

SUPPORT GROUPS



THURSDAY	1-2:30 PM
MONTHLY	ROOM 1604
3RD THURSDAY	

ART OF THE SCARF

Have fun with helpful tips for head wrappings. Sponsored by the American Cancer Society.

Third Thursday of the month, 1-2:30 pm, Room 1604. **Call 262-6018 to register.**

TUESDAY	11 AM- NOON
WEEKLY	ROOM 1048
STARTS MARCH 6	

BROWN BAG SPEAKERS SERIES

Cancer related educational topics for patients and families.

Tuesdays starting March 6, 11 am - 12 pm, Room 1048. **Call Jill Schulke at 925-0188 for dates and topics and to register.**

WED.	2-4:30 PM
WEEKLY	ROOM 1048
FEB. 21 TO MARCH 28	

CANCER THRIVING & SURVIVING

Tools for coping during and beyond cancer, including the Mind-Body Connection, Fatigue Management, and Healthy Eating.

2-4:30 pm, Wednesdays, Feb. 21 to March 28, Room 1048. **Call 925-0104 to register.**

WED.	10:30-11:30 AM
2X/MONTH	ROOM 1048
FEB. 14 TO MAY 16	

CAREGIVERS GROUP

A caregiver support group for family and friends of cancer patients. This group will explore coping skills and techniques by providing a safe environment to share concerns and difficulties in cancer care.

Second and third Wednesdays of the month Feb. 14 to May 16, 10:30-11:30 am, Room 1048. **Call 272-5817 to register.**

THURSDAY	4-5:30 PM
WEEKLY	ROOM 1604
ONGOING	

CAREGIVERS JOURNALING SUPPORT GROUP

A journaling support group for family and friends of cancer patients. Discover the healing power of writing to express thoughts and feelings. No prior writing experience needed; spelling & grammar do not matter. This group is offered in partnership with Cancer Support Now.

Weekly on Thursdays, 4-5:30 pm, Room 1604. **Call 925-0104 to register.**

MONDAY	1-2 PM
MONTHLY	ROOM 1604
STARTS FEB. 12	

EARLY STAGE BREAST CANCER

A supportive environment to explore feelings surrounding a new diagnosis, receive educational materials and connect with community resources and members.

Second Monday of the month starting Feb. 12, 1-2 pm, Room 1604. **Call 925-0185 to register.**

MONDAY	1-3:30 PM
MONTHLY	ROOM 1604
LAST MONDAY/MONTH	

LOOK GOOD FEEL BETTER

Sponsored by American Cancer Society.

Last Monday of the month, 1-3:30 pm, Room 1604. **Call 1-800-227-2345 to register.**

Rooms are located at the
UNM Cancer Center at
1201 Camino de Salud NE.

REGISTER EARLY — SPACE IS LIMITED

TUESDAY	10:30AM
WEEKLY	20 MIN.
MEDITATION ROOM	

MEDITATION AND RELAXATION GROUP

A guided meditation, relaxation and guided imagery group to help ease stress and improve coping. Open to patients, loved ones and staff.

Tuesdays, 10:30-10:50 am, Meditation Room. No registration required.

WED.	11:30 AM-12:30 PM
MONTHLY	ROOM 1604
STARTS FEB. 7	

MEN'S GROUP

This support group is open to men in all stages of cancer from recent diagnosis to treatment to cancer survivor. We will help participants with coping strategies and address challenges in a friendly atmosphere.

First Wednesday of the month starting February 7, 11:30 am to 12:30 pm, Room 1604. **Call 934-6930 to register.**

WED.	1-2 PM
MONTHLY	ROOM 1604
3RD WEDNESDAY	

METASTATIC BREAST GROUP

A supportive environment to explore feelings surrounding a Stage IV breast diagnosis and to receive educational materials.

Third Wednesday of the month, 1-2 pm, Room 1604. **Call 272-7444 to register.**

WED.	1:30-2:30 PM
MONTHLY	ROOM 1604
2ND WEDNESDAY	

MISSION NUTRITION

Healthy eating tips during cancer treatment.

Second Wednesday of the month, 1:30-2:30 pm, Room 1604. **Call 925-0182 to register.**

TUESDAY	1-2 PM
WEEKLY	3RD FLOOR
MEDITATION ROOM	

REINVESTING IN LIFE — FINDING YOURSELF AGAIN

Everyone has life-altering experiences — but few touch all areas of one's life, one's being — the way a cancer diagnosis can. This can be a time of intense self-reflection that teaches new ways to seek and find joy after the initial feelings of devastation have been examined and processed. We will look at strategies and activities that support you as you go through a personal metamorphosis.

Tuesdays, Feb. 20 to March 20, 1-2 pm, Meditation Room. **Call 925-0188 to register.**

THURSDAY	10:30-11:30 AM
2X/MONTH	ROOM 1604
STARTS FEB. 15	

SPIRITUALITY & COPING WITH CANCER

This group is for cancer patients only and will explore how spiritual ideologies may help you cope with suffering throughout the cancer journey.

First and third Thursdays of the month starting Feb. 15 from 10:30-11:30 am, Room 1604. **Call 925-0185 to register.**

MONDAY	2:30-4 PM
WEEKLY	ROOM 1048
ONGOING	

SURVIVORS WRITING TOGETHER

A journaling support group for individuals who have a current and/or past cancer diagnosis. Discover the healing power of writing to express thoughts and feelings. No prior writing experience needed; spelling and grammar do not matter. Offered in partnership with Cancer Support Now.

Mondays, 2:30-4 pm, Room 1048. **Call 925-0104 to register.**

MONDAY	5:30-7 PM
2X/MONTH	OFF-SITE
1ST & 3RD MONDAYS	

UNM CANCER SUPPORT & COMMUNITY EDUCATION

A brief educational session followed by time for sharing and support; open to patients, survivors and loved ones. This support group is offered in partnership with Cancer Support Now.

First and third Mondays of the month, 5:30-7 pm at Central United Methodist Church, Room 307 (corner of University/Copper). **Call 925-0104 to register.**

Rooms are located at the UNM Cancer Center at 1201 Camino de Salud NE.

REGISTER EARLY — SPACE IS LIMITED