



Resources for Life After Cancer

INFORMATION • EDUCATION • SUPPORT

January–June 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

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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

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
Tues, Feb 14	12:30-1:30 PM

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, Feb 8, May 3	12:00-1:30 PM	160 E 53rd Street	11th Floor Conf
Miércoles, 8 de Febrero	12:00-1:30 PM	160 Este Calle 53	Salón de Conferencia Piso 11
Miércoles, 3 de Mayo	12:00-1:30 PM	160 Este Calle 53	Salón de Conferencia Piso 11

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, Mar 1	5:30–7:00 PM	160 E 53rd Street	11th Floor Conf
Wed, Jun 7	5:30–7:00 PM	430 E 67th Street	RRL B22

Embodied: Six Week Group for Young Adults Coping with Cancer Related Body Image Changes

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

This is a six-week workshop for young adults who have completed treatment for any type of cancer. The group will address and take an in-depth look at how physical changes after treatment can impact one’s sense of self. Together, the group will explore effective coping strategies for managing these changes and discuss ways to reconnect with one’s self after treatment has been completed. Consultation is necessary for this program. Please call Meredith Cammarata, LCSW, at 212-610-0809 or Rachael Goldberg, LMSW, at 212-639-8467.

Changes in Thinking and Memory following Cancer Treatment

**James C. Root, PhD, Neuropsychologist, Department of Psychiatry
and Behavioral Sciences**

Cognitive issues such as changes in memory and concentration sometimes emerge following chemotherapy and radiation therapy. This discussion will provide information and suggestions for improving symptoms related to cognitive changes and reducing stress. A question and answer session will follow the presentation.

DATE	TIME	LOCATION	ROOM
Wed, Mar 8	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.
No observers without prior approval.

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, Mar 23	5:30-7:00 PM	430 E 67th Street	RRL 103
Thurs, Jun 22	5:30-7:00 PM	417 E 68th Street	ZRC 136

Managing Insomnia with Cognitive Behavioral Therapy

Allison Applebaum, PhD, Psychologist,

Department of Psychiatry and Behavioral Sciences

Insomnia is a common concern for patients who have finished treatment for cancer. Understanding what causes and maintains this frustrating situation and learning some strategies to manage it can help. Join Dr. Allison Applebaum for a discussion on how cognitive behavioral therapy can help you get a good night's sleep. A question and answer session will follow this presentation.

DATE	TIME	LOCATION	ROOM
Wed, Apr 26	5:30-7:00 PM	417 E 68th Street	ZRC 136

Communicating with Your Medical Team in Survivorship

Patricia A. Parker, Ph.D, Associate Member and Associate Attending Psychologist and Tom D'Agostino, PhD, Postdoctoral Fellow,
Department of Psychiatry and Behavioral Sciences

Communicating with your medical team is an important aspect of your care. However, unique challenges can surface after treatment is over such as knowing how to share your treatment history with a new doctor and who to go to for post-treatment related concerns. This program will address how to achieve effective communication with and obtain the feedback you need from your medical team in the post-treatment phase of care.

DATE	TIME	LOCATION	ROOM
Tues, May 16	5:30-7:00 PM	430 E 67th Street	RRL 117

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

Employment and Work after Cancer: A Panel Discussion

Resources for Life after Cancer welcomes representatives from the corporate world for a workshop on how to navigate employment after cancer treatment. A panel of speakers will share their strategies regarding job search, networking, and how to present your work history to potential employers, including gaps in your resume. The panel will offer pointers on how to transition back into work after cancer including special accommodations and disclosure of one's cancer history. A question and answer session will follow the presentation.

DATE	TIME	LOCATION	ROOM
Tues, Jun 6	5:30-7:00 PM	1275 York Ave	M 107

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 regarding 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
Alternating Fridays	12:00-3:00 PM	300 E 66th Street	243-A

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Please call 646-888-8106 or email rlac@mskcc.org.
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INTEGRATIVE MEDICINE APPROACHES AND SURVIVORSHIP

Strategies for Managing Cancer Pain

Jonathan Siman, L.Ac., Research Acupuncturist

Nearly half of cancer survivors live with pain. Pain may be short-lived or long-lasting, mild or severe. Since your pain is unique, a variety of integrative treatment options are available for cancer pain management to address your needs. In this conversation, we will focus on acupuncture and discuss if this therapy may be right for you. We will describe what acupuncture is, how it works, our clinical trials studying treatment of cancer pain and how to access this service here at MSK.

DATE	TIME	LOCATION	ROOM
Tues, Apr 4	5:30-7:00 PM	417 E 68th Street	ZRC 105

Bone and Joint Health for Women

Donna Wilson, RN, RRT, CPT; Clinical Fitness Instructor, Personal Trainer and Theresa Affuso, L.Ac. Licensed Acupuncturist

After treatment, women may have concerns about their bone and joint health. Join Donna Wilson and Theresa Affuso for a discussion on how to prevent and restore bone and joint strength deficiencies for women of all ages who have received treatment for cancer.

DATE	TIME	LOCATION	ROOM
Thurs, Apr 13	5:30-7:00 PM	430 E 67th Street	RRL 101

SUPPORT AND EDUCATION GROUPS

Dating and Disclosure

Barbara Golby, LCSW and Kimarie Knowles, 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 February group, please send an email directly to: virtualprograms@mskcc.org. To participate in the May group please call 646-888-8106 to register.

DATE	TIME	LOCATION	ROOM
Wed, Feb 15	12:00-1:00 PM	Online Program	
Wed, May 17	5:30-7:00 PM	430 E 67th Street	RRL B20

Life after Cancer Support Group for Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) survivors—*Online Support Group*

**Barbara Golby, LCSW and Kimarie Knowles, 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. To participate please send an email directly to: virtualprograms@mskcc.org.

DATE	TIME
Tues, Apr 11	12:00–1:00 PM

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
Tues, May 9	12:00–1:00 PM

Life after Cancer: In-Person Six Week Group

Richard Glassman, 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. This is a six week in-person support group that will address these and other related feelings and consider strategies for managing during this time. 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 212-639-6875.

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, 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, Jan 25, April 26	2:30–3:30 PM

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 register or learn more, contact virtualprograms@mskcc.org or go to www.mskcc.org/vp

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 a six-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 646-888-8106.

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

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 register or learn more, contact virtualprograms@mskcc.org or go to www.mskcc.org/vp

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
Tues, Jan 17, Apr 18	5:00-6:30 PM	205 E 64th Street	Concourse, Library 201

65+ PROGRAM

65+ Coping with Cancer Pain in the Older Adult

Roma Tickoo, MD, MPH. Department of Medicine, 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 improve maximum independence and a good quality of life.

DATE	TIME	LOCATION	ROOM
Tues, Mar 28	10:30 AM-12:00 PM	417 E 68 th Street	ZRC 105

Caregiver Support Series

Join the 65+ program for this double lecture geared toward providing information and support to caregivers. Light refreshments will be served.

65+ Polypharmacy: Effects of Taking Multiple Medications in the Older Adult and Role of the Caregiver

Manpreet K. Boparai, PharmD, BCACP, CGP , Clinical Specialist, Pharmacy Department

Many older adults take numerous medications for their cancer and other medical illnesses. The caregiver's role is important in managing the patients daily medications and ensuring that the patient is adherent to their medication regimen. Dr. Boparai will discuss how to best manage the multiple medications and which medications should be avoided in older adults.

65+ Helping the Caregiver and Patient Understand Dementia and Cognitive Changes in the Older Adult

Koshy Alexander, MD, Department of Medicine, Geriatric Service

Changes in cognitive functioning have many causes and affect the lives of adults and their caregivers. Dr Alexander will discuss what we know about dementia and cognitive changes, how aging and illness affect one another and how the caregiver can learn to manage these changes more effectively.

DATE	TIME	LOCATION	ROOM
Thurs, Jun 15	10:00 AM-12:30 PM	417 E 68th Street	ZRC 105

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, Jan 12, Feb 9, Mar 9	12:00-1:30 PM	430 E 67th Street	RRL 103
Thurs, Apr 13	12:00-1:30 PM	430 E 67th Street	RRL 102
Thurs, May 11, Jun 8	12:00-1:30 PM	430 E 67th Street	RRL 103

Brain Tumor

Glenn Blumenson, LCSW and Bora Manne, CNRN

DATE	TIME	LOCATION	ROOM
Thurs, Jan 12, Feb 9, Mar 9	1:00-2:30 PM	430 E 67th Street	RRL 102
Thurs, Apr 20, May 11, Jun 15	1:00-2:30 PM	430 E 67th Street	RRL 102

Breast Cancer

Kristie Redfield, LCSW

DATE	TIME	LOCATION	ROOM
Mon, Jan 16, Feb 20, Mar 20	2:30-4:00 PM	300 E 66th Street	243-A
Mon, Apr 17, May 15, Jun 19	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, Feb 7, Jun 20	1:00-2:30 PM	160 E 53rd Street	11th Floor Conf
Tues, Apr 18	1:00-2:30 PM	430 E 67th Street	RRL 102

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

Esophageal Cancer–Online Support Group

Kristie Redfield, LCSW and Carolyn Sadler, RN

DATE	TIME	EMAIL
Mon, Jan 16, Mar 13, May 8	1:00–2:00 PM	virtualprograms@mskcc.org

Gynecologic Cancer

Kristie Redfield, LCSW and Christine Whalen, RN BSN OCN

DATE	TIME	LOCATION	ROOM
Tue, Jan 10, Feb 14, Mar 14	3:30–5:00 PM	160 E 53rd Street	11th Floor Conf
Tue, Apr 11, May 9, Jun 13	3:30–5:00 PM	160 E 53rd Street	11th Floor Conf

Head, Neck and Oral Cancers

Barbara Golby, LCSW, Janet McKiernan, MS, RN, OCN, NP-C and

Violetta Dokic, BSN, RN, ONC

DATE	TIME	LOCATION	ROOM
Thurs, Jan 12, Feb 9, May 11	2:00–3:30 PM	430 E 67th Street	RRL B20
Thurs, Mar 9	2:00–3:30 PM	430 E 67th Street	RRL B22
Thurs, Apr 13	2:00–3:30 PM	205 E 64th Street	Concourse, Library 201
Thurs, Jun 8	2:00–3:30 PM	430 E 67th Street	RRL 102

Hematologic Cancers

Stem Cell Transplant–Online Support Group

Barbara Golby, LCSW and Kristie Redfield, LCSW

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

Lymphoma

Kimarie Knowles, LCSW and Stefanie Lana, RN

DATE	TIME	LOCATION	ROOM
Wed, Feb 22, Apr 26, Jun 28	3:30–5:00 PM	430 E 67th Street	RRL 102

Lung Cancer

Kimarie Knowles, LCSW and Carolyn Sadler, RN

DATE	TIME	LOCATION	ROOM
Tues, Jan 10	11:30–1:00 PM	430 E 67th Street	RRL 102
Tues, Feb 21, Mar 21, May 16	11:30–1:00 PM	160 E 53rd Street	11th Floor Conf Rm
Tues, Apr 18	11:30–1:00 PM	430 E 67th Street	RRL B20
Tues, Jun 20	11:30–1:00 PM	160 E 53rd Street	11th Floor Conf Rm

Prostate Cancer

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

DATE	TIME	LOCATION	ROOM
Thurs, Jan 5	12:00–1:30 PM	430 E 67th Street	RRL 117
Thurs, Feb 2	12:00–1:30 PM	430 E 67th Street	RRL B20
Thurs, Mar 2	*11:00–12:30 PM	430 E 67th Street	RRL 102
Thurs, Apr 6	12:00–1:30 PM	430 E 67th Street	RRL B22
Thurs, May 4, Jun 1	12:00–1:30 PM	417 E 68th Street	ZRC 136

**Please note time change*

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, Mar 15, Jun 14	1:00–2:30 PM	virtualprograms@mskcc.org

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CALENDAR

JANUARY-JUNE 2017

January

5	Thursday	12:00	Prostate Cancer
9	Monday	1:00	Esophageal Cancer– <i>Online Support Group</i>
10	Tuesday	11:30	Lung Cancer
		3:30	Gynecologic Cancer
12	Thursday	12:00	Bladder Cancer
		1:00	Brain Tumor
		2:00	Head and Neck and Oral Cancers
16	Monday	2:30	Breast Cancer
17	Tuesday	5:00	Childhood Cancers
25	Wednesday	2:30	Men and Cancer– <i>Online Support Group</i>

February

2	Thursday	12:00	Prostate Cancer
7	Tuesday	1:00	Colorectal Cancer
8	Wednesday	12:00	A Conversation in Spanish: Life after Cancer
9	Thursday	12:00	Bladder Cancer
		1:00	Brain Tumor
		2:00	Head and Neck and Oral Cancers
14	Tuesday	12:30	An Orientation to Life after Cancer–<i>Online Program</i>
		3:30	Gynecologic
15	Wednesday	12:00	Dating and Disclosure–<i>Online Program</i>
20	Monday	2:30	Breast Cancer
21	Tuesday	11:30	Lung Cancer
22	Wednesday	3:30	Lymphoma

March

1	Wednesday	5:30	Embodied: Coping with Cancer Related Body Image Changes
2	Thursday	11:00	Prostate Cancer
8	Wednesday	5:30	Changes in Thinking and Memory following Cancer Treatment
9	Thursday	12:00	Bladder Cancer
		1:00	Brain Tumor
		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
15	Wednesday	1:00	Cancer Related Lymphedema

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16	Thursday	12:30	Stem Cell Transplant- <i>Online Support Group</i>
20	Monday	2:30	Breast Cancer
21	Tuesday	11:30	Lung Cancer
23	Thursday	5:30	Finding Our Way: A Discussion of Spirituality & Survivorship
28	Tuesday	10:30	65+ Program: Coping with Cancer Pain in the Older Adult

April

4	Tuesday	5:30	Strategies for Managing Cancer Pain
6	Thursday	12:00	Prostate Cancer
11	Tuesday	12:00	Life after Cancer Support Group for Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Cancer Survivors-<i>Online Support Group</i>
		3:30	Gynecologic Cancer
13	Thursday	12:00	Bladder Cancer
		2:00	Head and Neck and Oral Cancers
17	Monday	2:30	Breast Cancer
18	Tuesday	11:30	Lung Cancer
		1:00	Colorectal Cancer
		5:00	Childhood Cancers
20	Thursday	1:00	Brain Tumor
26	Wednesday	3:30	Lymphoma
		2:30	Men and Cancer- <i>Online Support Group</i>
		5:30	Managing Insomnia with Cognitive Behavioral Therapy

May

3	Wednesday	12:00	A Conversation in Spanish: Life after Cancer
4	Thursday	12:00	Prostate Cancer
8	Monday	1:00	Esophageal Cancer- <i>Online Support Group</i>
9	Tuesday	12:00	Life after Cancer- <i>Online Support Group</i>
		3:30	Gynecologic Cancer
11	Thursday	12:00	Bladder Cancer
		1:00	Brain Tumor Support Group
		2:00	Head and Neck and Oral Cancers
15	Monday	2:30	Breast Cancer
16	Tuesday	11:30	Lung Cancer
		5:30	Communicating with Your Medical Team in Survivorship
17	Wednesday	5:30	Dating and Disclosure

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

June

1	Thursday	12:00	Prostate Cancer
6	Tuesday	5:30	Employment and Work after Cancer: A Panel Discussion
7	Wednesday	5:30	Embodied: Coping with Cancer Related Body Image Changes
8	Thursday	12:00	Bladder Cancer
		2:00	Head and Neck and Oral Cancers
13	Tuesday	3:30	Gynecologic Cancer
14	Wednesday	1:00	Cancer Related Lymphedema— <i>Online Support Group</i>
15	Thursday	10:00	65+ Caregiver Lecture Series
		1:00	Brain Tumor
19	Monday	2:30	Breast Cancer
20	Tuesday	11:30	Lung Cancer
		1:00	Colorectal
22	Thursday	5:30	Finding Our Way: A Discussion of Spirituality & Survivorship
28	Wednesday	3:30	Lymphoma

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

Resources for Life After Cancer
Memorial Sloan Kettering Cancer Center
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