

The Cancer Support Community at Orlando Health
JANUARY 2021 Calendar

Happy New Year! We are looking forward to having more in-person classes and events back for our Cancer Support Community this Spring. The majority of our Support Services are available via telephone or virtually. A few groups have social distancing in place, and these are marked “in-person” in the calendar below.

How to Participate

We are using telephone conference lines for our licensed mental health professionals to lead our support groups. This means you simply can dial a number and be able to join in the conversation! Dial (321) 842-0000 and then enter the conference code, either 5056 or 6920, (depending on the class) followed by the # sign. Zoom links are also available by request.

For any questions regarding the calendar and descriptions of classes offered, please call (321) 841-5056 or send us an email at cancersupportcommunity@orlandohealth.com. You can also check out our live streaming yoga classes on the Orlando Health UF Health Cancer Center’s Facebook page at <https://www.facebook.com/OHCancerCenter/> or watch the recorded yoga classes at any time on our webpage <https://www.orlandohealthcancer.com/our-services/integrative-medicine/services>

1 Fri ******Cancer Center is Closed******

- 4 Mon
- Cancer Support Group 11am (Lake Mary). Dial 321-842-0000 enter 5056 and #
 - Grupo De Apoyo 1pm (Spanish speakers); *in person* and dial 321-842-0000 enter 6920 #
 - Music & Stress Management Class 11am CSC Group room; *in person* and dial 321-842-0000 enter 6920
 - Women’s Cancer 1:30pm (GYN); *in person only*
 - Mindfulness Based Stress Reduction* 5/8; 2 pm/Zoom *previous registration required
 - Gentle Yoga *in person only* (Ocoee) 3pm; limited spaces registration required

- 5 Tue
- Blood Cancers Support Group 3pm; *in person* and dial 321-842-0000 enter 6920
 - Cancer Support Group 11am. Dial 321-842-0000 enter 5056 and #
 - Gentle Yoga *in person only* (Downtown) 6pm; limited spaces registration required


- 6 Wed
- Five Wishes 10am-11am Ocoee; *in person* and dial 321-842-0000 enter 6920 and #
 - Cancer Support Group 11am (Ocoee). Dial 321-842-0000 enter 5056 and #
 - Tai chi Beginners Class (DPH) *in person* 2:30pm limited spaces registration required; call for Zoom!
 - Tai chi (DPH) *in person* 3:30pm limited spaces registration required; call for Zoom!

- 7 **Thur** Cancer Support Group 11am (DPH); *in person* and dial 321-842-0000 enter 5056 #
 Cancer Support Group 11am (Ocoee) *in person only*
 New Member Orientation 2pm CSC Group room; *in person* and dial 321-842-0000 enter 5056 and #

- 8 **Fri** Cancer Support Group 11am. Dial 321-842-0000 enter 5056 and #
 Young Adult Cancer Support Group ***NEW GROUP*** Designed for young adults (under 39) who are diagnosed with cancer to discuss age specific challenges such as dating, fertility concerns, career and much more; 11am-12pm *in person* and dial 321-842-0000 enter 6920 and #
 Jewelry 101 make a pair and donate a pair of earrings; *in person* CSC Great room 11:30am-1pm; limited seating registration required.

- 11 **Mon** Cancer Support Group 11am (Lake Mary). Dial 321-842-0000 enter 5056 and #
 Music & Stress Management Class 11am CSC Group room; *in person* and dial 321-842-0000 enter 6920 and #
 Mindfulness Based Stress Reduction* 6/8; 2 pm/Zoom *previous registration required
 Gentle Yoga *in person only* (Ocoee) 3pm; limited spaces registration required

- 12 **Tue** Five Wishes (DPH) 9-10am; *in person* and dial 321-842-0000 enter 5056 and #
 Cancer Support Group 11am. Dial 321-842-0000 enter 5056 and #
 Gentle Yoga *in person only* (Downtown) 6pm; limited spaces registration required

- 13 **Wed** Arts in Medicine Workshop CSC Great Room 10am; *Art Takes Me Away:* Go on a journey with our professional artist team in learning to paint “whatever takes YOU away” in acrylic on a 16 x 20 canvas. No experience necessary! The first 8 to sign up (Call 321-841-5056) can attend in-person and the others on zoom.us (Code: 84094924439 Password: 058925) from the safety of your home. In-person we will participate with a mask and 6-foot physical distancing.
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- Cancer Support Group 11am-12pm (Ocoee). Dial 321-842-0000 enter 5056 and #
 Healthy Living Series- *Make New Year's Resolutions Into Life-Long Intentions* at 12:30pm Research has shown that by January 17th the majority of people have given up on their new year's resolutions – does this ring a bell? It's time to try something new! Join us to create New Year's Intentions, setting effective goals and shifting your mindset with positive psychology which can help you create your healthiest YOU.
 Tai chi Beginners Class (DPH) *in person* 2:30pm limited spaces registration required; call for Zoom!
 Tai chi (DPH) *in person* 3:30pm limited spaces registration required; call for Zoom!

- 14 **Thur** Family & Friends Support Group 10am; via Zoom. Please call for details!
 Cancer Support Group 11am-12pm (DPH); *in person* and dial 321-842-0000 enter 5056 and #
 Cancer Support Group 11am (Ocoee) *in person only*
 Five Wishes 1-2pm CSC Group Room. Dial 321-842-0000 enter 6920 and #
- 15 **Fri** New Member Orientation 10 am CSC Group room; *in person* and dial 321-842-0000 enter 5056 and #
 Cancer Support Group 11am. Dial 321-842-0000 enter 5056 and #
 Jewelry 101 make a pair and donate a pair of earrings; *in person* CSC Great room 11:30am-1pm; limited seating registration required.
- 18 **Mon** Cancer Support Group 11am (Lake Mary). Dial 321-842-0000 enter 5056 and #
 Music & Stress Management Class 11am CSC Group room; *in person* and dial 321-842-0000 enter 6920 #
 Mindfulness Based Stress Reduction* 7/8; 2 pm/Zoom *previous registration required.
 Gentle Yoga *in person only* (Ocoee) 3pm; limited spaces registration required
- 19 **Tue** Cancer Support Group 11am. Dial 321-842-0000 enter 5056 and #
 Breast Cancer Support Group 11am-1pm CSC Group room; *in person* and dial 321-842-0000 enter 6920 and #
 Gentle Yoga *in person only* (Downtown) 6pm; limited spaces registration required
- 20 **Wed** Cancer Support Group 11am (Ocoee). Dial 321-842-0000 enter 5056 and #
 Latin Dance – join in the fun taught by Valencia College department of dance 2-3pm *in person* or via Zoom, call for details
 Tai chi Beginners Class (DPH) *in person* 2:30pm limited spaces registration required; call for Zoom!
 Tai chi (DPH) *in person* 3:30pm limited spaces registration required; call for Zoom!
 Open Art Studio, CSC Great Room 4pm; *in person*, limited seats please register.
- 21 **Thur** Cancer Support Group 11am (DPH); *in person* and dial 321-842-0000 enter 5056 #
 Cancer Support Group 11am (Ocoee) *in person only*
 Five Wishes 1-2pm CSC Group room; *in person* and dial 321-842-0000 enter 6920 #
 New Member Orientation 2pm CSC Group room; *in person* and dial 321-842-0000 enter 5056 and #
- 22 **Fri** Cancer Support Group 11am. Dial 321-842-0000 enter 5056 and #
 Jewelry 101 make a pair and donate a pair of earrings; *in person* CSC Great room 11:30am-1pm; limited seating registration required.

- 25 **Mon** **Cancer Support Group 11am (Lake Mary). Dial 321-842-0000 enter 5056 and #**
 Music & Stress Management Class 11am CSC Group room; *in person* and dial 321-842-0000 enter 6920 #
 Mindfulness Based Stress Reduction* 8/8; 2 pm/Zoom *previous registration required.
 Gentle Yoga in person only (Ocoee) 3pm; limited spaces registration required
- 26 **Tue** **Laughter yoga 10:30am in person (LP 1& 2) and Zoom led by our Laughter Yoga teacher Joy. Call for details on how to register.**
 Cancer Support Group 11am. Dial 321-842-0000 enter 5056 and #
 Victory Support Group 4:45pm; e-mail ac_hearts@hotmail.com for the Zoom information.
 Gentle Yoga *in person* only (Downtown) 6pm; limited spaces registration required
- 27 **Wed** **Cancer Support Group 11am (Ocoee). Dial 321-842-0000 enter 5056 and #**
 Tai chi Beginners Class (DPH) in person 2:30pm limited spaces registration required; call for Zoom!
 Tai chi (DPH) in person 3:30pm limited spaces registration required; call for Zoom!
- 28 **Thur** **Cancer Support Group 11am (DPH); *in person* and dial 321-842-0000 enter 5056 #**
 Cancer Support Group 11am (Ocoee) *in person only*
- 29 **Fri** **New Member Orientation 10 am CSC Group room; *in person* and dial 321-842-0000 enter 5056 and #**
 Cancer Support Group 11am. Dial 321-842-0000 enter 5056 and #
 Jewelry 101 make a pair and donate a pair of earrings; *in person* CSC Great room 11:30am-1pm; limited seating registration required.

For a variety of online support groups please go to the Cancer Support Community at cancersupportcommunity.org

The Cancer Support Community also has a toll-free Helpline, at 1.888.793.9355 staffed by licensed counselors Monday - Friday 9 am - 9 pm ET.