

February 2018



HENRY FORD
CANCER INSTITUTE

Support Groups (SG) and Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00am Mindful Meditation-HFMH 2:30pm Head & Neck Cancer SG-Other 1:00pm: Oncology Chair Yoga-CAM 3:30pm Oncology Gentle Yoga-HFWB	2 10:30am Cancer Caregiver SG-HFMH	3 9:30am Oncology Chair Yoga-CAM
4	5 1:30pm Cancer SG-HFMH 3:30pm Oncology Gentle Yoga-HFWB 6:00pm Breast Cancer Support Group-HFCI 6:00pm Caregiver SG-Other 6:00pm Caregiver SG-HFWB	6 6:00pm: Cancer Caregiver SG-HFMH	7 6:30pm Breast Cancer SG-HFH 4:00pm Head & Neck Cancer SG-HFH	8 1:00pm Oncology Chair Yoga-CAM 2:00pm Oncology Gentle Yoga-HFWB 2:30pm Head & Neck Cancer SG-HFMH	9 10:30am Cancer Caregiver SG-HFMH 12:15pm Gentle Yoga-HFMH	10 9:30am Oncology Chair Yoga-CAM
11	12 1:00pm Look Good Feel Better- HFCI 1:30pm Cancer SG-HFMH 3:30pm Oncology Gentle Yoga-HFWB 6:00pm: Caregiver SG-HFWB 6:00pm: Caregiver SG-Other	13 2:30pm: Look Good Feel Better-HFMH 5:30pm: RENEW Women's SG-HFAJ 6:00pm Caregiver SG-OFP 6:00pm Cancer Caregiver SG-HFMH 7:00pm Prostate Cancer SG-HFCI	14	15 10:00am Mindful Meditation-HFMH 1:00pm Chair Yoga-CAM 2:00pm Oncology Gentle Yoga-HFWB 6:00pm Caregiver SG-HFW	16 10:30am Cancer Caregiver SG-HFMH	17 9:30am Oncology Chair Yoga-CAM 10:00am Brain Tumor SG-HFWB
18	19 1:30pm Cancer SG-HFMH 2:00pm: Look Good Feel Better-HFW 3:30pm Oncology Gentle Yoga-HFWB	20 6:00pm: Cancer Caregiver SG-HFMH 6:00pm: Caregiver SG-OFP	21 11:00am Lake House Art Group-HFMH 6:30pm Breast Cancer SG-HFWB	22 1:00pm Chair Yoga-CAM 2:00pm Oncology Gentle Yoga-HFWB	23 10:30am Cancer Caregiver SG-HFMH 12:15pm Gentle Yoga -HFMH	24 9:30am Oncology Chair Yoga-CAM
25	26 1:30pm Cancer SG-HFMH 3:30pm Oncology Gentle Yoga-HFWB	27 1:00pm: Look Good Feel Better-Columbus 5:30pm: RENEW Women's SG-HFAJ	28			

Locations Key: HFH- Henry Ford Hospital (Main Campus); HFMH- Henry Ford Macomb Hospital; HFWB- Henry Ford West Bloomfield Hospital; HFW- Henry Ford Wyandotte Hospital; HFAJ- Henry Ford Allegiance- Jackson; HFCI- Henry Ford Cancer Institute, Downriver; CAM- Center for Athletic Medicine; Columbus- Henry Ford Medical Center- Columbus; Other- check below or on the website for location.

Area Cancer Support Groups and Classes

Area support groups can give you encouragement and hope when you need it the most, and our special programs will nourish your body and mind. For more details about the groups or programs, please contact us using the numbers listed below. **All programs are free unless otherwise noted.**

Downriver Area

- **Breast Cancer Support Group**
6 to 7:30 p.m. | First Monday of the month
General breast cancer support group.
Location: Henry Ford Cancer Institute, Downriver
Contact Connie Lass: (734) 479-3311
- [General Caregiver Support Group](#)
6 to 8 p.m. | Third Thursday of Every Month
Join fellow caregivers and care giving experts for support and information.
Location: Henry Ford Wyandotte Hospital, dining room H and J (right outside the cafeteria)
Contact: (313) 874-4838
E-mail: caregiverresources@hfhs.org
[Henry Ford Caregiver Resources](#)
- **Prostate Cancer Support Group**
7 to 8:30 p.m. | Third Tuesday of the month
General prostate cancer support group.
Location: Henry Ford Cancer Institute, Downriver
Contact Gene Ferguson: (734) 479-1007
- **Art Therapy Class**
A fun class where cancer patients and survivors can create their own acrylic paint on canvas masterpiece! The instructor is nationally acclaimed local artist and photographer Patricia Izzo. Please call the number below to reserve your spot - space is limited.
When: There are multiple 6 week sessions that meet every Thursday at 1:30pm
Location: Henry Ford Cancer Institute, Downriver-Community Room
Contact: (734) 479-3311

Macomb area

- **Cancer Support Group**
1:30 to 3 p.m. | Every Monday
For those coping with cancer of any type.
Location: Henry Ford Macomb Hospital Medical Pavilion, 4th Floor, rooms 4 and 5
Contact: (586) 263-2237
- **Cancer Caregiver Support Group**
10:30 a.m. to Noon | Every Friday
For family and friends caring for someone with cancer.

Location: Henry Ford Macomb Hospital Medical Pavilion, 4th Floor, room 10

Contact: (586) 263-2237

- **Evening Family Support Group**
1st and 3rd Tuesday
6:00pm – 7:00pm
Medical Pavilion, 4th floor, Room 9
16151 19 Mile Rd., Clinton Township
RSVP required at 1-586-263-2237.
No fee.
- [General Caregiver Support Group](#)
6 to 8 p.m. | Second Monday of every month
Join fellow caregivers and care giving experts for support and information.
Location: Henry Ford Home Health Care Office, 25511 Little Mack, Suite B
Contact: (313) 874-4838
E-mail: caregiverresources@hfhs.org
[Henry Ford Caregiver Resources](#)
- [Head and Neck Cancer Support Group](#)
2:30-3:30 p.m. | 1st Thursday of the Month
A survivorship and support meeting for current patients, caregivers, and survivors of head and neck cancer.
Location: Shelby Macomb Medical Mall
50505 Schoenherr Rd Shelby Charter Township
Suite 020
Contact: (586) 263-2237
- **Mindful Meditation**
10:00 a.m. to 11:00 a.m. | 1st and 3rd Thursday of the month
Learn how mindfulness practice and meditation can help you regain power over your thoughts and emotions, to achieve a more balanced sense of well-being.
Henry Ford Macomb Hospital Medical Pavilion, 4th Floor
Contact Tara Forton, Social Worker: (586) 263-2237
- **Gentle Yoga class**
12:15p.m. to 1:15p.m. | Every other Friday
All levels are welcome. Yoga instructor Darcie Brunette will tailor the class to meet your needs. Bring your own yoga mat or use our chairs. A water bottle is recommended. The classes are free, but call 586-263-2237 to reserve your spot.
The Gathering Joint: Henry Ford Macomb Hospital at 15855 Nineteen Mile Road, Clinton Township.
Take the front lobby elevators to the 4th floor. The Gathering Joint is to the left of the reception desk across from the elevators. Valet vouchers are available.
Contact Tara Forton, Social Worker: (586) 263-2237

- [Healing Therapies for Cancer Patients](#)
Free massage and Reiki treatments are offered to patients during Henry Ford Cancer Institute- Macomb visits to help reduce stress and anxiety and ease pain. Available Monday, Wednesday, and every other Friday from 9:00am-1:00pm. An appointment is required- call (586) 263-2837 to set up your appointment.
*Remember to **check with your oncologist** to make sure it's safe for you to receive these treatments.
 - The Lake House Art Group
11:00-12:30pm | 3rd Wednesday of the month
Lake House volunteers will engage you in amazing arts and crafts projects to exercise your creative instincts in an atmosphere of acceptance and caring among fellow cancer patients and support persons.
The Lake House is a non-profit organization based in St. Clair Shores whose mission is to offer comfort, enrich lives and inspire those touched by cancer.
Henry Ford Macomb Hospital Medical Pavilion, 4th Floor
Contact Tara Forton, Social Worker: (586) 263-2237
- Detroit**
- Breast Cancer Support Group
6:30-7:30pm | 1st Wednesday of the month
Survivorship and support meeting for current breast cancer patients, caregivers, and survivors
Location: HFCl Conference Room, main lobby
Contact your breast cancer care team for more information
 - [Head and Neck Cancer Support Group](#)
4 to 5:30 p.m. | Wednesdays: January 10, March 14, May 9, July 11, September 12, November 14
Survivorship and support meeting for current patients, caregivers, and survivors
Location: Main Campus, K-8 Library
Contact Dr. Amy Williams: (313) 916-3281
E-mail: AWilli50@hfhs.org
 - Oncology Chair Yoga
1-2pm. | Thursdays
9:30-10:30 a.m. | Saturdays
This low impact program is designed to address the unique needs of patients with cancer and their caregivers. Participants will discover great strength, flexibility, balance, and relaxation
You must register ahead, call the number below to reserve your spot
Location: Fitnessworks in the William Clay Ford Center for Athletic Medicine, parking is free
Cost: \$15 for one month of unlimited classes
Contact Instructor Lyn Sharret: (313) 815-2746
- [General Caregiver Support Group](#)
6 to 8 p.m. | Third Tuesday of Every Month
Join fellow caregivers and care giving experts for support and information.
Location: Room 3C51 (use third street entrance)
One Ford Place
1 Ford Place Detroit, MI 48202
Contact: (313) 874-4838
- West Bloomfield**
- [Brain Tumor Support Group](#)
10 a.m. to noon | Third Saturday of the month
For those with brain tumors, brain cancer and their caregivers.
Location: WB Neurosurgery Conference room, 2nd floor east wing
Contact Sandy Remer: (313) 916-2723
 - Breast Cancer Support Group
6:30-7:30pm | 3rd Wednesday of the month
Survivorship and support meeting for current breast cancer patients, caregivers, and survivors
Location: Henry Ford West Bloomfield Hospital, private dining room 1 (outside the café)
Contact your breast cancer care team for more information
 - Oncology Yoga (West Bloomfield)
Every Monday 2:00 – 3:00 pm | Every Thursday 3:30 pm – 4:30 pm |
Location: VITA West Bloomfield Hospital
Classes are free for all cancer patients and their caregivers, but you must register.
To register, contact Gwen Roediger: (248) 344-6696
- [General Caregiver Support Group](#)
6 to 8 p.m. | First Monday of Every Month
Join fellow caregivers and care giving experts for support and information.
Location: Henry Ford Medical Center - Plymouth
14300 N Beck Rd Plymouth, MI 48170
Contact: (313) 874-4838
 - [General Caregiver Support Group](#)
6 to 8 p.m. | Second Monday of Every Month
Join fellow caregivers and care giving experts for support and information.
Location: PDR #1, Henry Ford West Bloomfield Hospital
6777 W. Maple West Bloomfield, MI 48322
Contact: (313) 874-4838
- Jackson**
- RENEW Program

5:30-7:30pm | Second and fourth Tuesdays of the month,
January-November

This group offers emotional support and encouragement
for women who have survived breast and gynecological
cancers, from newly diagnosed to years in remission.

Location: Henry Ford Allegiance Radiation Oncology-
Tejada Center

Contact: Nurse Navigator Sharon Petri, RN: (517) 205-
1576

Other

- [Look Good ... Feel Better](#)

A non-medical, brand-neutral public service program that
teaches beauty techniques to people with cancer to help
them manage the appearance-related side effects of cancer
treatment. You can also visit the [Look Good Feel Better
website](#) for videos about how to look your best during
cancer treatment.

General contact (American Cancer Society): (800) 227-2345

Available at the following locations (call for dates):

Henry Ford Columbus Center

Henry Ford Hospital (Detroit)

Henry Ford Cancer Institute, Downriver

Henry Ford Macomb Hospital

Henry Ford Wyandotte Hospital

Henry Ford Allegiance Hospital- Jackson

Call (734) 479-3311 for a schedule with more information

[Cancer Survivor Retreat](#)

"It's a New Day" Weekend retreat for women moving
forward after cancer treatment -- to celebrate life and find
comfort, strength and restoration

Location: Emrich Retreat Center in Brighton, MI

\$35 fee includes two nights lodging, activities and all meals.

Contact: (734) 674-8000

[SandCastles](#)

SandCastles grief support program provides a caring place
for children and their families who have experienced a
death. With the support of staff, volunteers, peers and
families, each child can grieve in a manner that's uniquely
their own.

If you're interested in joining, call (313) 874-6881 to speak
with a staff member about a program in your area.