to discuss and learn about assertive communication and how to incorporate it into your everyday life.



The Caregiver Rollercoaster - RSVP

Wednesday, March 21 • 6:30-8:00 PM

Being a caregiver can be stressful. This workshop by Teresa Deshields, Ph.D., ABPP, will provide caregivers with information and techniques to re-energize and care for yourself, so you have more to give.



Open to Options™ supports you as you identify important questions about your survivorship and concerns based upon your personal needs. This program will help you: identify and organize your questions for your doctor, communicate in an organized manner with your medical

team, and make decisions that best fit your personal desires and goals.

Call Kelly O'Neal, MSW, LMSW (314-238-2000, Ext. 230) for an appointment.



Strengthened by Action HEALTHY LIFESTYLE & STRESS MANAGEMENT

Miss Mary's Healthy Kitchen Programs

These classes are provided by The McClanathan Family Foundation.

The Power of Soup and Bread with Bridgette Kossor, Plant-Based, Macrobiotic and Life Energy Teacher/Guide - RSVP Wednesday, January 24 • NOON – 2:00 PM

In the midst of winter, soup and homemade bread are powerful in many ways. They are comforting, nurturing, healing and warming, all important elements for your body to stay warm from the inside out. Our menu includes: A Simple Homemade Bread, Minestrone Soup, Curried Red Lentil Soup with Dried Cherries and Cilantro, Escarole and Bean

Mindful Eating with Kelly O'Donnell - RSVP Friday, January 26 • NOON – 2:00 PM

Kelly O'Donnell is a Certified Holistic Health Coach and Holistic Therapist who will share how to cook a healthy seasonal meal while incorporating how mindful eating can enhance your life, increase your sense of wellness, and help you eat less and enjoy food more!



Jerry Pass Cooking For Wellness

These classes are provided by Jeanne Pass, family and friends.

Seasonal Cuisine - RSVP Tuesday, March 13 • 6:00 – 8:00 PM

Using fresh seasonal produce, Chef Vicki Bensinger will create a springtime meal that will leave you feeling good inside and out.

Spring Feast with STL Veg Girl, Caryn Dugan - RSVP Tuesday, March 27 • 6:00 – 8:00 PM

Prepare a menu of Italian Orzo with Greens and Feta, Garlicky Potato Soup with Leeks and Artichokes and Gingered Quinoa with Asparagus and Chickpeas.

Total Wellness - RSVP

Fridays, February 2-March 9 • 10:00 – 11:30 AM

For the best experience, please commit to 5 out of 6 sessions

These 6 weekly meetings will provide a judgement-free place to learn about nutrition and simple and fun ways to change your unhealthy habits, rewire thought patterns that sabotage you, and transform your relationship with food! 6 weeks to prioritize your body, mind, and spirit! *This opportunity brought to you by Jerry and Peggy Ritter*

Creative Journaling - RSVP

Tuesday, January 9 • 1:30 – 2:30 PM

St. Anthony's Cancer Care Center, 10010 Kennerly Rd., 63128

Wednesday, January 17 • 1:30 – 3:00 PM at CSC

Join us for collaging, journaling, and creativity inspired by the process of SoulCollage®! Each session will encourage participants to explore their inner peace and happiness while completing creative art projects and writing exercises. No experience or artistic talent necessary! Please bring your own notebook/journal, and all other materials will be provided. If you would like to learn more about SoulCollage, please visit www.soulcollage.com.



Writing and Resilience Workshop - RSVP

Wednesdays, January 10- February 28 • 1:00 – 3:00 PM

"Within sorrow is grace. When we come close to those things that break us down, we touch those things that also break us open. And in that breaking open, we uncover our true nature." These words by Wayne Muller will inspire this 8-week writing workshop explore resilience and concepts from positive psychology. For the best experience, please commit to 6 out of 8 sessions. *This program is made possible by an anonymous donor.*

Restorative Movement: Improve Balance, Strength and Bone Health - RSVP

Fourth Thursdays, January 25, February 22, March 22 • 6:00 – 7:00 PM

Join Kate Walsh in movement focused on improving balance, strength and bone health. Kate starts with yoga and moves beyond! Equipment provided by CSC.

Mindfulness Practice: Managing Stress with Present Moment Awareness - RSVP

Second Thursdays, January 11, February 8, March 8 • 6:30 – 8:00 PM

Learn to relax and stay in the moment using mindfulness meditations. Each session will include information, strategies for integrating mindfulness into your day, and a practice.

Energy 101: Balance Your Body's Energies - RSVP

Third Mondays, January 15, February 19, March 19 • 6:30 – 8:00 PM

Learn to balance your body's energies for optimal health. This class originated with Healing Touch concepts and has expanded to include other modalities like Eden Energy Medicine, Meridian Tapping, Breath work and Meditation as examples. All are focused to promote relaxation, relieve pain, decrease anxiety tension and stress, and to promote healing. Useful for self-care or the care of a loved one.

Jeanne Carbone, Therapeutic Horticulture Instructor from Missouri Botanical Garden, will guide activities helping us connect with nature in the Inspiration Garden and beyond.

Nature in Winter - RSVP

Friday, January 19 • 12:30 – 2:00 PM

Explore the textures and smells of winter greenery, beyond the typical Christmas tree. We will create an arrangement for your winter table and incorporate the special addition of white and silver, the other colors of winter.

Creating Healing Spaces - RSVP

Mondays, February 12 and March 12 • 6:30 – 8:00 PM

(Please commit to both sessions)

For 25 years, CSC has worked to provide a space where those affected by cancer can come to feel empowered, strengthened, and to discover their own type of healing. In honor of the anniversary of our community as a healing space for so many, let's join to create our own personal 'healing spaces' by transforming simple shadow boxes into works of art. Using a variety of materials from paints to found objects, you'll create a space that is healing for you with the goal of displaying these special places inside our shared special place...CSC. Your shadow box will hang in the hallways of our community and become part of that which may provide empowerment, strength, and community.



Mindfulness and Sound - RSVP

Thursday, February 22 • 3:00 – 4:30 PM

"Tune In" to Mindfulness & Sound with Kathy Bearman, CSC Facilitator, for a light-hearted, relaxing exploration of sounds, music and the realm of mindful listening.

Harmony in Motion - RSVP

Wednesday, March 14 • 6:30 – 8:00 PM

Through her creativity, talent, love of music, movement and dance, Jaimie Kelley M.S., will guide you in community, to enhance your relationship to Self, exploring emotion in motion. This session of Harmonic Motion will take you into a restorative journey into Self-Care. No prior dance skill needed.

Reunion: Welcoming Back Your Neglected Self - RSVP

Wednesday, March 28 • 6:30 – 8:00 PM

Beginning in childhood and continuing throughout our lives, we receive messages and teachings that certain parts of who we are, (our "Selves"), are wrong or bad or unacceptable and need to be denied or controlled. We learn to hide or neglect our Angry Self, our Anxious Self, our Exuberant or Creative Self and others for fear of disapproval or rejection. Being a fully integrated person means having a positive relationship with all of our Selves, which enables us to strive for happiness and meaning, particularly when faced with the challenge and stress of living with cancer. Join artist Jessica Eschen-Goodman and CSC facilitator John Eschen as we explore through discussion, art and writing the ways and paths of reuniting our individual Neglected Selves. No special artistic or writing ability is necessary.



Sustained by Community SOCIAL PROGRAMS



Monthly Men's Breakfast - RSVP

First Tuesday each month (except for January 9) • 9:00 – 10:00 AM

St. Anthony's Cancer Care Center, 10010 Kennerly Rd., 63128

Join us for a social hour to discuss weekend games, current events, and connect with other men affected by cancer! Food and coffee will be provided.

Powered By Hope - RSVP

Mondays, January 8, February 5, March 5 • 6:30 – 7:30 PM

Each month we will have an opportunity to Inspire Hope, Give Hope and see Hope in the Community. In January we will have a Powered by Hope speaker. In February we will Share Hope by honoring those who inspire us. In March we will see Hope in Community with a Potluck!

Stitch Together - RSVP

Tuesdays, No January Session, February 6, March 6 • 6:30 – 8:00 PM

Join members in stitching breast prosthetics from the Knitted Knockers Project. Patterns include breast forms to knit or crochet. Completed breast prosthetic can be taken home or left for someone else. For more information see www.knittedknockers.org.

Open Art Studio - RSVP

Mondays starting January 29 • 3:00 – 4:00 PM

This Open Studio is a space where members can come to gather, think creatively, and work expressively with a variety of art materials with our Art Therapy Intern, Kaitlyn Paton. No art experience necessary.

Craft Connection - RSVP

Thursday, February 15 • 6:30 – 8:00 PM

Learn new card making techniques with volunteers Rhonda Travers and Linda Schreier. Participants will create several unique cards each time! Both beginners and experienced crafters welcome.

Jewelry Design - RSVP

Wednesday, February 28 • 2:00 – 4:00 PM

You'll want to check out this popular program where members gather to share, laugh and create jewelry that speaks to their creativity. Materials are provided to create one beautiful item per participant.

Pastel Palette and Introduction to Drawing - RSVP

Third Tuesdays, January 16, February 20, March 20 • 6:30 – 8:00 PM

Artist Jessica Eschen-Goodman will teach an introduction to drawing with pastels. No experience or artistic ability required. Come learn, enjoy and share in this art practice. Each session is unique! Supplies will be provided.

Great Decisions Discussion Group - RSVP

Second and Fourth Wednesdays • 6:30 – 8:00 PM

Great Decisions, a program of the Foreign Policy Association, is America's largest discussion program on world affairs. Join David Shippee, a cancer survivor and member of CSC, in discussing topics ranging from shifting alliances in the Middle East to Climate Geopolitics.

Paper Crafts - RSVP

Thursday, March 29 • 10:00 AM – NOON

Julie Stumpf will lead members in creating paper craft art: cards, gift bags and decorative tags! Supplies will be provided.


Weekly and twice monthly support groups (not listed on the calendar) are available for people with cancer, their friends and family, and people who have lost someone to cancer. See "Support Groups" on pg. 3 for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CLOSED	CLOSED	Yoga 9:30 AM Yoga 5:15 PM Metastatic Cancers MG 6:30 PM	Country Line Dancing 2:30 PM Prostate Cancer MG @ David C. Pratt CC 6:30 PM Bereavement MG 6:30 PM RSVP	Zumba 9:30 AM New Member Meeting 10:30 AM RSVP Qigong 11:00 AM Yoga @ SLU NOON	
7	Tai Chi 1:00 PM Powered By Hope 6:30 PM RSVP	Monthly Men's Breakfast @ St. Anthony's Cancer Care Center 9:00 AM RSVP Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM Creative Journaling @ St. Anthony's Cancer Care Center 1:30 PM RSVP Families Yoga 6:30 PM RSVP	Yoga 9:30 AM Writing and Resilience Workshop 1:00 PM RSVP Yoga 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP Great Decisions 6:30 PM RSVP	Country Line Dancing 2:30 PM Lung Cancer MG 6:00 PM Mindfulness 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	13
14	Tai Chi 1:00 PM Energy 101: Balance Your Body's Energies 6:30 PM RSVP Gynecological Cancers MG 6:30 PM Survivorship Series MG @ David C. Pratt CC Library 6:30 PM	Yoga 10:00 AM Monthly Cancer Group @ St. Anthony's Cancer Care Center 1:00 PM Pastel Palette 6:30 PM RSVP	Yoga 9:30 AM Yoga 5:15 PM New Member Meeting 6:30 PM RSVP	Country Line Dancing 2:30 PM Transition to Survivorship 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON Nature in Winter 12:30 PM RSVP	20
21	Tai Chi 1:00 PM	Yoga 10:00 AM	Yoga 9:30 AM Miss Mary's Cooking Demo NOON RSVP Yoga 5:15 PM Great Decisions 6:30 PM RSVP	Lunch and Learn: Oral Health Care and Cancer 11:30 AM RSVP Pancreatic Cancer MG @ Steman West County 1:00 PM Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP Brain Tumor MG 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Miss Mary's Cooking Demo NOON RSVP Yoga @ SLU NOON	27
28	Tai Chi 1:00 PM Meaning-Centered Conversations 1:30 PM RSVP Open Art Studio 3:00 PM RSVP	Yoga 10:00 AM	Yoga 9:30 AM Yoga 5:15 PM Genetics and Cancer Through the Years 6:30 PM RSVP			
29						
30						
31						

JANUARY 2018

■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP, HELD AT CANCER SUPPORT COMMUNITY
Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.

Weekly and twice monthly support groups (not listed on the calendar) are available for people with cancer, their friends and family, and people who have lost someone to cancer. See "Support Groups" on pg. 3 for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div> <div>■ = WORKSHOPS LOCATED OFF-SITE</div> <div>■ = RSVP REQUIRED</div> <div>■ = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY</div> </div> <div>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</div> </div>						
	Tai Chi 1:00 PM Open Art Studio 3:00 PM RSVP Powered By Hope 6:30 PM RSVP	Monthly Men's Breakfast @ St. Anthony's Cancer Care Center 9:00 AM RSVP Yoga 10:00 AM Families Connect 6:00 PM RSVP Stitch Together 6:30 PM RSVP	Yoga 9:30 AM Yoga 5:15 PM Metastatic Cancers MG 6:30 PM Life After Transplant 6:30 PM RSVP	Country Line Dancing 2:30 PM Prostate Cancer MG @ David C. Pratt CC 6:30 PM Bereavement MG 6:30 PM RSVP	Zumba 9:30 AM Total Wellness 10:00 AM RSVP New Member Meeting 10:30 AM RSVP Qigong 11:00 AM Yoga @ SLU NOON	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

Weekly and twice monthly support groups (not listed on the calendar) are available for people with cancer, their friends and family, and people who have lost someone to cancer. See "Support Groups" on pg. 3 for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div>  <p>MARCH 2018</p> <p>■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY</p> <p>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</p> </div> </div>						
4	Tai Chi 1:00 PM Open Art Studio 3:00 PM RSVP Powered By Hope 6:30 PM RSVP	Monthly Men's Breakfast @ St. Anthony's Cancer Care Center 9:00 AM RSVP Yoga 10:00 AM Families Connect MG 6:00 PM RSVP Stitch Together 6:30 PM RSVP	Yoga 9:30 AM Yoga 5:15 PM Frankly Speaking About Lung Cancer 6:00 PM RSVP Metastatic Cancers MG 6:30 PM	Country Line Dancing 2:30 PM Prostate Cancer MG @ David C. Pratt CC 6:30 PM Bereavement MG 6:30 PM RSVP	Zumba 9:30 AM New Member Meeting 10:30 AM RSVP Qigong 11:00 AM Yoga @ SLU NOON	3
10		5	6	7	9	
11	Tai Chi 1:00 PM Open Art Studio 3:00 PM RSVP	Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM Let's Talk About Communication @ St. Anthony's Cancer Care Center 1:00 PM RSVP Jerry Pass Cooking Demo 6:00 PM RSVP Family Yoga 6:30 RSVP	Yoga 9:30 AM Yoga 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP Great Decisions 6:30 PM RSVP Harmony in Motion 6:30 PM RSVP	Country Line Dancing 2:30 PM Transition to Survivorship 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	17
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25	Tai Chi 1:00 PM Open Art Studio 3:00 PM RSVP	Yoga 10:00 AM Jerry Pass Cooking Demo 6:00 PM RSVP	Yoga 9:30 AM Yoga 5:15 PM Reunion: Welcoming Back Your Neglected Self 6:30 PM RSVP Great Decisions 6:30 PM RSVP	Paper Crafts 10:00 AM RSVP Country Line Dancing 2:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	31
		26	27	28	30	
		19	20	21	22	
		12	13	14	15	
		5	6	7	8	

Birch Trees, Elephants and Sunbursts



At Cancer Support Community of Greater St. Louis, empowerment, support and community are as represented in action as they are in the space.

Each group room includes nature's elements of water, wind and air and were inspired by Michele Fiala to provide an oasis and connection.

The butterfly piece between Group Rooms 1 and 2, donated by a member's father, reminds us "the love of beauty is one of nature's healers."

Further down the hallway, we see an elephant, a member of a community that inspires strength, gentleness, hope, compassion, and power.

The Community Gathering Room includes Birch Trees, a tree that thrives in community with other trees and represents renewal, protection, and new beginnings.

The sunburst in our logo, built of smaller rays that represent the many people and actions that give support and care, come together to bring comfort, support, and of course, Community.

As you come to CSC in 2018, our 25th year in St. Louis, we look forward to listening to the words Members use to describe their story, seeing the art used to represent connection, and participating in the action that builds community.



Participating is easy. There are only two steps:

1. Visit www.CancerExperienceRegistry.org to sign up for the Cancer Experience Registry
2. Answer a set of survey questions and provide updates on a yearly basis

Help change the cancer experience for the millions of people who live with cancer every day. Encourage people you know who have been diagnosed with cancer to register now at www.cancerexperiencregistry.org/join/CSCStLouis.

Together, we can make a difference!

MIND/BODY/SPIRIT CLASSES

Please note: For the safety of everyone, if you are attending a CSC movement class please arrive promptly at designated class start time (or earlier if possible). Thank you!

The Practice of Qigong Fridays • 11:00 AM – NOON Through gentle movements, learn to reduce stress, increase vitality and develop a sense of well-being. Drop in – no experience necessary. Comfortable clothing and physician approval recommended. *Thank you to Sue Ashwell, Harrison Beard, and Riki Howard for the gift of this class.*

Restorative Movement Fourth Thursdays • 6:00 – 7:00 PM - RSVP Join Kate Walsh in movement focused on improving balance, strength and bone health. Kate starts with yoga and moves beyond! Equipment provided at CSC.

Introduction to Tai Chi Mondays • 1:00 – 2:00 PM Join Susan Marting in exploring the benefits of Tai Chi, including improved strength and stamina, increased flexibility, stress reduction, and better balance and coordination.

Zumba! Fridays • 9:30 – 10:30 AM This aerobic dance offering is guaranteed to bust through any blues! Lively, contemporary music gets the energy rocking as you learn a variety of dance moves from various cultures. Take it slow or shake your booty, but join us for this program of fun and fitness!

Yoga (see yoga listing below for times and locations) Through rhythmic breathing, gentle stretching and mental focus, participants can learn to ease physical and emotional tension. These classes are for any of our members at any level of performance and physical condition. Drop in-no reservation necessary.

Country Line Dancing Thursdays • 2:30 – 3:30 PM Line dancing can give you a great mind-body workout. This dance requires you to remember dance steps and sequences, boosting brain power by improving memory skills. Thank you Sheila Glazer and Bonnie Murray-Reigle for the gift of this class.

YOGA LOCATIONS:

Cancer Support Community

1058 Old Des Peres Rd. • St. Louis, MO 63131

Tuesdays • 10:00 – 11:00 AM

Wednesdays • 9:30 – 10:30 AM & 5:15 – 6:15 PM

SLU Cancer Center *Free parking for yoga attendees.*

Sponsored by St. Louis University Cancer Center
3655 Vista • St Louis MO 63110 • 314-268-7015

Fridays • NOON – 1:00 PM



TRIBUTE GIFTS

Thank you for recognizing someone special while helping CSC change the lives of cancer patients and their families. The following reflects tribute gifts received from July 1, 2017 through September 30, 2017. We apologize for any omissions or errors.

IN HONOR OF:

DAVID BERT
Sharon and Barry Friedman

FRANK AND EVELYN GINSBERG
Jack Bolozky

VIRGINIA HOWELL
Mary Trapnell

ROBIN KEMP
Michelle Bequette
Joan Kemp
Joseph Kemp
Maureen Neukirch
Sue Powell
Eric and Brenda Reinsfelder

ROBIN McCLANATHAN
Tim and Gail Strege

SHEILA MUELLER
Michael Weber

MARTY OBERMAN
Judy Glik

LESLIE REBY
Stanford and Sally Zimmerman

ELISE STANSBERY
Barb Warmbrodt

PETER WEISS
Laurie Jill Wood

IN MEMORY OF:

JOANN ALEXANDER
Kathy and Mark Lebedun
Lyla Michelson

PAUL ARENBERG
Steven Arenberg

MICHAEL BUCK
Sheri Flatt
Chris and Janell Rebsch
Dimple Rihel
David and Janice Salzman

SALLY CASE
Janice Fishman

MILLIE DANZINGER
Richard Levey

NORMAN ESSMAN
Samantha Blinder
Cynthia Foshee
Leonard Frankel
Scott and Kim Gee
Jon Gimmy
Bernie Klippel
Jerry and Linda Kraus
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Bette and Valery Welch

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Kathleen Irwin

AJA JOHNSON
Cory Vanloo

EMILY EVANS KLINE
Joel and Rachael Brightfield

LINDA LAMKIN
Walter and Sharon Lamkin

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Sue Matlof

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Steven Ptacek

BUZZIE SCHUKAR
Jack Bolozky

ALLAN TOMEY
Tammy Gocial and Sandra Ray
Linda Bulkin and Dale Welden

MARILYN VOCKER
Rosemary Ringo

LAURIE WHELAN
Nancy Tonkins

SANDY WILLICK

Helen Antoine
Samantha Blinder
Jerry Comensky
Andrew and Pam Cytron
Charlie and Gail Eisenkramer
Stephen Gillen
Margo Giulvezan
Dan Guller
Kevin Guss
Kathy Jaegers
Kathy Jakubec
Scott James
Geoff and Jill Hammel
Spencer Hill
Abigail Kepple
Rachael Kornblum
Dawn Kramer
Lori and Steve Lander
Steve Litzman
LS Power Development LLC
Troy McClelland
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Peggy and Mike Nelson
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Marty and Merle Oberman
Susan Pellegrino
Eileen and Bob Petrofsky
Lori Rheume
Mary Sack
Steve and Leda Silver
Norm Solomon
Paul Thessen
Michael Wexler
Mike and Courtney Wochner

Tribute Card



Give Gifts with Meaning

Tribute donations to Cancer Support Community are a thoughtful way to honor or memorialize someone or to celebrate a special occasion in the life of a friend, family member or colleague while supporting cancer patients, survivors and their families. We will send a photo greeting card to notify that special someone of your kind donation. Your tax-deductible contribution helps fund our free programs and services for those facing a cancer diagnosis in our community.

HERE'S HOW:

Direct Payment:

Online at www.cancersupportstl.org,

Make checks payable to Cancer Support Community and mail with relevant information to Cancer Support Community, 1058 Old Des Peres Rd., Saint Louis, MO 63131. You may also call 314-238-2000 and make a tribute gift using a credit card.

Drawing Account: For a frequent tribute donor, an account can be set up from which available funds can be drawn for tributes with just a phone call or email. To establish a Drawing Account, contact Tricia Hendricks at 314-238-2000, ext. 226.

Tribute gifts are processed a minimum of once a week and are tax deductible. Gifts of \$25 or more are published in Cancer Support Community's quarterly newsletter.

Due to administrative costs, a minimum donation of \$10 per tribute is requested.

WHOSE LINE IS IT Saint Louis!

Thank you to the 280 guests, 16 sponsors, and countless supporters who joined us in laughter and helped raise funds for the programs at CSC. Together we raised over \$228,000!

\$228,000 equates to roughly 3,800 hours of support for individuals and families facing the challenge of a cancer diagnosis.

Some well-deserved congratulations to our improv champions for their bravery and support!

- **Sal Cusumano**, Comedy Master
- **Justin Fantroy**
- **Katy Jamboretz**
- **Marty Oberman**, Comedy MVP
- **Toni Ratteree**, Judge's Choice

Please visit our website and Facebook page for videos and photos from the event.



Marty Oberman
Katy Jamboretz
Justin Fantroy
Toni Ratteree
Sal Cusumano



2017 Marsha Wolff and Tina Borchert Inspiration
Award Recipient: Robin McClanathan



*L to R:
Jean Naslund
Chuck Naslund
Peggy Nelson
Mike Nelson
Jim Mills
Michelle Mills*



*L to R:
Debbie Kaminer
Lynne Palan
Jessica Brod Millner*



Sherry and Gary Wolff



*L to R:
Katie Duke
Shane Duke
Erin Cusumano
Katie Eckenrodt
Kyle Eckenrodt
Sue Cusumano
Fran Cusumano
Sal Cusumano*

*L to R:
Justin Fantroy
Jamie Pitt*



*L to R:
Craig Kaminer
Debbie Kaminer
Pam Lester
Kenny Lester*



WHAT OTHERS ARE DOING FOR CSC

Jeans Day and BBQ Fundraiser

Lopata, Flegel & Company held a jeans day and BBQ fundraiser to benefit CSC on September 28. Thank you to those who participated and donated **\$245!**



Yoga and Shopping for CSC

Athleta hosted a Shop for a Cause event raising **\$172** for members at CSC! On October 14th, individuals participated in a free yoga class and shopped the store afterwards.



Breast Cancer Awareness

In honor of breast cancer awareness, **Waterway Carwash** collected donations throughout the month of October. A huge thank you to everyone for their continued support in our mission!

Shooting for a Cure

Thank you to **No Other Choice Firearms Training** for hosting a charity event in October 14th that benefited CSC, raising over **\$1,000!**



Thanks for Your Continued Support

On September 23rd, **Joe Kemp** continued support for CSC by riding his bike 205 miles from St. Louis to Lake of the Ozarks. Joe's fourth ride for CSC raised **\$4,115!**

Thank You to Our Volunteers!

A huge thank you to the countless volunteers who support CSC. Volunteers help CSC in so many ways:

- answering phones and greeting members at the front desk
- helping to assemble mailings and act as an ambassador on deliveries
- assisting with our special events
- providing an extra set of hands to our chefs during our cooking demonstrations
- distributing information and educating people on our mission at health fairs
- providing leadership and guidance as members of our Board of Directors
- facilitating one of our many classes as an instructor
- organizing our vast library
- providing meals for our Families Connect programs

Each week volunteers donate an average of **47+ hours**, which has an estimated value of **\$1,107!** We cannot thank you enough for your continued support.

And so much more.

Thank you!

HOW YOU CAN SUPPORT CSC

"I wanted to find a way to give back, stay connected with the community, and help ensure CSC is there for those who need it as it was always there for me. I am very excited to be a part of this new initiative."

- Ann Tucker, volunteer

Give Back And Stay Involved!

Alumni and Friends of CSC is a group of individuals, including members who have used our services and community friends, dedicated to supporting the awareness and fundraising efforts of Cancer Support Community. The group will host quarterly social gatherings and an annual fundraiser.

Our very first social gathering was held on December 5th at Llywelyn's Pub in Webster Groves. Members brought guests to enjoy socializing and celebrate the holidays!

Please contact Amanda Carlson at acarlson@cancersupportstl.org if interested in getting involved!



L to R: Tricia Hendricks, Ann Patzell, Jim Birmingham, Ann Tucker, Jackie Puzniak

STAFF - Contact us 314.238.2000

EXECUTIVE DIRECTOR

F. Scott Gee, ext. 223

PROGRAM DIRECTOR

Renata Sledge, MSW, LCSW, ext. 224

DEVELOPMENT DIRECTOR

Tricia Hendricks, ext. 226

PROGRAM MANAGER

Dannielle Hodges, MSW, LMSW, ext. 228

DEVELOPMENT AND COMMUNICATIONS COORDINATOR

Amanda Carlson, ext. 231

PROGRAM ASSISTANT AND VOLUNTEER COORDINATOR

Gabby Fish, ext. 240

PROGRAM COORDINATOR

Kelly O'Neal, MSW, LMSW, ext. 230



MISSION:

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community to enhance their overall well-being.

CLINICAL STAFF

Karen Banks, MEd, PLPC
Kathy Bearman, MA, LCSW
Jennifer Dunn, MSW, LCSW
John B. Eschen, MEd, LPC
Dannielle Hodges, MSW, LMSW
Susie McGaughey, LPC, ATR
Julie Matkin, MSW, LCSW
Kelly O'Neal, MSW, LMSW
Jeff Piper, MSW, LCSW
Renata Sledge, MSW, LCSW

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St. Anthony's Cancer Care Center and Cancer Support Community Take On Cancer Together



We are excited to announce a new Affiliated Partnership that brings Cancer Support Community of Greater St. Louis to the patients at St. Anthony's Cancer Care Center. Every quarter, patients at St. Anthony's Cancer Care Center will have the opportunity to experience group sessions, education, stress management and social connection workshops while at St. Anthony's.

CSC Program Coordinator Kelly O'Neal, LMSW will be available to meet with patients and caregivers on a walk-in basis or by appointment every Tuesday. She can be reached at koneal@cancersupportstl.org, (314) 525-1641 on Tuesdays, and (314) 238-2000 ext. 230 on Mondays, Wednesdays, and Thursdays.

Monthly Cancer Group

Third Tuesday each month • 1:00 – 2:30 PM

The Monthly Cancer Group at St. Anthony's gives people with cancer and/or their friends and family members the opportunity to share resources, ideas to manage side effects, and an opportunity to get and give support to others.

Monthly Men's Breakfast - RSVP

First Tuesday each month (except for January 9) • 9:00 – 10:00 AM

Join us for a social hour to discuss weekend games, current events, and connect with other men affected by cancer! Food and coffee will be provided.

Creative Journaling - RSVP

Tuesday, January 9 • 1:30 – 2:30 PM

Join us for collaging, journaling, and creativity to explore inner peace and happiness.

Let's Talk About Communication - RSVP

Tuesday, March 13 • 1:00 – 2:30 PM

Family, friends, coworkers, health care team...there is a variety of support for patients and their caregivers. How do you make the most of sharing your experience and getting what you need from others? Join me to discuss and learn about assertive communication and how to incorporate it into your everyday life.

Stay Tuned

There will also be more opportunities for education, stress management and social connections. Check our website, www.cancersupportstl.org, for more information about these sessions.



25 Years of Community

calendar

The Wellness Community is a support center for people with cancer (and families, friends and caregivers). Educational workshops, stress management programs and weekly support groups are available to help participants learn they are not alone, but have and regain control over their lives. These programs are an added resource for people to use as an adjunct to their conventional medical treatments and for survivors to continue their wellness.

Weekly Support Groups
Adults (cancer patients) and Family Support Groups are available weekly. These groups are held by a licensed psychotherapist. If you're interested in joining a weekly group, please stand at the Wellness Community where you can sign up for a group presentation conference.

Participant Groups
Monday, 10 a.m.-12 noon
Tuesday, 1-3 p.m. and 6:30-8:30 p.m.
Wednesday, 6:30-8:30 p.m.
Thursday, 12:45-2:45 p.m. and two groups at 6:30-8:30 p.m.
Family Groups
Wednesday, 6:30-8:30 p.m.
Thursday, 6:30-8:30 p.m.

Learn About Our Community
Newcomers Meeting
Every Tuesday, 10 a.m.-12 noon
Drop in and join us for an introductory meeting that is led by a cancer survivor. Adults with cancer, family members, friends and caregivers learn about The Wellness Community and are invited to share their stories.

Stress Reduction
Stretch & Breathe
Linda Peterson and Christine Hefner
Every Wednesday, 1-4 p.m.
Through rhythmic stretching, gentle stretching and breathing, mentally you can learn to ease physical and emotional tension brought on by cancer. They improve fitness, concentration and reduce stress.

Relaxation and Visualization
Julia Hwang, MEd, CPC, Every Thursday, 7:15 a.m.-12:30 p.m.
Drop in to learn and learn to relax. Cancer patients use RAV to lessen anxiety during treatment and manage stress (decreased pain, fatigue) and improve these techniques to reduce their stress.

Tai Chi
Cynthia Tucker every Thursday in September, and October 3 and 10, 7-8 p.m.
Tai Chi is an ancient Chinese art form that is ideal for health benefits. The art includes gentle movements and is designed to strengthen and improve the health of each participant. This is a six-week series. Come to try it all season.

Visualization For Change
JoAnn Romano Anderson, PhD, Monday, September 9 and October 14, 8:30-10 a.m. (Note: September's date is typically Friday, 10 a.m.-12 noon)
Drop in and join us for an introductory meeting that is led by a cancer survivor. Adults with cancer, family members, friends and caregivers learn about The Wellness Community and are invited to share their stories.

Stress Management
Debra Annand has extensive experience working with cancer patients and their families. She is a past president of the St. Louis Psychological Association and the National Women's Psychologists.

Dream Discussion Luncheon
Greg Pocius, MEd, LPC, Monday, September 9 and October 14 and 21, 1:45 a.m.-2:30 p.m.
Drop in for this discussion lunch to share and explore dreams as a way to increase self-understanding and reduce stress associated with cancer.

Maximizing Your Brain Power
John Sheffer, DMin, Saturday, September 14 and October 12, 11:30 a.m.-1:30 p.m.
"Close your eyes for 15 seconds. Think of the left half of your brain. What do you see?" This is the beginning of a unique and active approach to visualization.

Hypnosis For Pain Control
James L. Hall, PhD, Saturday, September 21 and October 19, 10:30 a.m.-12 noon
Learn how relaxing and visualization can help you reduce an important part of mind and body that may help reduce or control pain or enhance wellness. Everyone is capable of learning these techniques. Dr. Hall is a licensed psychologist and author. Author of *Hypnotic Regression* by Dr. Hall. 20 years experience in mental health practice including hypnosis.

Transpersonal Psychology and Wellness
September 14 and October 12, 10:30 a.m.
Discuss the work of Larry Green, MEd, Victor Frankl, PhD and Joseph Campbell, PhD. Their research has focused on the effects of living meaning in life, prayer and vision on quality of life. If you have interest in discussing these issues, join other cancer patients and caregivers for this monthly meeting.

Teen Support Group
Saturdays, September 22 and October 26, 12 noon-2 p.m.
Join other teens whose parents have cancer for social and recreational activities. The program is led by teens and co-leaders of The Wellness Community (St. Louis) and is designed to help teens who are coping with all issues.

The Wellness Connection
Monday, September 9 and 22, October 14 and 21, 6:30-8:30 p.m.
The Wellness Connection is a twice-a-month group for cancer patients whose medical treatments are over and who want to discuss issues that go beyond the immediate light for recovery led by a licensed psychotherapist.

Breast Cancer Awareness Month
Breast Cancer Networking Group
Monday, September 18 and October 21, 8:30-10:30 p.m.
This is a unique networking group for women who have or had breast cancer. Members may explore issues related to breast cancer treatment, body image, fears of recurrence and all other emotional, physical and mental consequences. This group is co-led by a licensed psychotherapist and a peer facilitator.

Ask the Doctor: The Genetics of Breast Cancer
Shirley Breast Cancer Program, Alex Dene, MD
Thursday, October 17, 7-8:30 p.m.
Dr. Dene will examine current research related to genetic and breast cancer. If your daughter, sister or mother has breast cancer this program may be helpful to you. Following Dr. Dene's presentation, there will be a time for questions and answers. Refreshments will be provided. Dr. Dene's research and knowledge for an onco-hospital helps over 17 years of experience in this presentation.

Fatigue and the Breast Cancer Patient
Mary Zieming, RN, BSN, OCN
Saturday, October 24, 9-10 a.m.
Understand the physiology of fatigue, and its impact on your life and learn some tools to manage it. Family members will find the workshop helpful in learning about fatigue in the person they support. Bring your questions.

Reunion: Welcoming Back Your Neglected Self - RSVP
Wednesday, March 28 • 6:30 – 8:00 PM
Beginning in childhood and continuing throughout our lives, we receive messages and teachings that certain parts of who we are, (our "Selves"), are wrong or bad or unacceptable and need to be hidden or controlled. We learn to hide or neglect our Angry Self, our Anxious Self, our Exuberant or Creative Self and others for fear of disapproval or rejection. Being a fully integrated person means having a positive relationship with all of our Selves which enables us to strive for happiness and meaning, particularly when faced with the challenge and stress of living with cancer. Join artist Jessica Eschen-Goodman and CSC facilitator John Eschen as we explore through discussion, art and writing the ways and paths of reuniting our individual Neglected Selves. No special artistic or writing ability is necessary.

Genetics and Cancer Through the Years - RSVP

Wednesday, January 31 • 6:30 – 8:00 PM

Hereditary cancer syndromes account for about 10% of all cancer diagnoses. Identifying families with hereditary risk is important to help the family members at increased risk for developing cancer to make good choices about cancer prevention and early detection. This program will focus on what families might benefit from genetic testing and the many advances that have been made in genetic testing through the years.

Reunion: Welcoming Back Your Neglected Self - RSVP

Wednesday, March 28 • 6:30 – 8:00 PM

Beginning in childhood and continuing throughout our lives, we receive messages and teachings that certain parts of who we are, (our "Selves"), are wrong or bad or unacceptable and need to be hidden or controlled. We learn to hide or neglect our Angry Self, our Anxious Self, our Exuberant or Creative Self and others for fear of disapproval or rejection. Being a fully integrated person means having a positive relationship with all of our Selves which enables us to strive for happiness and meaning, particularly when faced with the challenge and stress of living with cancer. Join artist Jessica Eschen-Goodman and CSC facilitator John Eschen as we explore through discussion, art and writing the ways and paths of reuniting our individual Neglected Selves. No special artistic or writing ability is necessary.