

PRESENTS:

NMCC SUPPORT PROGRAMS

Head and Neck Cancer Support Group

WHAT: A new peer support group for patients with head and neck cancer.

WHEN: Held from 4:00pm – 5:00pm every 2nd and 4th Mondays of each month

FACILITATORS: Jess Quiring, CN-BA OPN-CG and Janet Longhurst, RN OCN

For more information please call @796-3513

Caring for the Caregiver

WHAT: A 1 hour class focused on the caregiver with tips and tools to help you with all that you do. This class is a caregiver specific – closed support group.

WHEN: Classes are scheduled upon expressed interest

FACILITATORS: Jess Quiring, CN-BA OPN-CG

To express interest in attending please call @796-3513

CLIMB® Program

WHAT: A support group for teens and children ages, 6-18, whose parents or guardians are diagnosed with cancer. Through art projects and discussion, this structured program helps normalize feelings teens and children may have about their cancer experience and nurtures positive communication between the parent and guardian with cancer.

WHEN: Thursdays from 6:00 – 7:30pm for 6 weeks.

For more info or to register please call @857-8460

Nutrition with Kelly Hines, RD, LD

WHAT: A conversation with Dietician Kelly Hines, RD, LD. Do you have questions about what to eat or not to eat? Nothing tastes good? Should you avoid certain foods? Talking with a dietician can clear up a lot of questions and give you practical tips in eating for your specific type of cancer.

WHEN: Classes are scheduled upon expressed interest

For more info or to register please call @857-8460

ALL SUPPORT PROGRAMS ARE FREE OF CHARGE TO PATIENTS

NMCC SUPPORT PROGRAMS CONTINUED

Gift Closet

WHAT: FREE wigs, scarves, head coverings, bras and breast prosthesis.

WHEN: EVERY Wednesday from 2:00 – 5:00pm in the Main Conference Room.

NO REGISTRATION NEEDED.

For more information please call @857-8460

Look Good Feel Better in partnership with American Cancer Society

WHAT: A fun (and FREE) class for women cancer patients that focuses on helping you manage the appearance related side effects of treatment, like shading in your eye brows, and teaching you some new style and scarf tying techniques. Every patient receives her own makeup kit with products valued at over \$400.

WHEN: EVERY 1st Wednesday of each month from 2:00 – 4:00pm in the Main Conference Room.

REGISTRATION IS REQUIRED

Please call @857-8460

YOGA at NMCC

WHAT: Join us for a 1 hour yoga class with Registered Yoga teacher Meg Tuazon Shemai. This class is open to patients and caregivers of all levels.

WHEN: EVERY 2nd and 4th Tuesday of every month from 3:30 – 4:30pm in the Main Conference Room.

To fill out an assessment form to attend the classes please call @857-8460

Art Therapy

WHAT: WHAT: An Art Workshop for patients and their caregivers facilitated by Artist Rachel Popowcer, MFA. Projects will focus on creative ideas and a range of different materials and techniques. Come make art in a supportive and positive environment. All skill levels welcome!

WHEN: Classes are scheduled upon expressed interest

For more info or to register please call @857-8460

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