



All programs held at:

The United Methodist Church

430 Walnut Street

Newtonville,, MA

For information:

617 332-5777 [www.facing-cancer.org](http://www.facing-cancer.org)

## OCTOBER 2009

**•Weekly Support groups for people with cancer and for caregivers:**

Please call for information and to schedule an interview for placement in a group.

**•Yoga:** No registration required. Suitable for all levels.

**•Meditation:** No registration required.

**•Writing for Wellness:** No registration required.

**•Monthly Networking Groups:** No registration required. Groups are for people with cancer only, except Multiple Myeloma to which caregivers are invited.

**•Other programs:**

**The Empowered Patient.** Dr. Gail Gazelle discusses how to advocate for yourself, enlist a friend or family member as an advocate, and have the best relationship with your treatment team you can have. Tuesday 10/27 6-8pm. RSVP

**Memoir Writing.** Join Dr. Barbara Rosenn, psychologist and poet for 6 sessions focusing through writing on some aspect of your experience, present or past. There will be an opportunity at each session to share what you have written if you choose. Fridays, 10:30 - 12:30, October 2, 9, 16, 23, 30, and November 6. RSVP.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:30 CA Support 6:00 Ovarian CA	2 10:00 Chinese Brush Painting 10:30 Memoir writing	3
4	5 5:30 Cancer Support 5:30 Caregiver Support	6 8:30 Meditation 9:15 Yoga 10:30 Writing	7 2:00 Cancer Support 5:30 Cancer Support 5:30 Caregiver Support	8 10:30 CA Support 5:30 Breast CA	9 10:00 Chinese Brush Painting 10:30 Memoir writing	10
11	12 Columbus Day Closed	13 8:30 Meditation 9:15 Yoga 10:30 Writing 5:30 Bereavement	14 2:00 Cancer Support 5:30 Cancer Support 5:30 Caregiver Support	15 10:30 CA Support 2:30 Meditation 3:15 Yoga 5:30 Lymphoma	16 10:00 Chinese Brush Painting 10:30 Memoir writing	17 10:00 Multiple Myeloma Group
18	19 5:30 Cancer Support 5:30 Caregiver Support	20 8:30 Meditation 9:15 Yoga 10: Writing	21 2:00 Cancer Support 5:30 Cancer Support 5:30 Caregiver Support	22 10:30 CA Support 2:30 Meditation 3:15 Yoga 5:30 Young Women's CA	23 10:00 Chinese Brush Painting 10:30 Memoir writing	24
25	26 4 5:30 Cancer Support 5:30 Caregiver Support	27 8:30 Meditation 9:15 Yoga 10:30 Writing 5:30 Bereavement 6:00 The Empowered Patient RSVP	28 2:00 Cancer Support 5:30 Cancer Support 5:30 Caregiver Support	29 10:30 CA Support 2:30 Meditation 3:15 Yoga	30 10:00 Chinese Brush Painting 10:30 Memoir writing	31



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## PROGRAMS NOVEMBER 2009

**•Weekly Support groups for people with cancer and for caregivers:**

Please call for information and to schedule an interview for placement in a group.

**•Yoga:** No registration required. Suitable for all levels.

**•Meditation:** No registration required.

**•Writing for Wellness:** No registration required.

**•Monthly Networking Groups:** No registration required. Groups are for people with cancer only, except Multiple Myeloma to which caregivers are invited.

**•Other programs:**  
**Nutrition & The Immune System.** Join Nutritionist Sheila Wolfson for a discussion of how different foods support the immune system and contribute to well-being. Wednesday 11/18 4-5:30pm. RSVP

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 5:30 Cancer Support 5:30 Caregiver Support	3 8:30 Meditation 9:15 Yoga 10:30 Writing	4 2:00 Cancer Support 5:30 Cancer Support 5:30 Caregiver Support	5 10:30 CA Support 2:30 Meditation 3:15 Yoga 6:00 Ovarian CA	6 10:00 Chinese Brush Painting 10:30 Memoir writing	7
8	9 5:30 Cancer Support 5:30 Caregiver Support	10 8:30 Meditation 9:15 Yoga 10:30 Writing 5:30 Bereavement	11 2:00 Cancer Support 5:30 Cancer Support 5:30 Caregiver Support	12 10:30 CA Support 2:30 Meditation 3:15 Yoga 5:30 Breast CA	13 10:00 Chinese Brush Painting	14 Benefit Concert: Noel Paul Stookey
15	16 5:30 Cancer Support 5:30 Caregiver Support	17 8:30 Meditation 9:15 Yoga 10:30 Writing	18 2:00 Cancer Support 4:00 Nutrition & the Immune System 5:30 Cancer Support 5:30 Caregiver Support	19 10:30 CA Support 2:30 Meditation 3:15 Yoga 5:30 Lymphoma	20 10:00 Chinese Brush Painting	21 10:00 Multiple Myeloma Group
22	23 5:30 Cancer Support 5:30 Caregiver Support	24 8:30 Meditation 9:15 Yoga 10:30 Writing 5:30 Bereavement	25 2:00 Cancer Support 5:30 Cancer Support 5:30 Caregiver Support	26 Thanksgiving Closed	27 Closed	28
29	30 5:30 Cancer Support 5:30 Caregiver Support					



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## PROGRAMS

## DECEMBER 2009

- Weekly Support groups for people with cancer and for caregivers:**  
 Please call for information and to schedule an interview for placement in a group.
- Yoga:**  
 No registration required. Suitable for all levels.
- Meditation:**  
 No registration required.
- Writing for Wellness:**  
 No registration required.
- Monthly networking Groups:** No registration required. Groups are for people with cancer only, except Multiple Myeloma to which caregivers are invited.
- Other programs:**  
 Please RSVP as indicated.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30 Meditation 9:15 Yoga 10:30 Writing	2 2:00 Cancer Support 5:30 Cancer Support 5:30 Caregiver	3 10:30 CA Support 2:30 Meditation 3:15 Yoga 6:00 Ovarian CA	4 10:00 Chinese Brush Painting	5
6	7 5:30 Cancer Support 5:30 Caregiver Support	8 8:30 Meditation 9:15 Yoga 10:30 Writing 5:30 Bereavement	9 2:00 Cancer Support 5:30 Cancer Support 5:30 Caregiver Support	10 10:30 CA Support 2:30 Meditation 3:15 Yoga 5:30 Breast CA	11 10:00 Chinese Brush Painting	12
13	14 5:30 Cancer Support 5:30 Caregiver Support	15 8:30 Meditation 9:15 Yoga 10:30 Writing	16 2:00 Cancer Support 5:30 Cancer Support 5:30 Caregiver Support	17 10:30 CA Support 2:30 Meditation 3:15 Yoga 5:30 Lymphoma	18 10:00 Chinese Brush Painting	19 10:00 Multiple Myeloma Group
20	21 5:30 Cancer Support 5:30 Caregiver Support	22 8:30 Meditation 9:15 Yoga 10:30 Writing 5:30 Bereavement	23 2:00 Cancer Support 5:30 Cancer Support 5:30 Caregiver Support	24 Happy Holidays! Closed until January 4, 2010	25	26
27	28	29	30	31		