

June 2019



Support Groups (SG) and Classes

HENRY FORD
CANCER INSTITUTE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	<p>1:30pm <u>Cancer SG-HFMH</u></p> <p>3:30pm <u>Oncology Gentle Yoga-HFWB</u></p> <p>6:00pm <u>Breast Cancer SG- HFCI</u></p> <p>6:30pm <u>Living Stronger Together- HFAJ</u></p>	<p>10:00am <u>Restorative Yoga-HFCI</u></p>	<p>6:30pm <u>Breast Cancer SG-HFH</u></p>	<p>10:00am <u>Restorative Yoga-HFCI</u></p> <p>11:00am <u>Brain Tumor Support Group- HFH</u></p>	<p>11:00am <u>Art Therapy Open Studio- HFWB</u></p> <p>12:15pm <u>Gentle Chair Yoga-HFMH</u></p>	
9	10	11	12	13	14	15
	<p>1:30pm <u>Cancer SG-HFMH</u></p> <p>3:30pm <u>Oncology Gentle Yoga-HFWB</u></p>	<p>10:00am <u>Restorative Yoga-HFCI</u></p> <p>5:30pm <u>RENEW Women's Cancers SG- HFAJ</u></p>		<p>10:00am <u>Restorative Yoga-HFCI</u></p>		<p>10:00am <u>Brain Tumor SG-HFWB</u></p>
16	17	18	19	20	21	22
Father's Day	<p>1:30pm <u>Cancer SG-HFMH</u></p> <p>3:30pm <u>Oncology Gentle Yoga-HFWB</u></p> <p>2:30pm <u>Cancer SG-Fairlane</u></p>	<p>10:00am <u>Restorative Yoga-HFCI</u></p> <p>7:00pm <u>Prostate Cancer SG-HFCI</u></p> <p>7:00pm <u>Prostate Cancer SG- HFAJ</u></p>	<p>11:00am <u>Lake House Art Group-HFMH</u></p> <p>2:30pm <u>Cancer SG- HFCI</u></p> <p>6:30pm <u>Breast Cancer SG-HFWB</u></p>	<p>10:00am <u>Restorative Yoga-HFCI</u></p>	<p>11:00am <u>Art Therapy Open Studio- HFWB</u></p> <p>12:15pm <u>Gentle Chair Yoga-HFMH</u></p>	
23	24	25	26	27	28	29
	<p>1:30pm <u>Cancer SG-HFMH</u></p> <p>3:30pm <u>Oncology Gentle Yoga-HFWB</u></p> <p>4:00pm <u>Care & Share Breast Cancer SG-HFAJ</u></p>	<p>10:00am <u>Restorative Yoga-HFCI</u></p> <p>5:30pm <u>RENEW Women's Cancers SG- HFAJ</u></p>	<p>2:00pm <u>Nutrition and Cancer Survivorship Group-HFH</u></p>	<p>10:00am <u>Restorative Yoga-HFCI</u></p>		

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

- 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
- 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, Brownstown
Contact: (734) 479-1007
- Cancer Support Group
4 to 5 p.m. |
Mondays (March 11th-April 29th) – HFMC- Fairlane
Fridays (March 15th- May 3rd)- HFCl-Brownstown
This 8-week workshop will provide new patients and caregivers with information and resources that will help them understand and navigate the cancer treatment process. Each meeting will be split into 2 parts: First, a social worker will provide information about the day's topic. The second part of the meeting will be a time for participants to ask the social work team questions and get support from other participants.
- 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 Macomb Hospital Medical Pavilion, 4th Floor, room 10
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 Charter Township
Suite 020
Contact: (586) 263-2237
- Gentle 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. 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: (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.
- Art Therapy with The Lake House
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

- Brain Tumor Support Group Detroit Campus
10:00-11:30am | First Thursday of the month
Under the supervision of Henry Ford nurses and social workers, guest speakers at each brain tumor support group present the latest information on Brain cancer treatments and Brain Cancer Support Services.
Henry Ford Hospital E & R building
Contact: [313-916-2723](tel:313-916-2723)
- 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
- Nutrition and Cancer Survivorship Workshop
2-4:00 p.m. | Monthly
This workshop is for cancer survivors who are nearing the end of their treatment or have completed active treatment. Each session 3-part series will start with a presentation from a Henry Ford Cancer Institute dietitian and will end with open time for your questions. Come to one or all sessions!
Location: Henry Ford Hospital E&R Building
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
Guided by an art therapist, 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
- 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

- Head and Neck Cancer Support Group
4 to 5:30 p.m. | Wednesdays: - January 9, March 13, May 8, July 10, September 11, November 13
Survivorship and support meeting for current patients, caregivers, and survivors
Location: Henry Ford West Bloomfield Hospital Lower Level Conference Room
Contact Dr. Amy Williams: (313) 916-3281
E-mail: AWilli50@hfhs.org
- Oncology 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- Tejada Center
Contact: Nurse Navigator Sharon Petri, RN: (517) 205-1576
- Prostate Cancer Support Group
3rd Tuesday of the month, September thru May | 7:00 - 8:00 PM
Main Hospital of Henry Ford Allegiance Health, Dining Room #1
205 N. East Avenue, Jackson, MI 49201
Facilitator: Jim Brian 517-688-4960
Handicap accessible, free parking
- 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 3rd Floor Ste. 307
1100 E. Michigan Avenue, Jackson, MI 49201
Hematology Oncology Resource Room (connected to main lobby in oncology)
Facilitator: Sharon Petri, RN, Breast Patient Navigator 715-205-1576
Handicap accessible, free parking

Continued on next page...

- Cancer Survivorship Support Program
2019: January 9th and March 13th | 5-7 PM
Henry Ford Allegiance Health Radiation Oncology
1102 E Michigan, Jackson, MI 49201
- Conference Room (enter building then turn right going to end of hall)
Facilitators: Jill Humphrey, LMSW and Cathy McAllister, LMSW
Handicap accessible, free parking
- Chronic Illness- Living Stronger Together
2019: 2nd and 4th Mondays | 6:30-8:15 PM
Henry Ford Allegiance Health Radiation Oncology
1102 E Michigan, Jackson, MI 49201
Conference Room (enter building then turn right going to end of hall)
Facilitator: Cathy McAllister, LMSW
Handicap accessible, free parking

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](#).

Henry Ford Hospice - Wayne

Phone: (313) 337-7600

Servicing Wayne County and neighboring counties including [Henry Ford Wyandotte Hospital](#).

Henry Ford Hospice - Detroit Campus

Phone: (313) 916-7926

Servicing [Henry Ford Main Hospital](#).

Henry Ford Allegiance Hospice

Phone: (517) 205-6982

Servicing Jackson County and neighboring counties including [Henry Ford Allegiance Health](#).

- General Caregiver Support Groups
Available in 6 Henry Ford Locations
Contact: (313) 874-4838 or caregiverresources@hfhs.org
[Henry Ford Caregiver Resources](#)

- 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.
- Henry Ford Cancer Institute Facebook Support Group
This Facebook group is a place where Henry Ford Cancer Institute patients, post-treatment survivors, caregivers, and family can interact to share resources and help each other navigate this unique journey no one chose to be on.