## February 2020

### Support Groups and Events

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**Locations Key:** HFH- Henry Ford Hospital (Main Campus); HFMH- Henry Ford Macomb Hospital; HFWB- Henry Ford West Bloomfield Hospital; HFW- Henry Ford Wyandotte Hospital; HFCI- Henry Ford Cancer Institute, Downriver; CAM- Center for Athletic Medicine; Other- check 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**

- **Beautiful U**
  Beautiful U is free workshop for women undergoing any type of cancer treatment. Taught by a cosmetologist, participants will learn how to best apply makeup to look and feel their best, despite how side effects may have changed normal appearance.
  Location: Henry Ford Cancer Institute- Brownstown
  Contact: (734) 479-3311

- **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, Brownstown
  Contact: (734) 479-3311

- **Healthy Eating and Cancer**
  5:30-7:00 p.m. | Quarterly
  Join the dietitians of the Henry Ford Cancer Institute as we explore various nutrition topics related to cancer prevention, survivorship and wellness with a seasonal twist.
  Location: Henry Ford Cancer Institute- Brownstown
  Contact Sue Hill, RDN (313) 790-4515
  E-mail: shill1@hfhs.org

- **Nutrition and Cancer Group**
  5:30-7:00 p.m. | Quarterly
  Please join the registered dietitians at the Henry Ford Cancer Institute for an interactive discussion about current nutrition and lifestyle recommendations for cancer prevention. Common nutrition myths, hot nutrition topics and research will also be presented.
  Location: Henry Ford Cancer Institute- Brownstown
  Contact Sue Hill, RDN (313) 790-4515
  E-mail: shill1@hfhs.org

- **Prostate Cancer Support Group**
  7 to 8:30 p.m. | Third Tuesday of the month (except December)
  General prostate cancer support group.
  Location: Henry Ford Cancer Institute, Brownstown
  Contact: Gene Ferguson, (734) 775-6656 or fergusonfamilylaw@gmail.com

- **Cancer Support Group**
  2:30-4:00 p.m. | 4th Wednesday of the Month

A group facilitated by an oncology social worker for those coping with cancer of any type. First half hour for newly diagnosed patients, last hour is a support group for patients, post treatment survivors and caregivers.

Location: Henry Ford Cancer Institute- Brownstown

Contact: Ted Varkas, LMSW tvarkas1@hfhs.org

- **Art Classes**
  Thursday afternoons
  Therapeutic art classes for those coping with cancer of any type. Registration required.
  Call (734) 479-3311 for details and registration.

- **Restorative Yoga**
  10:00-11:00 a.m. | Tuesdays and Thursdays
  Nurture your whole well-being by practicing breathing exercises, meditation/guided relaxation, and gentle poses and movement.
  All abilities are welcome; dress comfortably and bring a mat. Chairs provided if needed. No registration necessary. Provided by Belightful Yoga.

**Macomb area**

- **Cancer Patient Support Group**
  1:30 to 3 p.m. | Every Monday
  For those coping with cancer of any type.
  Location: Henry Ford Medical Pavilion, 4th floor, rooms 6 & 7. Call first as room is subject to change.
  Contact: (586) 263-2237

- **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 Township Suite 020
  Contact: (586) 263-2237

- **Gentle Oncology Chair Yoga**
  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. A water bottle is recommended. The classes are free but call 586-263-2237 to reserve your spot.
  Location: Henry Ford Macomb Hospital
  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: (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.

- **Gilda’s Lake House Art Therapy Support Group**
  11:00-12:30pm | 3rd Wednesday of the month
  An art therapist, along with 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. Gilda’s 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, Room 10
  Contact Tara Forton, Social Worker: (586) 263-2237

- **Healthy Eating and Cancer**
  6-7:30pm | Wednesdays, Quarterly
  Join the dietitians of the Henry Ford Cancer Institute as we explore various nutrition topics related to cancer prevention, survivorship and wellness with a seasonal twist.
  Location:
  Contact Amy Carion, RDN (313) 850-9986
  E-mail: acarion1@hfhs.org

- **Nutrition and Cancer Group**
  6-7:30 p.m. | Wednesdays, Quarterly
  Please join the registered dietitians at the Henry Ford Cancer Institute for an interactive discussion about current nutrition and lifestyle recommendations for cancer prevention. Common nutrition myths, hot nutrition topics and research will also be presented.
  Location:
  Contact Amy Carion, RDN (313) 850-9986
  E-mail: acarion1@hfhs.org

- **Detroit Area**
  - **Art Therapy Support Group**
    10:00-11:30am | 4th Friday of the month
    Cancer survivors and their families will use drawing, painting, and other types of art to help manage the emotional or mental side effects that may come from a cancer diagnosis and/or treatment.
    Location: Henry Ford Hospital E & R building multipurpose room 1.
    Contact: Mallory Montgomery, mmontgom1@hfhs.org
  
  - **Brain Tumor Seminar Series**
    10:00-11:30am | Quarterly first Thursday of the month
    We’ve reinvented our brain tumor patient support group to offer more engaging and relevant content to our community. 4 times a year, we will invite guest speakers to teach about a variety of topics of interest to brain tumor patients and caregivers.
    See dates for topics.
    Location: Henry Ford Hospital E & R building 2nd floor
    Contact: Nestelynn Gay- 313-916-2723 or ngay1@hfhs.org

- **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: E&R Conference Room 2075- Henry Ford Hospital
  Contact Sonja Colbert: (313) 916-9519 or scolber1@hfhs.org

- **Cancer Support Group**
  2:30-4:00 p.m. | 4th Monday of the month
  A group facilitated by an oncology social worker for those coping with cancer of any type. First half hour for newly diagnosed patients, last hour is a support group for patients, post treatment survivors and caregivers.
  Location: Henry Ford Cancer Institute- Fairlane
  Contact: Ted Varkas, LMSW tvarkas1@hfhs.org

- **Healthy Eating and Cancer**
  6-7:30pm | Wednesdays, Quarterly
  Join the dietitians of the Henry Ford Cancer Institute as we explore various nutrition topics related to cancer prevention, survivorship and wellness with a seasonal twist.
  Location: Henry Ford Hospital Main Lobby Conference Room
  Contact Amy Carion, RDN (313) 850-9986
  E-mail: acarion1@hfhs.org

- **Nutrition and Cancer Group**
  6-7:30 p.m. | Wednesdays, Quarterly
  Please join the registered dietitians at the Henry Ford Cancer Institute for an interactive discussion about current nutrition and lifestyle recommendations for cancer prevention. Common nutrition myths, hot nutrition topics and research will also be presented.
  Location: Henry Ford Hospital Main Lobby Conference Room
  Contact Amy Carion, RDN (313) 850-9986
  E-mail: acarion1@hfhs.org

- **West Bloomfield**
  - **Art Therapy Open Studio**
    11 a.m. to 12:30 p.m. | First and Third Fridays of the month
    Cancer survivors and their families will use drawing, painting, and other types of art to help manage the emotional or mental side effects that may come from a cancer diagnosis and/or treatment.
    Location: Henry Ford West Bloomfield Hospital Atrium
    Contact Gwen Roediger, Social Worker: (248) 344-6696
Beautiful U
Beautiful U is free workshop for women undergoing any type of cancer treatment. Taught by a cosmetologist, participants will learn how to best apply makeup to look and feel their best, despite how side effects may have changed normal appearance.
Location: Henry Ford Medical Center - Columbus.
Registration is required.
Call Gwen to RSVP: (248) 344-6696

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 located near the café
Contact Sonja Colbert: (313) 916-9519 or scolber1@hfhs.org

CLIMB®
5:30-7:00pm | Tuesdays, Feb. 4-March 10
CLIMB® is a free, six-week support program for children who have a parent, grandparent or close loved one diagnosed with cancer. Meeting one night per week, our specially-trained staff help demystify cancer, teach coping skills, and provide a safe place for kids to talk about difficult feelings. CLIMB® also helps parents improve communication around their cancer diagnosis. Please plan to attend all 6 sessions.
Henry Ford West Bloomfield Hospital, private dining rooms 1 and 2, located near the café
Contact: Carey Papalekas, (313) 706-8013 or ccppale@hfhs.org

Head and Neck Cancer Support Group
If you have interest in attending this group, please contact Dr. Amy Williams.
Contact Dr. Amy Williams: (313) 916-3281
E-mail: AWilli50@hfhs.org

Healthy Eating and Cancer
6:30pm | Quarterly
Join the dietitians of the Henry Ford Cancer Institute as we explore various nutrition topics related to cancer prevention, survivorship and wellness with a seasonal twist.
Location:
Contact Samantha Szegedi Schlitt, RDN (313) 850-9375
E-mail: SSSzeged1@hfhs.org

Nutrition and Cancer Group
6-7:30 p.m. | Quarterly
Please join the registered dietitians at the Henry Ford Cancer Institute for an interactive discussion about current nutrition and lifestyle recommendations for cancer prevention. Common nutrition myths, hot nutrition topics and research will also be presented.
Location:
Contact Samantha Szegedi Schlitt, RDN (313) 850-9375
E-mail: SSSzeged1@hfhs.org

Oncology Gentle Yoga
3:30 pm – 4:30 pm | Every Monday
Location: 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

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

Breast Cancer Care & Share Support Group
4th Monday of the month | 4:00-5:30 PM
For women at any stage of breast cancer treatment or survivorship
Henry Ford Allegiance Health Professional Building Ste. 307
1100 E. Michigan Avenue, Jackson, MI 49201
Hematology Oncology Resource Room (connected to main lobby in oncology)
Facilitator: Sharon Petri, RN (715) 205-1576
Handicap accessible, free parking

Healthy Eating and Cancer
6-7:30pm | Quarterly
Join the dietitians of the Henry Ford Cancer Institute as we explore various nutrition topics related to cancer prevention, survivorship and wellness with a seasonal twist.
Location:
Contact Molly Myers, RDN (313) 850-9375
E-mail: mmyers5@hfhs.org
Continued on next page...

• **Nutrition and Cancer Group**
  6-7:30 p.m. | Quarterly
  Please join the registered dietitians at the Henry Ford Cancer Institute for an interactive discussion about current nutrition and lifestyle recommendations for cancer prevention. Common nutrition myths, hot nutrition topics and research will also be presented.
  Location:
  Contact Molly Myers, RDN (313) 850-9375
  E-mail: mmyers5@hfhs.org

• **Cancer PATH**
  Cancer PATH (Personal Action Towards Health) workshops are free and designed to teach better self-management of symptoms and reduce side effects from all types of cancer and its treatments. Dates and times vary, visit our website to find out when the next session is starting. Please register ahead by calling the contact number below.
  Location: Henry Ford Allegiance Oncology Administration
  Contact: (517) 592–1974

**2020 PATH WORKSHOP SERIES OPTIONS**
- February 5 – March 11 Wednesdays 12:30 – 3 PM
- March 18 – April 22 Wednesdays 4:30 – 7 PM
- April 28 – June 2 Tuesdays 12:30 – 3 PM
- July 8 – August 12 Wednesdays 4:30 – 7 PM
- September 11 – October 16 Fridays 10 AM – 12:30 PM

**Other**
- **Grief Groups**
  A variety of types and times. Hospice organizes these groups. These groups are for anyone, not just those affected by Hospice. Call the Hospice location in your area for more information

  Henry Ford Hospice - Macomb
  Phone: (586) 276-9500
  Servicing Macomb County and neighboring counties including **Henry Ford Macomb Hospital**

  Henry Ford Hospice - Oakland
  Phone: (248) 723-0033
  Servicing Oakland County and neighboring counties including **Henry Ford West Bloomfield Hospital**