



# Resources for Life After Cancer

2022 Live Online Programs

Information • Education • Support



Memorial Sloan Kettering  
Cancer Center

# About the Program

At Resources for Life After Cancer (RLAC), we extend the Memorial Sloan Kettering Cancer Center 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.

We welcome individuals of all races, religions, gender identities, sexual orientations, abilities, nationalities, and ethnicities. 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 and are subject to cancellation.

## Resources for Life After Cancer

Department of Social Work  
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  
485 Lexington Ave, 2nd floor  
New York, NY 10017

Email: [RLAC@mskcc.org](mailto:RLAC@mskcc.org)

No observers are allowed without prior approval.



Memorial Sloan Kettering  
Cancer Center



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Registration for all programs is required.  
 No observers will be permitted without prior approval.

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# Quality of Life Programs

## LECTURES

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### **An Orientation to Life After Cancer**

**Kimarie Knowles, LCSW, and Yanette Tactuk, LCSW, Department of Social Work**

This lecture will review common emotional and practical concerns that can come up when treatment is over. Both patients and caregivers are welcome to join.

JAN 11 1:00-2:15 PM | APR 5 2:30-3:45 PM

JUL 13 2:30-3:45 PM | OCT 25 1:00-2:15 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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### **Coping with Fear of Cancer Recurrence**

**Wendy Lichtenthal, PhD, Department of Psychiatry and Behavioral Sciences**

After finishing treatment for cancer, many individuals experience fear of cancer recurrence. This presentation will focus on coping with this fear and describe a new approach being evaluated at MSK.

JAN 12 5:30-7:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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

**Arnie Pedowitz, Esq., and Alison Greenberg, Esq., Volunteers for the Cancer Advocacy Project, City Bar Justice Center**

This presentation will outline the applicable health and employment laws and explain the rights of individuals facing unfair or discriminatory practices in the workplace, including challenges related to the COVID-19 crisis.

APR 5 5:30-7:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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### **Skin Health in Survivorship**

**Mario E. Lacouture, MD, Associate Attending Physician, Dermatology Service, Department of Medicine**

This talk will address how to manage treatment side effects on the skin, hair, and nails.

MAY 3 5:30-7:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

## Fear of Recurrence

Kimarie Knowles, LCSW, and Yanette Tactuk, LCSW, Department of Social Work

After finishing treatment for cancer, it is normal to experience anxiety or fear of recurrence. Join us for a presentation and interactive discussion around how to understand these feelings and best cope with them.

JUN 7 5:30–7:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

## Traumatic Stress and Recovery after Cancer

Kimarie Knowles, LCSW, and Yanette Tactuk, LCSW, Department of Social Work

The experience of cancer treatment can be traumatic. This lecture will focus on traumatic stress and will explore strategies for coping and recovery.

SEP 20 5:30–7:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

## Medicare Overview

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

This lecture will provide an overview of Medicare options including Part A, Part B, Part D, and supplemental policies and offer guidance on appealing coverage denials.

OCT 18 5:30–7:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)





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**Panel Discussion: Cancer Survivorship and Families**

Jake Maier, LCSW, REACH for Caregivers; Meredith Cammarata, LCSW, Talking with Children about Cancer (TCC); Alison Applebaum, PhD, Caregiver's Clinic; and Talia Zaider, PhD, Family Therapy Clinic

The impact of cancer extends to the entire family with worries and adjustments that don't always end when treatment is finished. Join MSK social workers (Department of Social Work) and psychologists (Department of Psychiatry and Behavioral Sciences) for a panel discussion on the impact that cancer survivorship can have on caregivers and families.

NOV 15 5:30-7:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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**INTEGRATIVE MEDICINE APPROACHES AND SURVIVORSHIP****What Can I Do About Chemo Brain?**

Kevin Liou, MD, and Karen Popkin, MT-BC, LCAT

"Chemo brain" (cognitive changes) affects many people after their cancer treatment. In this lecture, an MSK integrative medicine doctor will share insights gained from new research studies in this field, as well as helpful tools you can use for improving memory, focus, and stamina. An MSK music therapist will give an interactive demonstration of these strategies.

JAN 25 5:30-7:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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**Mindful Self-Compassion Meditations for Cancer Survivors**

Beth Sandweiss, MSW, LPC

Join an MSK integrative medicine mind-body therapist who will share the lessons of mindful self-compassion, a researched meditation practice that can be helpful for improving well-being, coping with adversity, and building resilience.

MAR 8 5:30-7:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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### **Neuropathy After Cancer: New Research on Integrative Treatments**

Ting Bao, MD, MS, DABMA; Tina Paul, I-AYT; and Clare Patterson, E-RYT

Treatment with some chemotherapy drugs leads to chemotherapy-induced peripheral neuropathy (CIPN). Cancer survivors have several options for symptom relief, including promising drug-free integrative treatments. MSK researchers are studying how two natural therapies, acupuncture and yoga, can ease CIPN symptoms. This workshop will present the outcomes of this innovative research as well as teach simple yoga poses and relaxation exercises.

MAY 24 6:00-7:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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### **Cancer, Cannabis, and Pain**

Nirupa Raghunathan, MD

Cannabis, and its cousin cannabidiol (CBD), has been used as a recreational drug for centuries. The evolving legal landscape for use of these products and debates over their effectiveness can often leave people who have had cancer treatment with many questions. This presentation, will review the evidence-based uses for cannabis products, safety guidelines, and how new laws across the U.S. affect the cancer survivor community.

SEP 22 5:30-7:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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## **CANCER IN AGING INTERPROFESSIONAL TEAM**

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### **Legal Advice for the Older Adult**

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

This lecture will cover life planning and legal advice for the older adult cancer survivor, including how to appoint a Health Care Proxy or Power of Attorney agent. It will also answer questions about Guardianship.

APR 26 5:30-7:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)



### **Navigating Isolation and Depression in the Older Adult Cancer Survivor**

Rebecca M Saracino, PhD, Department of Psychiatry and Behavioral Sciences

In this presentation, we will review the signs and symptoms of depression in older adult cancer survivors, review the principles of Behavioral Activation (BA) to target these symptoms, and discuss practical strategies for implementing BA.

MAY 17 2:30-4:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

## **DISCUSSION AND EDUCATION PROGRAMS**

### **Dating and Disclosure**

Kimarie Knowles, LCSW, and Yanette Tactuk, LCSW, Department of Social Work

After treatment ends, 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. Consultation is required; call 646-888-8106.

FEB 22 12:00-1:30 PM

JUN 15 5:30-7:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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

Rachael Goldberg, LCSW, Liz Fortier, LCSW, and Meredith Cammarata, LCSW, Department of Social Work

This program will cover common body image concerns for individuals who have completed treatment for cancer. It will review how physical changes after treatment can impact one's sense of self. Consultation is required; call 646-888-8106.

MAR 2 2:00-3:30 PM | JUN 1 5:30-7:00 PM  
SEP 7 2:00-3:30 PM | DEC 7 5:30-7:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

## **Finding Our Way: A Discussion of Spirituality & Survivorship**

Melissa Stewart, LCSW, Department of Social Work, and Reverend Paul Yoon, BCC, Program Coordinator, 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 impact one's spiritual self.

APR 6, OCT 12 5:30-7:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

Registration for all programs is required.  
No observers will be permitted without prior approval.

# Support Groups

## POPULATION SPECIFIC

### ADULT SURVIVORS OF CHILDHOOD CANCERS

#### Adult Survivors of Childhood Cancers Support Group

Yanette Tactuk, 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. Consultation is required; call 646-888-8106.

JAN 11, APR 12, JUL 12, OCT 11 5:00-6:30 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

### MEN

#### Men and Cancer Support Group

Kimarie Knowles, LCSW, and Octavio Moreno-Lomeli, LMSW, Department of Social Work

This is a support group for men who are finished with treatment. Common areas of concern will be discussed, including stamina, body image changes, sexuality, employment, communication with friends and family, preoccupation with health, and fear of recurrence.

JAN 20, MAR 17, MAY 19, JUL 21, SEP 15, NOV 17 2:30-3:30 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

### WOMEN

#### Grace and Grit: A Women's Support Group

Kimarie Knowles, LCSW, and Yanette Tactuk, LCSW, Department of Social Work

This eight-week closed group is for women who have completed treatment for cancer. Topics will include stamina, body image changes, sexuality, employment, communication with friends and family, preoccupation with health, and fear of recurrence. Consultation is required; call 646-888-8106.

## Women's Long-Term Survivors of Hodgkin Lymphoma

Yanette Tactuk, 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 lymphoma that was treated in childhood or young adulthood. Discussion focuses on coping with the impact of long-term treatment effects on relationships, career, and daily life. Consultation is required; call 646-888-8106.

MAR 7, JUN 6, SEP 9, DEC 5 1:00-2:30 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

## SPANISH

### Spanish-Speaking Group: Life with Cancer

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, share your thoughts, and learn about resources. All Spanish-speaking patients at MSK and their caregivers and family can participate.

JAN 5, FEB 2, MAR 2, APR 6, MAY 4, JUN 1, JUL 6, AUG 3, SEP 7, OCT 12, NOV 2, DEC 7 4:00-5:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

### Grupo de Habla Hispana: Vida con Cáncer-Grupo de Apoyo en Línea Grupo de Soporte

Yanette Tactuk, LCSW, y Carmen Castillo, RN

Únase a nuestro grupo en línea de habla hispana. Hable acerca de su diagnóstico de cáncer, su experiencia con el tratamiento, y su recuperación. Reciba apoyo de otras personas y encuentre un lugar seguro donde puede compartir sus pensamientos y aprender acerca de los recursos disponibles. Todos los pacientes de habla hispana en el MSK y sus cuidadores y su familia pueden participar.

ENERO 5, FEB 2, MARZO 2, ABR 6, MAYO 4, JUN 1, JUL 6, AGOSTO 3, SEPT 7, OCT 12, NOV 2, DIC 7 4:00 PM-5:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

## LGBTQ

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

Annie Schneider, LMSW, and Yash Shankar, LMSW, Department of Social Work

This group for cancer survivors who identify as LGBTQ will address adjustment to life after cancer. Topics will include concerns about careers, dating, sexual health, fertility, fear of recurrence, and changed perspectives.

JUN 7, DEC 6 2:30–3:30 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

## YOUNG ADULT CANCER SURVIVORS

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### Young Adult Survivorship Group

Kimarie Knowles, LCSW, Yanette Tactuk, LCSW, and Alexandra Russo, LCSW, Department of Social Work

This group is for young adults who have completed treatment for cancer. Topics will include concerns about careers, dating, sexual health, fertility, fear of recurrence, and changed perspectives. This is an eight-week group. Consultation is required; call 646-888-8106. Dates TBA.

### Dating and Disclosure for Young Adults

Kimarie Knowles, LCSW, Yanette Tactuk, LCSW, and Alexandra Russo, LCSW, Department of Social Work

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 for young adults.

NOV 16 12:30–1:30 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

### Young Adult Socializing Events

Young adult survivors often report feelings of isolation after treatment ends. Events focused on socialization and networking will be offered to meet the needs of this unique population. Consultation is required. For more information, please reach out to Alexandra Russo, LCSW, at [ayaprogram@mskcc.org](mailto:ayaprogram@mskcc.org).



## Support Groups

### 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. 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 healthcare professionals. We welcome individuals of all races, religions, gender identities, sexual orientations, abilities, nationalities, and ethnicities.

If you are new to our support groups, a registration and assessment process is required. Due to an overwhelming interest in RLAC programs, please allow at least two weeks for a social worker to reach out to you to conduct the assessment.

Please be advised that programs can change and are subject to cancellation. Please register in advance for each group.



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**Bladder  
Cancer  
Support  
Group**

Linda Mathew, LCSW, Kara Worth, RN, Dominique Srdanovic, RN, and Vashti Livingston, CWOCN

JAN 13, FEB 10, MAR 10, APR 14, MAY 12, JUN 9, JUL 14,  
AUG 11, SEP 8, OCT 13, NOV 10, DEC 8  
12:00–1:30 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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**Brain Tumor  
Support  
Group**

Victoria Lassen, LMSW, and Bora Manne, CNRN

JAN 10, FEB 14, MAR 14, APR 11, MAY 9, JUN 13, JUL 11,  
AUG 8, SEP 12, OCT 10, NOV 14, DEC 12  
1:00–2:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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**Breast  
Cancer  
Support  
Group**

Yanette Tactuk, LCSW, and Diane Mead, LCSW

JAN 24, FEB 21, MAR 21, APR 18, MAY 16, JUN 20, JUL 18,  
AUG 15, SEP 19, OCT 17, NOV 21, DEC 19  
2:30–4:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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**Colorectal  
Cancer  
Support  
Group**

Yanette Tactuk, LCSW, and Zana Correa, NP, BC

FEB 15, APR 19, JUN 21, AUG 16, OCT 18, DEC 20  
1:00–2:30 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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**Esophageal  
Cancer  
Support  
Group**

Kimarie Knowles, LCSW, and Carolyn Sadler, RN

JAN 10, MAR 14, MAY 9, JUL 11, SEP 12, NOV 14  
1:00–2:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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**Gynecologic  
Cancer  
Support  
Group**

Kimarie Knowles, LCSW, and Sally Yong, BSN, RN

JAN 11, FEB 8, MAR 8, APR 12, MAY 10, JUN 14, JUL 12,  
AUG 9, SEP 13, OCT 11, NOV 8, DEC 13  
3:30–5:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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**Head, Neck,  
and Oral  
Cancer  
Support  
Group**

Yanette Tactuk, LCSW, and Jessica Divanno, MSN,  
RN, AGPCNP-BC

JAN 13, FEB 10, MAR 10, APR 14, MAY 12, JUN 9, JUL 14,  
AUG 11, SEP 8, OCT 13, NOV 10, DEC 8  
2:00-3:30 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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**Lung Cancer  
Support  
Group**

Kimarie Knowles, LCSW, and Carolyn Sadler, RN

JAN 18, FEB 15, MAR 15, APR 19, MAY 17, JUN 21, JUL 19,  
AUG 16, SEP 20, OCT 18, NOV 15, DEC 20  
11:30 AM-1:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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**Prostate  
Cancer  
Support  
Group**

Linda Mathew, LCSW

JAN 6, FEB 3, MAR 3, APR 7, MAY 5, JUN 2, JUL 7, AUG 4,  
SEP 1, OCT 6, NOV 3, DEC 1  
12:00-1:00 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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**Stem Cell  
Transplant  
Support  
Group**

Kimarie Knowles, LCSW, and Yanette Tactuk, LCSW

MAR 9, SEP 14  
2:30-3:30 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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**Thyroid  
Cancer  
Support  
Group**

Yanette Tactuk, LCSW, and Abigail Rosenberger,  
MSN, AGNP-BC, OCN

MAR 17, SEP 15  
12:00-1:30 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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**Cancer-Related  
Lymphedema  
Support Group**

Deborah Lewis, LCSW, and Debbie Mattera, PT

JAN 6, FEB 3, MAR 3, APR 7, MAY 5, JUN 2, JUL 7, AUG 4,  
SEP 1, OCT 6, NOV 3, DEC 1  
4:00-5:30 PM

To register, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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# Calendar

JANUARY-DECEMBER 2022



## JANUARY

5	Wed	4:00 PM	Spanish-Speaking Group: Life with Cancer - <i>Support Group</i>
6	Thurs	12:00 PM	Prostate Cancer - <i>Support Group</i>
		4:00 PM	Cancer-Related Lymphedema - <i>Support Group</i>
10	Mon	1:00 PM	Brain Tumor - <i>Support Group</i>
		1:00 PM	Esophageal Cancer - <i>Support Group</i>
11	Tues	1:00 PM	<b>An Orientation to Life after Cancer</b>
		3:30 PM	Gynecologic Cancer - <i>Support Group</i>
		5:00 PM	Adult Survivors of Childhood Cancers - <i>Support Group</i>
12	Wed	5:30 PM	<b>Coping with Fear of Recurrence</b>
13	Thurs	12:00 PM	Bladder Cancer - <i>Support Group</i>
		2:00 PM	Head, Neck, and Oral Cancer - <i>Support Group</i>
18	Tues	11:30 AM	Lung Cancer - <i>Support Group</i>
20	Thurs	2:30 PM	Men and Cancer - <i>Support Group</i>
24	Mon	2:30 PM	Breast Cancer - <i>Support Group</i>
25	Tues	5:30 PM	<b>What Can I Do About Chemo Brain?</b>

## FEBRUARY

2	Wed	4:00 PM	Spanish-Speaking Group: Life with Cancer - <i>Support Group</i>
3	Thurs	12:00 PM	Prostate Cancer - <i>Support Group</i>
		4:00 PM	Cancer-Related Lymphedema - <i>Support Group</i>
8	Tues	3:30 PM	Gynecologic Cancer - <i>Support Group</i>
10	Thurs	12:00 PM	Bladder Cancer - <i>Support Group</i>
		2:00 PM	Head, Neck, and Oral Cancer - <i>Support Group</i>
14	Mon	1:00 PM	Brain Tumor - <i>Support Group</i>
15	Tues	11:30 AM	Lung Cancer - <i>Support Group</i>
		1:00 PM	Colorectal Cancer - <i>Support Group</i>
17	Thurs	12:00 PM	Thyroid Cancer - <i>Support Group</i>
21	Mon	2:30 PM	Breast Cancer - <i>Support Group</i>
22	Tues	12:00 PM	<b>Dating and Disclosure</b>

## MARCH

2	Wed	2:00 PM 4:00 PM	<b>Embodied: Coping with Cancer-Related Body Image</b> Spanish-Speaking Group: Life with Cancer – <i>Support Group</i>
3	Thurs	12:00 PM 4:00 PM	Prostate Cancer – <i>Support Group</i> Cancer-Related Lymphedema – <i>Support Group</i>
7	Mon	1:00 PM	Women’s Long-Term Survivors of Hodgkin Lymphoma – <i>Support Group</i>
8	Tues	3:30 PM 5:30 PM	Gynecologic Cancer – <i>Support Group</i> <b>Mindful Self-Compassion Meditations for Cancer Survivors</b>
9	Wed	2:30 PM	Stem Cell Transplant – <i>Support Group</i>
10	Thurs	12:00 PM 2:00 PM	Bladder Cancer – <i>Support Group</i> Head, Neck, and Oral Cancer – <i>Support Group</i>
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21	Mon	2:30 PM	Breast Cancer – <i>Support Group</i>

## APRIL

5	Tues	2:30 PM 5:30 PM	<b>An Orientation to Life after Cancer</b> <b>Employment Discrimination and Cancer Patients’ Rights</b>
6	Wed	4:00 PM 5:30 PM	Spanish-Speaking Group: Life with Cancer – <i>Support Group</i> <b>Finding Our Way: A Discussion of Spirituality and Survivorship</b>
7	Thurs	12:00 PM 4:00 PM	Prostate Cancer – <i>Support Group</i> Cancer-Related Lymphedema – <i>Support Group</i>
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18	Mon	2:30 PM	Breast Cancer – <i>Support Group</i>
19	Tues	11:30 AM 1:00 PM	Lung Cancer – <i>Support Group</i> Colorectal Cancer – <i>Support Group</i>
26	Tues	5:30 PM	<b>Legal Advice for the Older Adult</b>

## MAY

3	Tues	5:30 PM	<b>Skin Health in Survivorship</b>
4	Wed	4:00 PM	Spanish-Speaking Group: Life with Cancer – <i>Support Group</i>
5	Thurs	12:00 PM 4:00 PM	Prostate Cancer – <i>Support Group</i> Cancer-Related Lymphedema – <i>Support Group</i>
9	Mon	1:00 PM 1:00 PM	Brain Tumor – <i>Support Group</i> Esophageal Cancer – <i>Support Group</i>
10	Tues	3:30 PM	Gynecologic Cancer – <i>Support Group</i>
12	Thurs	12:00 PM 2:00 PM	Bladder Cancer – <i>Support Group</i> Head, Neck, and Oral Cancer – <i>Support Group</i>
16	Mon	2:30 PM	Breast Cancer – <i>Support Group</i>

17	Tues	11:30 AM 2:30 PM	Lung Cancer – <i>Support Group</i> <b>Navigating Isolation and Depression in the Older Adult Cancer Survivor</b>
19	Thurs	2:30 PM	Men and Cancer – <i>Support Group</i>
24	Tues	6:00 PM	<b>Neuropathy after Cancer: New Research on Integrative Treatments</b>

## JUNE

1	Wed	4:00 PM 5:30 PM	Spanish-Speaking Group: Life with Cancer – <i>Support Group</i> <b>Embodied: Coping with Cancer-Related Body Image</b>
2	Thurs	12:00 PM 4:00 PM	Prostate Cancer – <i>Support Group</i> Cancer-Related Lymphedema – <i>Support Group</i>
6	Mon	1:00 PM	Women's Long-Term Survivors of Hodgkin Lymphoma – <i>Support Group</i>
7	Tues	2:30 PM	<b>Life after Cancer Support Group for Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) Cancer Survivors – Support Group</b>
		5:30 PM	<b>Fear of Recurrence</b>
9	Thurs	12:00 PM 2:00 PM	Bladder Cancer – <i>Support Group</i> Head, Neck, and Oral Cancer – <i>Support Group</i>
13	Mon	1:00 PM	Brain Tumor – <i>Support Group</i>
14	Tues	3:30 PM	Gynecologic Cancer – <i>Support Group</i>
15	Wed	5:30 PM	<b>Dating and Disclosure</b>
20	Mon	2:30 PM	Breast Cancer – <i>Support Group</i>
21	Tues	11:30 AM 1:00 PM	Lung Cancer – <i>Support Group</i> Colorectal Cancer – <i>Support Group</i>

## JULY

6	Wed	4:00 PM	Spanish-Speaking Group: Life with Cancer – <i>Support Group</i>
7	Thurs	12:00 PM 4:00 PM	Prostate Cancer – <i>Support Group</i> Cancer-Related Lymphedema – <i>Support Group</i>
11	Mon	1:00 PM 1:00 PM	Brain Tumor – <i>Support Group</i> Esophageal Cancer – <i>Support Group</i>
12	Tues	3:30 PM 5:00 PM	Gynecologic Cancer – <i>Support Group</i> Adult Survivors of Childhood Cancers – <i>Support Group</i>
13	Wed	2:30 PM	<b>An Orientation to Life after Cancer</b>
14	Thurs	12:00 PM 2:00 PM	Bladder Cancer – <i>Support Group</i> Head, Neck, and Oral Cancer – <i>Support Group</i>
18	Mon	2:30 PM	Breast Cancer – <i>Support Group</i>
19	Tues	11:30 AM	Lung Cancer – <i>Support Group</i>
21	Thurs	2:30 PM	Men and Cancer – <i>Support Group</i>

## AUGUST

3	Wed	4:00 PM	Spanish-Speaking Group: Life with Cancer – <i>Support Group</i>
4	Thurs	12:00 PM 4:00 PM	Prostate Cancer – <i>Support Group</i> Cancer-Related Lymphedema – <i>Support Group</i>
8	Mon	1:00 PM	Brain Tumor – <i>Support Group</i>
9	Tues	3:30 PM	Gynecologic Cancer – <i>Support Group</i>

11	Thurs	12:00 PM	Bladder Cancer – <i>Support Group</i>
		2:00 PM	Head, Neck, and Oral Cancer – <i>Support Group</i>
15	Mon	2:30 PM	Breast Cancer – <i>Support Group</i>
16	Tues	11:30 AM	Lung Cancer – <i>Support Group</i>
		1:00 PM	Colorectal Cancer – <i>Support Group</i>

## SEPTEMBER

1	Thurs	12:00 PM	Prostate Cancer – <i>Support Group</i>
		4:00 PM	Cancer-Related Lymphedema – <i>Support Group</i>
7	Wed	2:00 PM	<b>Embodied: Coping with Cancer-Related Body Image</b>
		4:00 PM	Spanish-Speaking Group: Life with Cancer – <i>Support Group</i>
8	Thurs	12:00 PM	Bladder Cancer – <i>Support Group</i>
		2:00 PM	Head, Neck, and Oral Cancer – <i>Support Group</i>
12	Mon	1:00 PM	Brain Tumor – <i>Support Group</i>
		1:00 PM	Women's Long-Term Survivors of Hodgkin Lymphoma – <i>Support Group</i>
		1:00 PM	Esophageal Cancer – <i>Support Group</i>
13	Tues	3:30 PM	Gynecologic Cancer – <i>Support Group</i>
14	Wed	2:30 PM	Stem Cell Transplant – <i>Support Group</i>
15	Thurs	12:00 PM	Thyroid Cancer – <i>Support Group</i>
		2:30 PM	Men and Cancer – <i>Support Group</i>
19	Mon	2:30 PM	Breast Cancer – <i>Support Group</i>
20	Tues	11:30 AM	Lung Cancer – <i>Support Group</i>
		5:30 PM	<b>Traumatic Stress and Recovery after Cancer</b>
22	Thurs	5:30 PM	<b>Cancer, Cannabis, and Pain</b>

## OCTOBER

6	Thurs	12:00 PM	Prostate Cancer – <i>Support Group</i>
		4:00 PM	Cancer-Related Lymphedema – <i>Support Group</i>
10	Mon	1:00 PM	Brain Tumor – <i>Support Group</i>
11	Tues	3:30 PM	Gynecologic Cancer – <i>Support Group</i>
		5:00 PM	Adult Survivors of Childhood Cancers – <i>Support Group</i>
12	Wed	4:00 PM	Spanish-Speaking Group: Life with Cancer – <i>Support Group</i>
		5:30 PM	<b>Finding Our Way: A Discussion of Spirituality and Survivorship</b> – <i>Support Group</i>
13	Thurs	12:00 PM	Bladder Cancer – <i>Support Group</i>
		2:00 PM	Head, Neck, and Oral Cancer – <i>Support Group</i>
17	Mon	2:30 PM	Breast Cancer – <i>Support Group</i>
18	Tues	11:30 AM	Lung Cancer – <i>Support Group</i>
		1:00 PM	Colorectal Cancer – <i>Support Group</i>
		5:30 PM	<b>Medicare Overview</b>
25	Thurs	1:00 PM	<b>An Orientation to Life after Cancer</b>

## NOVEMBER

2	Wed	4:00 PM	Spanish-Speaking Group: Life with Cancer – <i>Support Group</i>
3	Thurs	12:00 PM	Prostate Cancer – <i>Support Group</i>
		4:00 PM	Cancer-Related Lymphedema – <i>Support Group</i>
8	Tues	3:30 PM	Gynecologic Cancer – <i>Support Group</i>



10	Thurs	12:00 PM	Bladder Cancer - <i>Support Group</i>
		2:00 PM	Head, Neck, and Oral Cancer - <i>Support Group</i>
14	Mon	1:00 PM	Brain Tumor - <i>Support Group</i>
		1:00 PM	Esophageal Cancer - <i>Support Group</i>
15	Tues	11:30 AM	Lung Cancer - <i>Support Group</i>
		5:30 PM	<b>Panel Discussion: Cancer, Survivorship and Families</b>
16	Wed	12:30 PM	<b>Dating and Disclosure for Young Adults</b>
17	Thurs	2:30 PM	Men and Cancer - <i>Support Group</i>
21	Mon	2:30 PM	Breast Cancer - <i>Support Group</i>

## DECEMBER

1	Thurs	12:00 PM	Prostate Cancer - <i>Support Group</i>
		4:00 PM	Cancer-Related Lymphedema - <i>Support Group</i>
5	Mon	1:00 PM	Women's Long-Term Survivors of Hodgkin Lymphoma - <i>Support Group</i>
6	Tues	2:30 PM	<b>Life after Cancer Support Group for Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) Cancer Survivors - <i>Support Group</i></b>
7	Wed	4:00 PM	Spanish-Speaking Group: Life with Cancer - <i>Support Group</i>
		5:30 PM	<b>Embodied: Coping with Cancer-Related Body Image</b>
8	Thurs	12:00 PM	Bladder Cancer - <i>Support Group</i>
		2:00 PM	Head, Neck, and Oral Cancer - <i>Support Group</i>
12	Mon	1:00 PM	Brain Tumor - <i>Support Group</i>
13	Tues	3:30 PM	Gynecologic Cancer - <i>Support Group</i>
19	Mon	2:30 PM	Breast Cancer - <i>Support Group</i>
20	Tues	11:30 AM	Lung Cancer - <i>Support Group</i>
		1:00 PM	Colorectal Cancer - <i>Support Group</i>

**Resources for Life After Cancer**  
**Memorial Sloan Kettering Cancer Center**

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