



# Resources for Life After Cancer

INFORMATION • EDUCATION • SUPPORT

January - December 2019

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

## ABOUT THE PROGRAM

At Resources for Life After Cancer (RLAC), we extend the Memorial Sloan Kettering mission of providing the best cancer care anywhere. Survivors who have finished active treatment are welcome to participate. We create a community of support, education, and hope. Our services include educational lectures, support groups, counseling services, advocacy, and community referrals to help you live well after cancer treatment. All programs are free of charge.

To participate in a program, it's necessary to register by emailing [RLAC@mskcc.org](mailto:RLAC@mskcc.org) or calling 646-888-8106. Programs may change or are subject to be canceled.

### **Resources for Life After Cancer**

485 Lexington Ave, 2nd floor  
New York, NY 10017  
Telephone: 646-888-8106

RLAC is Going Green. If you would like to go paperless please email us at [RLAC@mskcc.org](mailto:RLAC@mskcc.org).

If you would like to unsubscribe please contact us at:  
Resources for Life After Cancer  
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New York, NY 10017  
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No observers without prior approval



Memorial Sloan Kettering  
Cancer Center

Department of Social Work

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

# QUALITY OF LIFE

## Lectures

### **Returning to Work after Cancer–Online Program**

**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	EMAIL
Jan 15	5:30–7:00 PM	virtualprograms@mskcc.org

### **An Orientation to Life after Cancer–Online Program**

**Kimarie Knowles, LCSW, Kristie Redfield, LCSW, and**

**Leah Moroge, LCSW, Department of Social Work**

This talk will review common emotional and practical concerns that can come up when treatment is over. We will go over ways to manage the return to everyday life. Both patients and caregivers are welcome to join.

DATE	TIME	EMAIL
Jan 29	2:30–3:45 PM	virtualprograms@mskcc.org
Jul 30	1:00–2:15 PM	

### **Employment Discrimination and Cancer Patients' Rights**

**Arnie Pedowitz, Esq., Cancer Advocacy and Elderlaw Projects/City Bar Justice Center**

Cancer patients and survivors may face legal issues when they deal with their employers. Arnie Pedowitz, Esq., will outline the applicable health and employment laws and explain what rights individuals have when they face unfair or discriminatory practices in the workplace. A question and answer period will follow.

DATE	TIME	LOCATION	ROOM
May 7	5:30–7:00 PM	430 E 67th Street	RRL 103

It is necessary to register for all programs.  
Please call 646-888-8106 or email [rlac@mskcc.org](mailto:rlac@mskcc.org).  
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## **Fear of Recurrence–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/anxiety” around follow up appointments and tests, to worries that may impact your day to day quality of life. Join us for a presentation and interactive discussion around how to understand these feelings and best cope with them.

DATE	TIME	EMAIL
Aug 6	1:00–2:30 PM	virtualprograms@mskcc.org

## **Traumatic Stress and Recovery after Cancer–Online Program**

**Leah Moroge, LCSW, and Kristie Redfield, LCSW, Department of Social Work**

The experience of cancer treatment can be traumatic given the physical impact. This talk will focus on the emotional distress and changed world view that can accompany a cancer diagnosis and will explore strategies for coping and recovery. A presentation will lead into an interactive discussion.

DATE	TIME	EMAIL
Sep 24	5:30–7:00 PM	virtualprograms@mskcc.org

## **Life Planning**

**Vivienne Duncan, Esq., Director, Cancer Advocacy and Elderlaw Projects/City Bar Justice Center**

Life planning concerns affect everyone. Join us to learn how life planning documents can ensure that your wishes on issues such as medical treatment, care of finances, distribution of property and guardianship of minor children will be followed in the event of serious illness or death.

DATE	TIME	LOCATION	ROOM
Oct 22	5:30–7:00 PM	430 E 67th Street	RRL 103

## **Geriatric Survivors**

**Christian Nelson, PhD, Chief, Department of Psychiatry and Behavioral Sciences**

Life after cancer treatment for the older adult can sometimes include unanticipated emotional challenges. These can include late life depression, anxiety about the future, and overall quality of life concerns. Join us for a discussion on how to take care of your emotional and mental well-being post-treatment in late adulthood.

DATE	TIME	LOCATION	ROOM
Dec 10	5:30–7:00 PM	417 E 68th Street	ZRC 136

# INTEGRATIVE MEDICINE APPROACHES AND SURVIVORSHIP

## Coping with Chemo Brain

**Eugenie Spiguel, Adult Nurse Practitioner, Licensed Holistic Nurse Practitioner, RN and Robin Hardbottle, MS LAc, Integrative Medicine Service**

Chemo brain, a collection of cognitive changes, affects many people after their cancer treatment. Symptoms of chemo brain vary from short-term memory loss, difficulties concentrating, or feeling “mental fogginess”. Integrative medicine experts will share helpful tools you can turn to for improving memory, focus, and stamina. We will include an interactive demonstration of these suggested tips, so you can practice these strategies together with us.

DATE	TIME	LOCATION	ROOM
Mar 28	5:30-7:00 PM	430 E 67th Street	RRL 101

## What is in Your Supplements?

**Gary Deng, MD, PhD, Medical Director, Integrative Medicine Service**

Many people consume vitamins and over-the-counter dietary supplements to support overall wellness goals. When shopping for and using supplements, it is important to know about the active and inactive ingredients in these products. We will review popular dietary supplements and herbs that cancer survivors use and provide clarity on common misunderstandings.

DATE	TIME	LOCATION	ROOM
Apr 30	5:30-7:00 PM	430 E 67th Street	RRL 101

## Self-Care for Neuropathy

**Rocco Caputo, LMT, NMT, and Jane Greene, RN, LMT, Integrative Medicine Service**

Neuropathy from chemotherapy can be painful and upsetting. It may stop you from doing activities you enjoy. Two massage therapists will offer tools such as self-massage, foot reflexology and balance exercises you and your family can repeat at home to help your neuropathy symptoms.

DATE	TIME	LOCATION	ROOM
Nov 5	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](mailto:rlac@mskcc.org).  
No observers without prior approval.

## 65+ PROGRAMS

### **Opioid Education: Dispelling Myths, Managing Pain, and Better Understanding of How Opioids Can Help**

Join us for a better understanding of how opioids are used to treat pain and improve one's quality of life. This talk will address fears of addiction, pain management, common misconceptions of opioid use, and the risks and benefits of using these medications. An expert from the Department of Supportive Care will present.

DATE	TIME	LOCATION	ROOM
Mar 4	1:30-3:00 PM	1275 York Avenue	M107

### **Diet and Nutrition for the Older Adult Post-Treatment**

**Elissa Meditz, MS, RD, CSO, CDN, Department of Nutrition**

Making good nutrition choices can be challenging and confusing. Join us for a discussion around common nutritional misconceptions as well as helpful lifestyle guidelines for the older adult post-treatment.

DATE	TIME	LOCATION	ROOM
May 16	12:00-1:00 PM	1275 York Avenue	M107

### **Coping Post-Treatment**

**Kelly Trevino, PhD, Director, Psycho-oncology Cancer and Aging Program, Department of Psychiatry and Behavioral Sciences**

Join us for a discussion focusing on how a cancer experience can influence one's mental health and wellness. Ways in which patients and families balance expected life transitions after going through treatment will be addressed as well as the impact that it can have on socialization.

DATE	TIME	LOCATION	ROOM
Oct 17	1:00-2:30 PM	1275 York Avenue	M107

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# QUALITY OF LIFE

## Discussion and Education Programs

### Dating and Disclosure

**Kimarie Knowles, LCSW, Kristie Redfield, LCSW, and Leah Morage, LCSW, Department of Social Work**

Whether you are male or female, older or younger, outgoing or shy, it can be hard to know when, how, and whether to disclose your cancer history. This program will focus on the complexities of dating after treatment.

DATE	TIME	LOCATION	ROOM
Feb 12	12:00-1:00 PM	Online virtualprograms@mskcc.org	
May 14	5:30-7:00 PM	160 E 53rd Street	11th Fl Conf Rm
Aug 13	5:30-7:00 PM	160 E 53rd Street	11th Fl Conf Rm

### Embodied: Coping with Cancer-Related Body Image Changes

**Meredith Cammarata, LCSW, and Rachael Goldberg, LCSW, 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
Mar 6	5:30-7:00 PM	430 E 67th Street	RRL 102
Jun 12	5:30-7:00 PM	430 E 67th Street	RRL B20
Sep 4, Dec 4	5:30-7:00 PM	430 E 67th Street	RRL 102

### Embodied: Coping with Cancer-Related Body Image Changes (Basking Ridge Location)

**Chris Anrig, LCSW, Department of Social Work**

DATE	TIME	LOCATION	ROOM
Feb 6, May 8, Aug 7, Nov 6	12:00-1:30 PM	Basking Ridge, NJ	1st Fl Conf Rm

### Finding Our Way: A Discussion of Spirituality and Survivorship

**Melissa Stewart, LCSW, 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. Join in a discussion about how this profound experience can affect one's spiritual self.

DATE	TIME	LOCATION	ROOM
Mar 13, Jun 12, Sep 18, Dec 11	5:30-7:00 PM	430 E 67th Street	RRL 102

## SUPPORT GROUPS

### ***Life after Cancer–Online Support Group***

**Kimarie Knowles, LCSW, Kristie Redfield, LCSW, and Leah Moroge, 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 a discussion where we will address these and other related feelings and consider strategies for managing during this time.

DATE	TIME	EMAIL
Apr 30, Oct 29	12:30–1:30 PM	virtualprograms@mskcc.org

## POPULATION SPECIFIC

### **Adult Survivors of Childhood Cancers**

#### ***Adult Survivors of Childhood Cancers Discussion Group***

**Leah Moroge, LCSW, Department of Social Work and Roseann Tucci, RN, MSN, ANP, Department of Medicine**

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
Jan 8, Apr 9, Jul 9, Oct 15	5:00–6:30 PM	205 E 64th St	Concourse Library 201

## Men

### ***Men and Cancer–Online Support Group***

**Kimarie Knowles, LCSW, and Chris Anrig, LCSW, Department of Social Work**

This is a group for men who are finished with treatment. The group will address common areas of concern including building stamina, sexual health, employment, communicating with the health care team, and managing concerns about recurrence.

DATE	TIME	EMAIL
Jan 23, Apr 24 Jul 24, Oct 23	2:30–3:30 PM	virtualprograms@mskcc.org

## Women

### **Grace and Grit: A Women's Circle**

**Kimarie Knowles, LCSW, Kristie Redfield, LCSW, and Leah Morage, LCSW, Department of Social Work**

This group for women who have completed treatment for any type of cancer will address common post-treatment related concerns including body image, sexuality, employment, communication with friends and family, preoccupation with health, and persistent sadness. Consultation is necessary, please call 646-888-8106. Group will begin February 2019.

### **Women's Long-Term Hodgkin's Group**

**Leah Morage, LCSW, Department of Social Work and Roseann Tucci, RN, MSN, ANP, Department of Medicine**

This is a support group for women who are long-term survivors of Hodgkin's lymphoma, treated in childhood/young adulthood. Discussion focuses on coping with the impact of long-term treatment effects on relationships, career, and daily life.

DATE	TIME	LOCATION	ROOM
Mar 4, Jun 3, Sep 16, Dec 2	1:00-2:30 PM	160 E 53rd Street	11th Fl Conf Rm

## Spanish

### **Spanish Speaking Group: Life with Cancer—Online Support Group**

**Amanda Amodio, LCSW, Yanette Tactuk, LCSW, and Carmen Castillo, RN**

Join our online group for Spanish speakers. Talk about your cancer diagnosis, treatment experience, and recovery. Receive support from others and find a safe space to share your thoughts and learn about resources. All Spanish speaking patients at MSK, their caregivers and family can participate.

DATE	TIME	EMAIL
Jan 3, Feb 7, Mar 7, Apr 4 May 2, Jun 6, Jul 11, Aug 1 Sep 5, Oct 3, Nov 7, Dec 5	12:00-1:00 PM	virtualprograms@mskcc.org

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No observers without prior approval.

## LGBTQ

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

**Kimarie Knowles, LCSW, Kristie Redfield, LCSW, and Leah Morage, LCSW, Department of Social Work**

This group for LGBTQ cancer survivors will address adjustment to life after cancer treatment including issues such as emotional adjustments, changes in physical functioning, altered self-image, persistent fatigue, isolation and other post-treatment related concerns.

DATE	TIME	EMAIL
June 4, Dec 3	2:30–3:30 PM	virtualprograms@mskcc.org

## YOUNG ADULT CANCER SURVIVORS

### **Young Adult Survivorship Group**

**Kimarie Knowles, LCSW, Kristie Redfield, LCSW, and Leah Morage, LCSW, Department of Social Work**

Join fellow young adults who have completed treatment for cancer in a support group focused on issues unique to this population including concerns about careers, dating, fertility, fear of recurrence, and changed perspective. This is an eight-week group and consultation is necessary, please call 646-888-8106. Group will begin September 2019.

### **Dating and Disclosure for the Young Adult–*Online Program***

**Kimarie Knowles, LCSW, Kristie Redfield, LCSW, and Leah Morage, LCSW, Department of Social Work**

Whether you are male or female, older or younger, outgoing or shy, it can be hard to know when, how, and whether to disclose your cancer history. This program will focus on the complexities of dating after treatment.

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

It is necessary to register for all programs.  
Please call 646-888-8106 or email [rlac@mskcc.org](mailto:rlac@mskcc.org).  
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## Young Adult Survivors of Childhood Brain Tumors

**Leah Moroge, LCSW, Department of Social Work and Roseann Tucci, RN, MSN, ANP, Department of Medicine**

This support and education meeting is for young adults who were treated for a brain tumor in childhood. Topics include career and employment, dating and intimacy, negotiating family relationships, and exercise and nutrition.

DATE	TIME	LOCATION	ROOM
Apr 2, May 7, Jun 4, Jul 2	12:00-1:00 PM	160 E 53rd Street	11th Fl Conf Rm
Sep 3, Oct 1, Dec 3			

## Young Adult Socializing Events

Young adult survivors often report feelings of isolation after treatment ends. Events focused upon socialization and networking will be offered to meet the needs of this unique population. Consultation is necessary, please call 646-888-8106.

## SUPPORT GROUPS – POST-TREATMENT SUPPORT GROUPS BY DIAGNOSIS

**If you are new to our support groups, a registration and assessment process is necessary. Please call 646-888-8106 or email [rlac@mskcc.org](mailto:rlac@mskcc.org).**

Please be advised that program locations can change, or programs can be cancelled. **Please register in advance for each group.**

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. 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.

## Bladder Cancer Support Group

**Linda Mathew, LCSW, and Mallory Bowker, RN, or Vashti Livingston, CWOCN**

DATE	TIME	LOCATION	ROOM
Jan 10	12:00-1:30 PM	430 E 67th Street	RRL 103
Feb 14	12:00-1:30 PM	430 E 67th Street	RRL B20
Mar 14	12:00-1:30 PM	430 E 67th Street	RRL 103
Apr 18	12:00-1:30 PM	430 E 67th Street	RRL 102
May 9, Jun 13, Jul 11, Aug 8	12:00-1:30 PM	430 E 67th Street	RRL 103
Sep 12	12:00-1:30 PM	430 E 67th Street	RRL B22
Oct 10, Nov 14, Dec 12	12:00-1:30 PM	430 E 67th Street	RRL 103

## Brain Tumor Support Group

**Anastasia Zankowsky, LMSW, and Bora Manne, CNRN**

DATE	TIME	LOCATION	ROOM
Jan 14, Feb 11, Mar 11, Apr 8 May 13, Jun 10, Jul 8, Aug 12 Sep 9, Oct 14, Nov 11, Dec 9	1:00-2:30 PM	160 E 53rd Street	11th Fl Conf Rm

## Breast Cancer Support Group

**Kristie Redfield, LCSW**

DATE	TIME	LOCATION	ROOM
Jan 21, Feb 18, Mar 18, Apr 15 May 20, Jun 17, Jul 15, Aug 19 Sep 16, Oct 21, Nov 18, Dec 16	2:30-4:00 PM	300 E 66th Street	243-A

## Colorectal Cancer Support Group

**Leah Morage, LCSW, and Zana Correa, NP, BC**

DATE	TIME	LOCATION	ROOM
Feb 19, Apr 16, Jun 18, Aug 20 Oct 15, Dec 17	1:00-2:30 PM	160 E 53rd Street	11th Fl Conf Rm

## Esophageal Cancer-Online Support Group

**Kristie Redfield, LCSW and Carolyn Sadler, RN**

DATE	TIME	EMAIL
Jan 14, Mar 11, May 13, Jul 8 Sep 9, Nov 11	1:00-2:00 PM	virtualprograms@mskcc.org

## Gynecologic Cancer Support Group

**Kristie Redfield, LCSW and Sally Yong, BSN, RN**

DATE	TIME	LOCATION	ROOM
Jan 8, Feb 12, Mar 12, Apr 9 May 14, Jun 11, Jul 9, Aug 13 Sep 10, Oct 8, Nov 12, Dec 10	3:30-5:00 PM	160 E 53rd Street	11th Fl Conf Rm

## Head, Neck and Oral Cancer Support Group

**Leah Morage, LCSW, and Violeta Dokic, BSN, RN, OCN**

DATE	TIME	LOCATION	ROOM
Jan 10, Feb 14, Mar 14, Apr 11 May 9, Jun 13, Jul 11, Aug 8 Sep 12, Oct 10, Nov 14, Dec 12	2:00-3:30 PM	205 E 64th Street	Concourse Library 201

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

**Kimarie Knowles, LCSW, Kristie Redfield, LCSW, and Leah Moroge, LCSW**

DATE	TIME	EMAIL
Mar 5, Sep 3	2:30–3:30 PM	virtualprograms@mskcc.org

## **Lung Cancer Support Group**

**Kimarie Knowles, LCSW and Carolyn Sadler, RN**

DATE	TIME	LOCATION	ROOM
Jan 15, Feb 19, Mar 19, Apr 16 May 21, Jun 18, Jul 16, Aug 20 Sep 17, Oct 15, Nov 19, Dec 17	11:30–1:00 PM	160 E 53rd Street	11th Fl Conf Rm

## **Prostate Cancer Support Group**

**Linda Mathew, LCSW, Michael Manasia, RN, OCN, and  
Mary Jane Regan, RN Radiation Oncology**

DATE	TIME	LOCATION	ROOM
Jan 3, Feb 7, Mar 7	12:00–1:00 PM	430 E 67th Street	RRL B20
Apr 4, May 2	12:00–1:00 PM	430 E 67th Street	RRL 103
Jun 5	12:00–1:00 PM	430 E 67th Street	RRL 102
Aug 1, Sep 5	12:00–1:00 PM	430 E 67th Street	RRL 103
Oct 17	12:00–1:00 PM	430 E 67th Street	RRL B20
Nov 7, Dec 5	12:00–1:00 PM	430 E 67th Street	RRL 103

## **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, and Andrea Leifer, PT, DPT, CLT, WCC, or  
Melody Ou, PT, MSPT, CLT-LANA**

DATE	TIME	EMAIL
Mar 13, Jun 12, Sep 18, Dec 18	1:00–2:30 PM	virtualprograms@mskcc.org

# CALENDAR

# JANUARY-DECEMBER 2019

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## January

3	Thursday	12:00	Prostate Cancer Support Group
		12:00	Spanish Speaking Group: Life with Cancer - <i>Online Support Group</i>
8	Tuesday	3:30	Gynecologic Cancer Support Group
		5:00	Adult Survivors of Childhood Cancers Discussion Group
10	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
14	Monday	1:00	Brain Tumor Support Group
		1:00	Esophageal Cancer - <i>Online Support Group</i>
15	Tuesday	11:30	Lung Cancer Support Group
		5:30	<b>Returning to Work after Cancer - Online Program</b>
21	Monday	2:30	Breast Cancer Support Group
23	Wednesday	2:30	Men and Cancer - <i>Online Support Group</i>
29	Tuesday	2:30	<b>An Orientation to Life after Cancer - Online Program</b>

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## February

6	Wednesday	12:00	<b>Embodied (Basking Ridge Location)</b>
7	Thursday	12:00	Prostate Cancer Support Group
		12:00	Spanish Speaking Group: Life with Cancer - <i>Online Support Group</i>
11	Monday	1:00	Brain Tumor Support Group
12	Tuesday	12:00	<b>Dating and Disclosure - Online Program</b>
		3:30	Gynecologic Cancer Support Group
14	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
18	Monday	2:30	Breast Cancer Support Group
19	Tuesday	11:30	Lung Cancer Support Group
		1:00	Colorectal Cancer Support Group

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## March

4	Monday	1:00	Women's Long-Term Hodgkin's Group
		1:30	<b>Opioid Education: Dispelling Myths, Managing Pain, and Better Understanding of How Opioids Can Help</b>
			Stem Cell Transplant - <i>Online Support Group</i>
5	Tuesday	2:30	
6	Wednesday	5:30	<b>Embodied</b>
7	Thursday	12:00	Prostate Cancer Support Group
		12:00	Spanish Speaking Group: Life with Cancer - <i>Online Support Group</i>
11	Monday	1:00	Brain Tumor Support Group
		1:00	Esophageal Cancer - <i>Online Support</i>
12	Tuesday	3:30	Gynecologic Cancer Support Group
13	Wednesday	1:00	Cancer-Related Lymphedema - <i>Online Support Group</i>
		5:30	<b>Finding Our Way: A Discussion of Spirituality and Survivorship</b>
14	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
18	Monday	2:30	Breast Cancer Support Group
19	Tuesday	11:30	Lung Cancer Support Group
28	Thursday	5:30	<b>Coping with Chemo Brain</b>



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## April

2	Tuesday	12:00	Young Adult Survivors of Childhood Brain Tumors
4	Thursday	12:00	Prostate Cancer Support Group
		12:00	Spanish Speaking Group: Life with Cancer - <i>Online Support Group</i>
8	Monday	1:00	Brain Tumor Support Group
9	Tuesday	3:30	Gynecologic Cancer Support Group
		5:00	Adult Survivors of Childhood Cancers Discussion Group
11	Thursday	2:00	Head, Neck and Oral Cancer Support Group
15	Monday	2:30	Breast Cancer Support Group
16	Tuesday	11:30	Lung Cancer Support Group
		1:00	Colorectal Cancer Support Group
18	Thursday	12:00	Bladder Cancer Support Group
24	Wednesday	2:30	Men and Cancer - <i>Online Support Group</i>
30	Tuesday	12:30	Life after Cancer - <i>Online Support Group</i>
		5:30	<b>What's in Your Supplements?</b>

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## May

2	Thursday	12:00	Prostate Cancer Support Group
		12:00	Spanish Speaking Group: Life with Cancer - <i>Online Support Group</i>
7	Tuesday	12:00	Young Adult Survivors of Childhood Brain Tumors
		5:30	<b>Employment Discrimination and Cancer Patients' Rights</b>
8	Wednesday	12:00	<b>Embodied (Basking Ridge Location)</b>
9	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
13	Monday	1:00	Brain Tumor Support Group
		1:00	Esophageal Cancer - <i>Online Support Group</i>
14	Tuesday	3:30	Gynecologic Cancer Support Group
		5:30	<b>Dating and Disclosure</b>
16	Thursday	12:00	<b>Diet and Nutrition for the Older Adult Post-Treatment</b>
20	Monday	2:30	Breast Cancer Support Group
21	Tuesday	11:30	Lung Cancer Support Group

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## June

3	Monday	1:00	Women's Long-Term Hodgkin's Group
4	Tuesday	12:00	Young Adult Survivors of Childhood Brain Tumors
		2:30	Life after Cancer Support Group for Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Cancer Survivors - <i>Online Support Group</i>
5	Wednesday	12:00	Prostate Cancer Support Group
6	Thursday	12:00	Spanish Speaking Group: Life with Cancer - <i>Online Support Group</i>
10	Monday	1:00	Brain Tumor Support Group
11	Tuesday	3:30	Gynecologic Cancer Support Group
12	Wednesday	1:00	Cancer-Related Lymphedema - <i>Online Support Group</i>
		5:30	<b>Embodied</b>
		5:30	<b>Finding Our Way: A Discussion of Spirituality and Survivorship</b>
13	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
17	Monday	2:30	Breast Cancer Support Group
18	Tuesday	11:30	Lung Cancer Support Group
		1:00	Colorectal Cancer Support Group

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## July

2	Tuesday	12:00	Young Adult Survivors of Childhood Brain Tumors
8	Monday	1:00	Brain Tumor Support Group
		1:00	Esophageal Cancer - <b>Online Support Group</b>
9	Tuesday	3:30	Gynecologic Cancer Support Group
		5:00	Adult Survivors of Childhood Cancers Discussion Group
11	Thursday	12:00	Spanish Speaking Group: Life with Cancer - <b>Online Support Group</b>
		12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
15	Monday	2:30	Breast Cancer Support Group
16	Tuesday	11:30	Lung Cancer Support Group
24	Wednesday	2:30	Men and Cancer - <b>Online Support Group</b>
30	Tuesday	1:00	<b>An Orientation to Life after Cancer - Online Program</b>

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## August

1	Thursday	12:00	Prostate Cancer Support Group
		12:00	Spanish Speaking Group: Life with Cancer - <b>Online Support Group</b>
6	Tuesday	1:00	<b>Fear of Recurrence - Online Program</b>
7	Wednesday	12:00	<b>Embodied (Basking Ridge Location)</b>
8	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
12	Monday	1:00	Brain Tumor Support Group
13	Tuesday	3:30	Gynecologic Cancer Support Group
		5:30	<b>Dating and Disclosure</b>
19	Monday	2:30	Breast Cancer Support Group
20	Tuesday	11:30	Lung Cancer Support Group
		1:00	Colorectal Cancer Support Group

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## September

3	Tuesday	12:00	Young Adult Survivors of Childhood Brain Tumors
		2:30	Stem Cell Transplant - <b>Online Support Group</b>
4	Wednesday	5:30	<b>Embodied</b>
5	Thursday	12:00	Prostate Cancer Support Group
		12:00	Spanish Speaking Group: Life with Cancer - <b>Online Support Group</b>
9	Monday	1:00	Brain Tumor Support Group
		1:00	Esophageal Cancer - <b>Online Support Group</b>
10	Tuesday	3:30	Gynecologic Cancer Support Group
12	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
16	Monday	1:00	Women's Long-Term Hodgkin's Group
		2:30	Breast Cancer Support Group
17	Tuesday	11:30	Lung Cancer Support Group
18	Wednesday	1:00	Cancer-Related Lymphedema - <b>Online Support Group</b>
		5:30	<b>Finding Our Way: A Discussion of Spirituality and Survivorship</b>
24	Tuesday	5:30	<b>Traumatic Stress and Recovery after Cancer - Online Program</b>

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## October

1	Tuesday	12:00	Young Adult Survivors of Childhood Brain Tumors
3	Thursday	12:00	Spanish Speaking Group: Life with Cancer - <b>Online Support Group</b>
8	Tuesday	3:30	Gynecologic Cancer Support Group
10	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
14	Monday	1:00	Brain Tumor Support Group
15	Tuesday	11:30	Lung Cancer Support Group
		1:00	Colorectal Cancer Support Group
		5:00	Adult Survivors of Childhood Cancers Discussion Group
17	Thursday	12:00	Prostate Cancer Support Group
		1:00	<b>Coping Post-Treatment</b>
21	Monday	2:30	Breast Cancer Support Group
22	Tuesday	5:30	<b>Life Planning</b>
23	Wednesday	2:30	Men and Cancer - <b>Online Support Group</b>
29	Tuesday	12:30	Life after Cancer - <b>Online Support Group</b>

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## November

5	Tuesday	5:30	<b>Self-Care for Neuropathy</b>
6	Wednesday	12:00	<b>Embodied (Basking Ridge Location)</b>
7	Thursday	12:00	Prostate Cancer Support Group
		12:00	Spanish Speaking Group: Life with Cancer - <b>Online Support Group</b>
11	Monday	1:00	Brain Tumor Support Group
		1:00	Esophageal Cancer - <b>Online Support Group</b>
12	Tuesday	12:30	<b>Dating and Disclosure for the Young Adult - Online Program</b>
		3:30	Gynecologic Cancer Support Group
14	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
18	Monday	2:30	Breast Cancer Support Group
19	Tuesday	11:30	Lung Cancer Support Group

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## December

2	Monday	1:00	Women's Long-Term Hodgkin's Group
3	Tuesday	12:00	Young Adult Survivors of Childhood Brain Tumors
		2:30	Life after Cancer Support Group for Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Cancer Survivors - <b>Online Support Group</b>
4	Wednesday	5:30	<b>Embodied</b>
5	Thursday	12:00	Prostate Cancer Support Group
		12:00	Spanish Speaking Group: Life with Cancer - <b>Online Support Group</b>
9	Monday	1:00	Brain Tumor Support Group
10	Tuesday	3:30	Gynecologic Cancer Support Group
		5:30	<b>Geriatric Survivors</b>
11	Wednesday	5:30	<b>Finding Our Way: A Discussion of Spirituality and Survivorship</b>
12	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
16	Monday	2:30	Breast Cancer Support Group
17	Tuesday	11:30	Lung Cancer Support Group
		1:00	Colorectal Cancer Support Group
18	Wednesday	1:00	Cancer-Related Lymphedema - <b>Online Support Group</b>

Resources for Life After Cancer  
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