



Resources for Life After Cancer

INFORMATION • EDUCATION • SUPPORT

July – December 2017

Memorial Sloan Kettering Cancer Center
485 Lexington Ave, 2nd floor, New York, NY 10017
646-888-8106
RLAC@mskcc.org

ABOUT THE PROGRAM

Resources for Life After Cancer (RLAC) provides education, professional consultations, peer support and advocacy services to guide and assist patients after cancer treatment is completed. Services include: telephone consultations, seminars and workshops, professionally-led educational meetings, individual and family counseling, and practical advice on insurance and employment issues. Within a community of support, education and hope, we extend MSK's mission of providing the finest cancer care anywhere. We welcome survivors who have completed active treatment to participate in our programs and services and encourage healing through education and support. All programs are free of charge.

In order to participate in any of our programs it is necessary to register at RLAC@mskcc.org or call 646-888-8106. Please be advised that programs can change or may be canceled.

Resources for Life After Cancer
485 Lexington Ave, 2nd Floor
New York, NY 10017
646-888-8106 (Telephone)

RLAC is Going Green. If you would like to go paperless please email us at RLAC@mskcc.org.

If you would like to unsubscribe please contact us at:
Resources for Life After Cancer or RLAC@mskcc.org
485 Lexington Ave, 2nd Floor
New York, NY 10017

No observers without prior approval



Memorial Sloan Kettering
Cancer Center

Department of Social Work

TABLE OF CONTENTS

Quality of Life Programs

Neuropathy Care in Cancer Survivorship	5
An Orientation to Life after Cancer – Online Program	5
Coping with Anxiety and Fear of Recurrence after Treatment Ends – Online Program	5
How to Recover Financially when Your Cancer Treatment is Over	6
Embodied: Coping with Cancer Related Body Image Changes	6
A Conversation (In Spanish): Life after Cancer	6
Finding Our Way: A Discussion of Spirituality & Survivorship	7
Nutrition: Eating Well for Life after Cancer	7
How to Move From Intentions to Real Change	7
Exercise for Stamina: Activity Guidelines in Survivorship	8
Returning to Work after Cancer	8

Art Studio

Art Therapy Drop-in Open Studio and Expanded Art Therapy Offerings. . . .	8
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Integrative Medicine Approaches and Survivorship

Mindfulness Practices to Improve Sleep	9
Active Living for the Young Adult Survivor	9

Support and Education Groups

Dating and Disclosure	9
Life after Cancer – Online Support Group	10
Life After Cancer: In-Person Six Week Group	10
Life after Cancer Support Group for Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Cancer Survivors – Online Support Group	10

Age and Gender Specific Groups

Men and Cancer – Online Support Group	11
Sexual Health Programs for Men – Online Program	11
Grace and Grit: A Women’s Circle	11
Women’s Sexual Health in Survivorship – Online Program	12
Adult Survivors of Childhood Cancers Discussion Group: Yesterday, Today, Tomorrow.	12
Young Adult Survivorship Group: New Challenges/New Beginning	12

65+ Program

Coping with Cancer Pain in the Older Adult 13

Caregiver Support Series: Safe Transfers and Effective Caregiving 13

Post-Treatment Support Groups by Diagnosis

Bladder Cancer 14

Brain Tumor 14

Breast Cancer..... 15

Colorectal Cancer 15

Esophageal Cancer – **Online Support Group** 15

Gynecologic Cancer 15

Head, Neck and Oral Cancer 15

Stem Cell Transplant – **Online Support Group** 15

Lymphoma 16

Lung Cancer..... 16

Prostate Cancer..... 16

Cancer Related Lymphedema Support Group/Commack Location 16

Cancer Related Lymphedema – **Online Support Group** 16

July-December 2017 Calendars.....17

It is necessary to register for all programs.
Please call 646-888-8106 or email rlac@mskcc.org.
No observers without prior approval.

QUALITY OF LIFE PROGRAMS

Neuropathy Care in Cancer Survivorship

Department of Rehabilitation

Join us for this educational program on the latest strategies for neuropathy care. This program will be led by members of our rehabilitation department who will share techniques and tips for coping with this challenging side effect of treatment.

DATE	TIME	LOCATION	ROOM
Tues, Jul 18	5:30–7:00 PM	430 E 67th Street	RRL 101

An Orientation to Life after Cancer – *Online Program*

Barbara Golby, LCSW and Kimarie Knowles, LCSW, Department of Social Work

Finishing treatment for cancer can bring about unexpected challenges. This presentation will review some of the common emotional and practical concerns that can surface when treatment is over, and discuss effective ways of addressing these concerns to help with the transition back into day-to-day life. Both patients and caregivers are welcome to join this online program. A question and answer session will follow the presentation. To participate please send an email directly to: virtualprograms@mskcc.org.

DATE	TIME
Wed, July 19	12:00–1:30 PM

Coping with Anxiety and Fear of Recurrence after Treatment Ends – *Online Program*

Natalie Ishak Santos, LCSW, Department of Social Work

After finishing treatment for cancer, it is normal to experience anxiety or fear of recurrence. These feelings can range from “scanxiety” around follow up appointments and tests to anxiety that may impact your day to day quality of life. Join clinical social worker, Natalie Ishak Santos for a presentation and interactive discussion around how to understand these feelings and best cope with them. To participate please send an email directly to: virtualprograms@mskcc.org.

DATE	TIME
Thurs, Aug 10	1:00–2:00 PM

It is necessary to register for all programs.
Please call 646-888-8106 or email rlac@mskcc.org.
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How to Recover Financially when Your Cancer Treatment is Over

The economic impact of cancer can be a major source of stress for patients and their families. The cost of care combined with loss of income can make staying afloat difficult and have lasting financial consequences. In this presentation, financial experts will discuss strategies for dealing with the economic aftermath of cancer, including how to manage debt and rebuild savings. A question and answer session will follow the presentation.

DATE	TIME	LOCATION	ROOM
Tues, Aug 15	5:30–7:00 PM	1275 York Ave	M107

Embodied: Coping with Cancer Related Body Image Changes

Meredith Cammarata, LCSW and Rachael Goldberg, LMSW,
Department of Social Work

This interactive educational program for men and woman of all ages will cover common body image concerns among cancer survivors. The program will address how physical changes after treatment can impact one's sense of self in their private and social lives.

DATE	TIME	LOCATION	ROOM
Wed, Sep 13	5:30–7:00 PM	160 E 53rd Street	11th Floor Conf
Wed, Dec 6	5:30–7:00 PM	430 E 67 th Street	RRL B20

Una conversación en español: La vida después del cáncer

Amanda Amodio, LCSW, Trabajadora Social y Carlos Cuartas, Capellán

Hablaremos sobre los asuntos emocionales y prácticos que podrían surgir después de la cirugía, la radiación y la quimioterapia: la adaptación a la vida después del tratamiento, el manejo del estrés, la comunicación con el equipo médico, las relaciones con familiares y amigos, la espiritualidad, y los cambios en el funcionamiento físico y en el empleo. Bienvenidos pacientes y aquellos que los cuidan. Para registrarse llame al 646-888-8106 o escriba un correo a RLAC@mskcc.org.

A Conversation (In Spanish): Life after Cancer

Amanda Amodio, LCSW, Department of Social Work and
Carlos Cuartas, Chaplaincy Services

We will discuss the new emotional and practical issues that may arise after surgery, radiation therapy and chemotherapy are over: Adjusting to life after treatment, managing stress, communicating with one's health care team, relationships with family and friends, spirituality, changes in physical functioning, and employment. We welcome patients and their caregivers.

Fecha/DATE	Hora/TIME	Lugar/LOCATION	Sala/ROOM
Wed, Sep 13	12:00–1:30 PM	430 E 67th Street	RRL 101
Wed, Nov 8	11:00 AM–12:30 PM	430 E 67th Street	RRL B20

Finding Our Way: A Discussion of Spirituality & Survivorship

Melissa Stewart, LCSW-R, Department of Social Work, and

Rev. Jill Bowden, Director, Chaplaincy Services

The cancer experience can leave survivors and those close to them questioning their spiritual beliefs, redefining them, or having a more intense connection with their own belief system. Rev. Jill Bowden, Director, Chaplaincy Services and Senior Clinical Social Worker Melissa Stewart, LCSW-R, will lead a discussion about how this profound experience can affect one's spiritual self.

DATE	TIME	LOCATION	ROOM
Thurs, Sep 14	5:30–7:00 PM	430 E 67th Street	RRL 102
Thurs, Dec 7	5:30–7:00 PM	430 E 67th Street	RRL 102

Nutrition: Eating Well for Life after Cancer

Cara Anselmo, MSN, RD, CDN, Department of Nutrition

This program will discuss healthy eating after cancer treatment, address why some individuals gain or lose weight during and after cancer treatment, and offer tools to help improve nutrition post-treatment. A question and answer session will follow.

DATE	TIME	LOCATION	ROOM
Tue, Sep 26	5:30–7:00 PM	430 E 67th Street	RRL 101

How to Move From Intentions to Real Change

Dr. Jack E. Burkhalter, PhD, Assistant Attending Psychologist

Department of Psychiatry & Behavioral Sciences

Is there a behavior you have wanted to change, for example quitting smoking or developing a regular exercise regimen? Maybe you have made a change but it didn't last. This talk will focus on the change process and what studies have shown about motivation and successful behavior change. Practical tools and illustrations will be discussed. A question and answer session will follow the presentation.

DATE	TIME	LOCATION	ROOM
Tues, Oct 3	5:30–7:00 PM	430 E 67th Street	RRL 101

It is necessary to register for all programs.
Please call 646-888-8106 or email rlac@mskcc.org.
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Exercise for Stamina: Activity Guidelines in Survivorship

Department of Rehabilitation

Improving post-treatment fitness and stamina is a common goal for many patients. Join physical and occupational therapists from the Department of Rehabilitation for a program that focuses on strategies to meet these goals. This presentation will include techniques and tips to help manage fatigue and safely improve overall endurance. Please wear comfortable clothing and shoes as exercises will be demonstrated and practiced. Space is limited. Please call 646-888-8106 or email RLAC@mskcc.org to register.

DATE	TIME
Tues, Oct 17	5:30–7:00 PM

Returning to Work after Cancer

Nicole Jarvis, LMSW, Manager of Programs, Cancer and Careers

Managing employment after you finish treatment for cancer can bring up unique challenges. This presentation will cover the major practical concerns that arise when dealing with cancer in the workplace. Whether you are looking for a new job after treatment or needing additional accommodations, this session will provide information to help you take your next steps.

DATE	TIME	LOCATION	ROOM
Tues, Oct 24	5:30–7:00 PM	430 E 67th Street	RRL 101

ART STUDIO

Art Therapy Drop-in Open Studio and Expanded Art Therapy Offerings

Deborah Rice, ATR-BC, LCAT, LMHC, Art Therapist, Breast and Imaging Service

Creating art can be a helpful part of the healing process. It can enhance well-being and improve quality of life. In a creative and calming environment, MSK patients are invited to work with a variety of materials and techniques such as watercolor and acrylic paints, charcoal, collage, and pastels to encourage expression and build community. Family members and caregivers are also welcome to participate. No art experience needed; this service is free. Questions about the program can be sent to riced@mskcc.org

DATE	TIME	LOCATION	ROOM
Tuesdays	10:00 am–4:00 PM	300 E 66th Street	243-A
Wednesdays	2:00–5:00 PM	300 E 66th Street	243-A

INTEGRATIVE MEDICINE APPROACHES AND SURVIVORSHIP

Mindfulness Practices to Improve Sleep

**Shelly Latte-Naor, MD, Director, Mind-Body Medicine,
Department of Integrative Medicine**

This interactive group will introduce survivors and caregivers to the fundamentals of mindfulness and teach practical tips to help you fall and stay asleep when you want to rest. Mindfulness is an evidence-backed technique that not only helps improve your sleep habits, but can help you better control stress and sudden feelings of anxiety. You will hear from a mind-body therapist who teaches Mindfulness-Based Stress Reduction for MSK's Integrative Medicine Service and practice a variety of techniques you will be able to repeat at home.

DATE	TIME	LOCATION	ROOM
Wed, Nov 1	5:30-7:00 PM	1275 York Ave	M107

Active Living for the Young Adult Survivor

**Jane Greene, RN, LMT, Theresa Affuso, L.Ac. Licensed Acupuncturist and
Joseph E. Glaser, E-RYT 500, Department of Integrative Medicine**

Join us for a panel presentation featuring integrative medicine specialists addressing the unique needs and interests of young adult cancer survivors (ages 20 to 45). Topics covered will include: herbs & dietary supplement usage and how complementary therapies can improve physical fitness, stress levels, and pain management.

DATE	TIME	LOCATION	ROOM
Tues, Nov 7	5:30-7:00 PM	430 E 67th Street	RRL 116

SUPPORT AND EDUCATION GROUPS

Dating and Disclosure

**Barbara Golby, LCSW, Kimarie Knowles, LCSW or
Kristie Redfield, LCSW, Department of Social Work**

Whether you are male or female, older or younger, outgoing or shy, it can be hard to know what to do about sharing your cancer experience. When, how, and whether to disclose your history will be the focus of this educational support group. To participate in the August group, please send an email directly to: virtualprograms@mskcc.org. To participate in the November group please call 646-888-8106 to register.

DATE	TIME	LOCATION	ROOM
Tue, Aug 29	12:00-1:00 PM	Online Program	
Tue, Nov 14	5:30-7:00 PM	430 E 67th Street	RRL B22

Life after Cancer – Online Support Group

**Barbara Golby, LCSW and Kimarie Knowles, LCSW,
Department of Social Work**

The end of treatment can bring about unexpected feelings and reactions such as a sense of loss, a shifting of priorities, and worries about the future. Join us for an interactive discussion where we will address these and other related feelings and consider strategies for managing during this time. Participants for this group must be patients at MSK and have access to a computer and a telephone. To participate please send an email directly to: virtualprograms@mskcc.org.

DATE	TIME
Wed, Sep 6	1:00–2:00 PM

Life after Cancer: In-Person Six Week Group

Richard Glassman, LCSW, Department of Social Work

This six week in-person support group will provide members the opportunity to express their feelings and reactions to the end of treatment while exploring coping strategies with fellow participants. This group is open to men and women who have completed treatment for any type of cancer. Consultation is necessary. For more information and to register, please call Richard Glassman at 212-639-7030.

Life after Cancer Support Group for Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Cancer Survivors – Online Support Group

**Barbara Golby, LCSW and Kimarie Knowles, LCSW,
Department of Social Work**

This group for LGBT cancer survivors will address adjustment to life after cancer treatment including emotional adjustments, changes in physical functioning, altered self-image, persistent fatigue, isolation and other post-treatment related concerns. To participate please send an email directly to: virtualprograms@mskcc.org.

DATE	TIME
Tues, Oct 3	2:30–3:30 PM

It is necessary to register for all programs.
Please call 646-888-8106 or email rlac@mskcc.org.
No observers without prior approval.

AGE AND GENDER SPECIFIC MEETINGS

Men

Men and Cancer – *Online Support Group*

Barbara Golby, LCSW and Richard Glassman, LCSW

After surgery, radiation therapy and chemotherapy are over, broader issues often emerge. Common areas of concern include adjusting to life after treatment, communicating effectively with one's health care team, building stamina, sexual health, employment, and managing concerns about recurrence. Men who are finished with treatment are welcome to join this interactive discussion that will address these and other common post-treatment challenges. All diagnoses welcome. Participants for this group must be patients at MSK and have access to a computer and a telephone. To participate please send an email directly to: virtualprograms@mskcc.org.

DATE	TIME
Wed, July 26, Oct 25	2:30–3:30 PM

Sexual Health Programs for Men are available online.

Sexual Health Programs for Men are available online. John Mulhall, MD, will lead discussions on a variety of topics including: Sexual Health for Men, Sexual Health after Hormonal Therapy, and Erectile Dysfunction.

To hear Dr. Mulhall speak about men's sexual health go to <http://www.mskcc.org/cancer-care/survivorship/videos-survivors?keys=mulhall>

Women

Grace and Grit: A Women's Circle

This is an eight-week group for women who have completed treatment for any type of cancer. The group will address common post-treatment related concerns including body image, sexuality, employment, communication with friends and family, preoccupation with health, and persistent sadness. Together, the group will consider effective coping strategies for managing stress related to life after treatment. Consultation is necessary, please call RLAC at 646-888-8106.

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Please call 646-888-8106 or email rlac@mskcc.org.
No observers without prior approval.

Sexual Health Programs for Women are available online.

Sexual Health Programs for Women are available online. Jeanne Carter, PhD, Head of the Female Sexual Medicine & Women's Health Programs will lead discussions on a variety of topics including: Sexual Health for Women, Impact of Menopause on Women, Strategies to Improve Sexual Health, and more.

To hear Dr. Carter speak about women's sexual health go to <http://www.mskcc.org/cancer-care/survivorship/videos-survivors?keys=carter>

Adult Survivors of Childhood Cancers

Adult Survivors of Childhood Cancers Discussion Group: Yesterday, Today, Tomorrow

Barbara Golby, LCSW and Roseann Tucci, RN, MSN, ANP

While diagnosis and treatment for cancer is disruptive at any stage in life, this is especially so when diagnosis occurs in childhood. Join fellow adult survivors of childhood cancers for a discussion of the issues unique to this population such as family relationships, changed perspectives, and late effects of treatment.

DATE	TIME	LOCATION	ROOM
Wed, Jul 19	5:00-6:30 PM	205 E 64th Street	Concourse Library 201
Tues, Oct 17	5:00-6:30 PM	205 E 64th Street	Concourse Library 201

Young Adult Cancer Survivors

Young Adult Survivorship Group: New Challenges/New Beginnings

Kimarie Knowles, LCSW and Kristie Redfield, LCSW

Unexpected emotions and practical concerns commonly arise after treatment is finished, adding to the disruption that cancer can create in a young person's life. Join fellow young adults for a supportive discussion of issues unique to this population, including concerns about careers, dating, fertility, fear of recurrence, changed perspectives and finding a "new normal". This is an eight-session weekly group and consultation is necessary for this program. Please call RLAC at 646-888-8106 for more information.

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65+ PROGRAM

65+ Coping with Cancer Pain in the Older Adult

Roma Tickoo, MD, MPH, Palliative Medicine Service

Cancer pain can be an effect of cancer and treatment, even when treatment is completed. In addition to cancer, the older adult is often dealing with age related weakness and sometimes coping with additional medical issues. Dr Tickoo will discuss the causes of cancer pain and how pain is controlled to achieve maximum independence and a good quality of life.

DATE	TIME	LOCATION	ROOM
Tues, Sep 12	10:30 AM-12:00 PM	430 E 67th Street	RRL 101

65+ Caregiver Support Series: Safe Transfers and Effective Caregiving

**Richard Glassman, LCSW, Department of Social Work,
Chrysanne Eichner, MOT, OTR/L, CAPS and Alan Ho, PT, DPT, CLT, CKTP,
Department of Rehabilitation**

The role of caregiver can feel overwhelming at times, especially if your loved one needs assistance with daily activities. Join an occupational therapist and physical therapist to learn how to move your loved one safely, how to travel with older adults, and what assistive devices and home modification may help you and your family. A social work expert will also provide suggestions on how to be a more effective caregiver and discuss the importance of balancing caregiving responsibilities with self-care.

DATE	TIME	LOCATION	ROOM
Thurs, Oct 12	10:30 AM-12:30 PM	1275 York Ave	M107

It is necessary to register for all programs.
Please call 646-888-8106 or email rlac@mskcc.org.
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POST-TREATMENT SUPPORT GROUPS BY DIAGNOSIS

Diagnosis-specific support groups provide opportunities for individuals who have completed treatment to connect with others going through similar situations, to obtain and share information, to express their feelings about the cancer experience, to receive understanding and support, and to affirm their own way or discover new ways to adjust to life after treatment.

Some of the adjustments after treatment may include changes in physical and cognitive functioning, appearance, lifestyle, and body-image; fatigue; isolation; fear of recurrence; anxiety; sexuality; concerns about disclosure, diet, nutrition and exercise; changes in life perspective; improving quality of life and understanding how these concerns can impact personal, family, and work life.

Each group is co-led by social workers, nurses and/or physical therapists. We encourage participants to share experiences while gathering medical and rehabilitation information from health care professionals. Participants for online groups must be patients at MSK and have access to a computer and a telephone. Please send an email directly to virtualprograms@mskcc.org. Please be advised that program locations can change or programs can be cancelled. **Please register in advance for each group.**

Bladder Cancer

**David Sarfati, LMSW, Mallory Bowker, RN or
Vashti Livingston, CWOCN**

DATE	TIME	LOCATION	ROOM
Thurs, Jul 13, Aug 10, Oct 12	12:00-1:30 PM	430 E 67th Street	RRL 103
Thurs, Sep 14	12:00-1:30 PM	417 E 68th street	ZRC 136
Thurs, Nov 9	12:00-1:30 PM	430 E 67th Street	RRL B22
Thurs, Dec 14	12:00-1:30 PM	430 E 67th Street	RRL 103

Brain Tumor

Janine Genovese, LCSW and Bora Manne, CNRN

DATE	TIME	LOCATION	ROOM
Thurs, Jul 13	1:00-2:30 PM	430 E 67th Street	RRL B20
Thurs, Aug 10, Sep 14, Dec 14	1:00-2:30 PM	430 E 67th Street	RRL 102
Thurs, Oct 12	1:00-2:30 PM	417 E 68th street	ZRC 136
Thurs, Nov 9	1:00-2:30 PM	430 E 67th Street	RRL 103

Breast Cancer

Kristie Redfield, LCSW

DATE	TIME	LOCATION	ROOM
Mon, Jul 17	2:30–4:00 PM	160 E 53rd Street	11th Floor Conf
Mon, Aug 21, Sep 18	2:30–4:00 PM	300 E 66th Street	243–A
Mon, Oct 16, Nov 20, Dec 18	2:30–4:00 PM	300 E 66th Street	243–A

Colorectal Cancer

Barbara Golby, LCSW and Zana Correa, NP, BC

DATE	TIME	LOCATION	ROOM
Tues, Aug 15, Oct 17, Dec 19	1:00–2:30 PM	160 E 53rd Street	11th Floor Conf

Esophageal Cancer–Online Support Group

Kristie Redfield, LCSW and Carolyn Sadler, RN

DATE	TIME	EMAIL
Mon, Jul 10, Sep 11, Nov 13	1:00–2:00 PM	virtualprograms@mskcc.org

Gynecologic Cancer

Kristie Redfield, LCSW and Christine Whalen, RN BSN OCN

DATE	TIME	LOCATION	ROOM
Tue, Jul 11, Aug 8, Sep 12	3:30–5:00 PM	160 E 53rd Street	11th Floor Conf
Tue, Oct 10, Nov 14, Dec 12	3:30–5:00 PM	160 E 53rd Street	11th Floor Conf

Head, Neck and Oral Cancer

**Barbara Golby, LCSW, Janet McKiernan, MS, RN, OCN, NP-C and
Violetta Dokic, BSN, RN, ONC**

DATE	TIME	LOCATION	ROOM
Thurs, Jul 13	2:00–3:30 PM	430 E 67th Street	RRL 102
Thurs, Aug 10, Oct 12, Nov 9	2:00–3:30 PM	430 E 67th Street	RRL B20
Thurs, Sep 14	*2:30–4:00 PM	430 E 67th Street	RRL 102
Thurs, Dec 14	2:00–3:30 PM	430 E 67th Street	RRL B22

* Please note time change.

Stem Cell Transplant–Online Support Group

Barbara Golby, LCSW and Kristie Redfield, LCSW

DATE	TIME	EMAIL
Thurs, Nov 16	12:30–1:30 PM	virtualprograms@mskcc.org

Lymphoma

Kimarie Knowles, LCSW and Stefanie Lana, RN

DATE	TIME
Wed, Aug 23, Oct 25, Dec 20	3:30–5:00 PM

Consultation is necessary, please call RLAC at 646-888-8106 for more information.

Lung Cancer

Kimarie Knowles, LCSW and Carolyn Sadler, RN

DATE	TIME	LOCATION	ROOM
Tues, Jul 18, Aug 15, Sep 19	11:30–1:00 PM	160 E 53rd Street	11th Floor Conf
Tues, Oct 17, Nov 21, Dec 19	11:30–1:00 PM	160 E 53rd Street	11th Floor Conf

Prostate Cancer

**David Sarfati, LMSW and Michael Manastia, RN, OCN and
Mary Jane Regan, RN Radiation Oncology**

DATE	TIME	LOCATION	ROOM
Thurs, Jul 6	12:00–1:30 PM	417 E 68th Street	ZRC 136
Thurs, Aug 3, Oct 5	12:00–1:30 PM	430 E 67th Street	RRL B22
Thurs, Sep 7, Nov 2, Dec 7	12:00–1:30 PM	430 E 67th Street	RRL 117

Cancer Related Lymphedema – *Commack Location*

Karen Hartman, LCSW and Debbie Mattera, PT

DATE	TIME
First Thursday of each month	4:00–5:30 PM

Please call 631-623-4008 to register.

Cancer Related Lymphedema – *Online Support Group*

Kimarie Knowles, LCSW

DATE	TIME	EMAIL
Wed, Sep 13, Dec 13	1:00–2:30 PM	virtualprograms@mskcc.org

It is necessary to register for all programs.
Please call 646-888-8106 or email rlac@mskcc.org.
No observers without prior approval.

CALENDAR

JULY-DECEMBER 2017

July

6	Thursday	12:00	Prostate Cancer
10	Monday	1:00	Esophageal Cancer – <i>Online Support Group</i>
11	Tuesday	3:30	Gynecologic Cancer
13	Thursday	12:00	Bladder Cancer
		1:00	Brain Tumor Support Group
		2:00	Head and Neck and Oral Cancers
17	Monday	2:30	Breast Cancer
18	Tuesday	11:30	Lung Cancer
		5:30	Neuropathy Care in Cancer Survivorship
19	Wednesday	12:00	An Orientation to Life after Cancer – Online Program
		5:00	Childhood Cancers
26	Wednesday	2:30	Men and Cancer – <i>Online Support Group</i>

August

3	Thursday	12:00	Prostate Cancer
8	Tuesday	3:30	Gynecologic Cancer
10	Thursday	12:00	Bladder Cancer
		1:00	Coping with Anxiety and Fear of Recurrence after Treatment Ends – Online Program
		1:00	Brain Tumor Support Group
		2:00	Head and Neck and Oral Cancers
15	Tuesday	11:30	Lung Cancer
		1:00	Colorectal Cancer
		5:30	How to Recover Financially when Your Cancer Treatment is Over
21	Monday	2:30	Breast Cancer
23	Wednesday	3:30	Lymphoma
29	Tuesday	12:00	Dating and Disclosure – Online Program

September

6	Wednesday	1:00	Life after Cancer – Online Program
7	Thursday	12:00	Prostate Cancer
11	Monday	1:00	Esophageal Cancer – <i>Online Support Group</i>
12	Tuesday	10:30	65+ Coping with Cancer Pain in the Older Adult
		3:30	Gynecologic Cancer
13	Wednesday	12:00	A Conversation (In Spanish): Life after Cancer
		1:00	Cancer Related Lymphedema – <i>Online Support Group</i>
		5:30	Embodied: Coping with Cancer Related Body Image Changes
14	Thursday	12:00	Bladder Cancer
		1:00	Brain Tumor Support Group
		2:30	Head and Neck and Oral Cancers
		5:30	Finding Our Way: A Discussion of Spirituality & Survivorship

18	Monday	2:30	Breast Cancer
19	Tuesday	11:30	Lung Cancer
26	Tuesday	5:30	Nutrition: Eating Well for Life after Cancer

October

3	Tuesday	2:30	Life after Cancer Support Group for Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Cancer Survivors - Online Support Group
		5:30	How to Move From Intentions to Real Change
5	Thursday	12:00	Prostate Cancer
10	Tuesday	3:30	Gynecologic Cancer
12	Thursday	10:30	65+ Caregiver Support Series: Learning How to Move Your Loved One Safely
		12:00	Bladder Cancer
		1:00	Brain Tumor Support Group
		2:00	Head and Neck and Oral Cancers
16	Monday	2:30	Breast Cancer
17	Tuesday	11:30	Lung Cancer
		1:00	Colorectal Cancer
		5:00	Childhood Cancers
		5:30	Exercise for Stamina: Activity Guidelines in Survivorship
24	Tuesday	5:30	Returning to Work after Cancer
25	Wednesday	3:30	Lymphoma
		2:30	Men and Cancer - <i>Online Support Group</i>

November

1	Wednesday	5:30	Mindfulness Practices to Improve Sleep
2	Thursday	12:00	Prostate Cancer
7	Tuesday	5:30	Active Living for the Young Adult Survivor
8	Wednesday	11:00	A Conversation (In Spanish): Life after Cancer
9	Thursday	12:00	Bladder Cancer
		1:00	Brain Tumor Support Group
		2:00	Head and Neck and Oral Cancers
13	Monday	1:00	Esophageal Cancer - <i>Online Support Group</i>
14	Tuesday	3:30	Gynecologic Cancer
		5:30	Dating and Disclosure
16	Thursday	12:30	Stem Cell Transplant - <i>Online Support Group</i>
20	Monday	2:30	Breast Cancer
21	Tuesday	11:30	Lung Cancer

It is necessary to register for all programs.
Please call 646-888-8106 or email rlac@mskcc.org.
No observers without prior approval.

December

6	Wednesday	5:30	Embodied: Coping with Cancer Related Body Image Changes
7	Thursday	12:00	Prostate Cancer
		5:30	Finding Our Way: A Discussion of Spirituality & Survivorship
12	Tuesday	3:30	Gynecologic Cancer
13	Wednesday	1:00	Cancer Related Lymphedema – <i>Online Support Group</i>
14	Thursday	12:00	Bladder Cancer
		1:00	Brain Tumor Support Group
		2:00	Head and Neck and Oral Cancers
18	Monday	2:30	Breast Cancer
19	Tuesday	11:30	Lung Cancer
		1:00	Colorectal Cancer
20	Wednesday	3:30	Lymphoma

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Resources for Life After Cancer
Memorial Sloan Kettering Cancer Center
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