



The Rachael Young Center
6204 Baum Drive
Knoxville, TN 37919

www.CancerSupportET.org
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July & August 2026

FREE CANCER SUPPORT PROGRAMS



EDUCATION



SUPPORT



MOVEMENT



CREATION



KIDS & FAMILY

KIDS WEEK 2026
4 DAYS OF FUN FOR KIDS AGED 6-12 WHO HAVE CANCER IN THE FAMILY
JULY 13 - 16, 9 AM - 2 PM
PARENT ORIENTATION
WEDNESDAY, JULY 1
4:30-6:00 PM, or by appointment
6204 BAUM DRIVE
FREE!



Kids Week 2026

M-Th, July 13,14,15 & 16
9:00 AM-2:00 PM

Parent Orientation: Wed., July 1
4:30-6:00 PM

Natalie Depp, LCSW
Nora Vines, EdD

Kids Week is a free, 4-day program designed for school-age children who have a loved one with cancer. Through art, music, cooking, active games, dancing, and yoga, kids will have the chance to relax, express themselves, and connect with others who understand what it's like to have cancer in the family. Pre-registration is required. To learn more or sign up, please call us. The deadline for registration is Wed., July 8.



Cancer Transitions: Moving Beyond Cancer

Wednesdays, Aug. 5,12,19 & 26
6:00-8:00 PM

Natalie Depp, LCSW

Finishing treatment often brings a mix of emotions. Connect with others who understand this transition and learn strategies for moving forward. In this 4-week series, you'll develop a plan for physical activity, nutrition, emotional well-being, and ongoing health concerns. Through a supportive, whole-person approach, you'll gain tools to navigate life after treatment. Presented in partnership with Tennova Healthcare. In-person only. To register, call 865-546-4661.



Advanced Technologies in Oncology

Thursday, Aug. 20, 6:00-8:00 PM

David Penberthy, MD
Exec Medical Dir, Oncology Services for Covenant Health
Learn about the future of cancer care, focusing on the integration of advanced technologies such as AI and proton therapy in detecting cancer, advancing medication research, and advances in patient support pathways. Dr Penberthy will highlight the rapid evolution of oncology, the promise of technology and integration, and the role patients have in shaping the future of care. Light meal provided. In-person and virtual. Pre-register.



Cancer: Is it in Your Genes?

Tues., Aug. 25, 12:00-1:30 PM

Erin Campbell, MS, LCGC
Hereditary cancers are caused by genetic changes passed down through families. These inherited changes can increase an individual's risk of developing certain types of cancer. Learn what features in a person's history alert healthcare providers to a potential hereditary syndrome and how identifying these markers can prevent the future development of cancer. Gain the latest insights into this rapidly advancing field. Light meal provided. In-person and virtual. Pre-register.

Our mission is to uplift and strengthen people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

All CSCET services are offered at no charge.

Programs are made possible in part by our hospital and program sponsors:

Covenant Health - Thompson Cancer Survival Center | Tennova Healthcare | UT Medical Center Cancer Institute

Arts & Culture Alliance of Greater Knoxville/Tennessee Arts Commission
Knoxville Academy of Medicine Alliance | Mount Rest Fund of East TN Foundation
Sequoyah Hills Presbyterian Church | Thompson Charitable Foundation

CSCET STAFF

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Renee G. Dawson, MA | Office Administrator
Denise Stillman, PhD | Program Associate
Natalie Depp, LCSW | Program Manager

GET SOCIAL WITH US!



@CSCET

6204 Baum Drive, Knoxville, TN 37919
Programs are offered in person and virtually.



Call (865) 546-4661 to speak
with our program staff



Register for programs at
www.CancerSupportET.org



Email us at
info@CancerSupportET.org

EDUCATION & STRESS MANAGEMENT PROGRAMS

Kids Week 2026

M-Th, July 13-16 | 9:00 AM-2:00 PM
Parent Orientation: Wed., July 1,
4:30-6:00 PM
Natalie Depp, LCSW
Nora Vines, Ed.D
See front cover for description.

Mindfulness in Everyday Life: Experience vs. Interpretation of Experience

Saturday, July 18 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
Learning to distinguish between events and your interpretations can reduce emotional distress and improve mental clarity. This session will help you recognize the difference between what you experience and the stories you create about those experiences—an important foundation for emotional resilience and self-awareness. Virtual only. Pre-register.

Nutrition Tips: Gut Health and Cancer

Tuesday, July 21 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
This program explores the impact of gut health on cancer recovery and long-term wellness. Learn how a balanced microbiome can support immunity, reduce inflammation, and improve quality of life. Topics include prebiotics and probiotics, managing side effects such as fatigue and digestive issues, and using diet and natural remedies to restore gut health. Backed by evidence-based strategies, participants will gain practical tools to support recovery and enhance overall well-being. Cooking demo and light lunch provided. In person and virtual. Pre-register.

Yoga for Balance and Neuropathy

Thursday, July 23 | 2:30-4:00 PM
Randy Rainey, CYT
Feeling unsteady or experiencing tingling in your hands and feet? These symptoms are common after cancer treatment and can also occur as part of the aging process. This class focuses on gentle movements designed to improve balance, enhance stability, and stimulate the peripheral nervous system. In-person attendance is encouraged for the best experience; virtual participation is also available. Pre-register.



Stillness in Flight: Observing Dragonflies

Tuesday, July 28 | 12:00-1:30 PM
Clay Thurston, Professional Nature & Wildlife Photographer
Explore the delicate beauty of dragonflies through stunning close-up photography. Clay combines scientific insights into their anatomy and behavior with the patience and technique required to capture these fleeting moments. Whether you are interested in meditation in nature or the finer points of photography, join CSCET for an awe-inspiring experience celebrating nature's smallest details. Light lunch provided. Door prize for in-person attendees. Virtual Available. Pre-register.

Cancer Transitions: Moving Beyond Cancer

Wednesdays, Aug. 5, 12, 19 & 26
6:00-8:00 PM
Natalie Depp, LCSW
See front cover for description.

Nutrition Tips: Nutrition for Wellness

Thursday, August 13 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
National Wellness Month is celebrated in August and encourages people to prioritize self-care, manage stress, and build sustainable healthy habits. Join Chelsea as she shares practical tips for creating balanced plates to support overall wellness, along with simple strategies for choosing healthier snacks that are quick, affordable, and hassle-free. She will also discuss how gentle movement can influence appetite and provide guidance on incorporating meals and snacks into your daily routine. Cooking demo and light lunch provided. In person and virtual. Pre-register.

Mindfulness in Everyday Life: Letting Go

Saturday, Aug. 15 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
When life feels overwhelming with stress, worry, or tension, practicing mindfulness can help create a sense of calm and allow us to gently let go of difficult thoughts and emotions. Through guided mindfulness techniques, participants will learn strategies to relax, stay present, and restore a sense of balance and peace. Virtual only. Pre-register.

Advanced Technologies in Oncology

Thursday, August 20 | 6:00-8:00 PM
David Penberthy, MD, Exec Medical Dir, Oncology Services for Covenant Health
See front cover for description.

Cancer: Is it in Your Genes?

Tuesday, August 25 | 12:00-1:30 PM
Erin Campbell, MS, LCGC
See front cover for description.

Summer Serenade

Thursday, August 27 | 6:00-7:30 PM
Kathleen Williams & Friends
Join CSCET members and staff to celebrate the final days of summer with an evening of live music, pizza, and great company. We welcome back former CSCET staff member and musician Kathleen Williams and her talented friends to provide the perfect soundtrack for building community and making lasting memories. Whether you come for the music, the fellowship, the pizza, or simply to soak in the summer vibes, this festive event is sure to be a highlight of the season. In-person only. Pre-register.

Don't Wig Out!

Friday, August 28 | 10:00 AM-12:00 PM
Siobian Jones, The Mighty Wig
Hair loss or thinning can be one of the more challenging aspects of the cancer experience. The perspective of a professional can help ease the uncertainty in choosing a head covering that is right for you. Siobian will assist with minor alterations and styling to ensure the perfect fit. Bring your own wig or tap into the expertise of our experts to help select one from CSCET's free wig boutique. Light refreshments provided. In person only. Pre-register.

EXERCISE CLASSES

Check with your medical team before attending. Most classes are gentle enough for those in active treatment and can be modified by CSCET instructors.

Wellness Workout

Mondays | 11:00-11:45 AM IN-PERSON & VIRTUAL
Wednesdays | 11:00-11:45 AM IN-PERSON & VIRTUAL
Stephanie Chunn, Certified Personal Trainer
Practice total body conditioning: gentle stretching, resistance training and low-impact aerobic exercises. Pre-register.

Chair Yoga

Mondays | 1:00-1:45 PM IN-PERSON & VIRTUAL
Randy Rainey, Certified Yoga Instructor
This class is accessible to most people and offers benefits of yoga without getting up and down from the floor. Pre-register.

Yoga

Wednesdays | 2:00-3:00 PM IN-PERSON & VIRTUAL
Randy Rainey, Certified Yoga Instructor
Saturdays | 10:00-11:00 AM IN-PERSON & VIRTUAL
Allison Bradley, Certified Yoga Instructor
Improve flexibility and strengthen muscles through gentle yoga poses. Pre-register. ****No class on July 4****

Tai Chi/Qigong

Fridays | 12:00-1:00 PM VIRTUAL
Russell Sauls, Instructor
Improve balance, flexibility, and muscle strength with this gentle class. Qigong is a mind/body practice that provides relaxation and healing. Pre-register. ****No class on July 3****

CREATIVE CONNECTIONS

Knitting for Relaxation

Thursday, July 2, 16 & 30 | 1:00-3:00 PM IN-PERSON
Thursday, August 6 & 20 | 1:00-3:00 PM IN-PERSON
Shelley Hecht, Knitting Instructor
New to knitting? Old Pro? Learn to knit or bring your own project to work on. Pre-register

WordFlow: Writing for Wellness

Wednesday, July 8 | 12:00-1:30 PM IN-PERSON
Wednesday, August 12 | 12:00-1:30 PM IN-PERSON
Donna Doyle, Writing Instructor
Writing regularly can enhance wellness by decreasing stress, promoting personal growth, and fostering resilience. With guided writing prompts on subjects like food, travel, family, and nature this class will make you feel as if words are flowing from your pen to paper. Comfortable and inspiring for both beginners and advanced writers. Light lunch will be provided. Pre-register.

SUPPORT GROUPS

WEEKLY SUPPORT GROUPS

Our ongoing professionally-led, weekly support groups connect you with others who understand the challenges of cancer. **You must meet with a program staff member (virtually or in person) before joining a group. Schedule your appointment by calling (865)546-4661.**

Groups For People with Cancer

Mondays | 11:30-1:00 PM IN-PERSON
Mondays | 6:00-7:30 PM VIRTUAL, FOR FEMALES WITH CANCER
Tuesdays | 6:00-7:30 PM IN-PERSON
Thursdays | 10:00-11:30 AM VIRTUAL

WEEKLY SUPPORT GROUPS

Group For Family Members & Loved Ones
Tuesdays | 6:00-7:30 PM VIRTUAL

MONTHLY GROUPS

Prostate Cancer Group
Friday, July 10 | 10-11:30 AM IN-PERSON
Friday, August 14 | 10-11:30 AM IN-PERSON
Connect with others who have prostate cancer in this group. Call before your first group to speak with our program staff. Pre-register.

SHORT-TERM SUPPORT SESSIONS

By appointment only
Our licensed therapists are available for short-term, cancer-focused or bereaved-focused individual support sessions. In-person and virtual. Call or email for more information.

Newcomer Orientation

Mondays | 4:00-5:00 PM or by appointment
New to CSCET? Come meet with a member of our program staff to learn about the variety of programs we offer to decrease stress, find more joy, and connect with others at this challenging time. In-person and virtual. Call (865) 546-4661 or pre-register online.

Healing Through Art: Abstract Acrylics

Thursday, July 9 | 1:00-3:00 PM IN-PERSON
Kelly Sullivan, Art Instructor
Using acrylic paint, we will explore color, texture, and movement with both traditional and unconventional tools. We will experiment with color value by adding black for darker tones and white for lighter tints from the same hue. Sections will be layered into an abstract mixed-media composition. Through cutting and gluing, we will create an artwork rich in color, contrast, and texture. Pre-register.

Healing Through Art: Keepsake: A Mixed Media Memory Collage

Tuesday, August 11 | 1:00-3:00 PM IN-PERSON
Denia Kirk, Art Instructor
We all keep small paper treasures—a handwritten note, a favorite recipe, a ticket stub, a few lines of a beloved song. In this class, you'll transform meaningful papers into a layered mixed-media collage painting. Bring keepsakes or choose from the papers and images provided. You'll build your composition, then paint over and around it, adding depth, light, shadow, and personal touches. Pre-register.

PRE-REGISTER FOR ALL PROGRAMS by calling (865) 546-4661 or visiting www.CancerSupportET.org

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Use this QR code to register for our programs.

WEEKLY SUPPORT GROUP NOTE

You must meet with a program staff member (virtually or in person) before joining these groups. Call or email us to get started!

PROGRAM NOTE

Early registration for attendance is highly encouraged. Programs with few registrants may be changed to virtual or postponed.

1
Wellness Workout
11:00-11:45 AM
Yoga 2:00-3:00 PM
Kids Week Parent Orientation
4:30-6:00 PM

2
Support Group
10:00-11:30 AM
Knitting
1:00-3:00 PM

3
Office Closed
No Programs

4
Office Closed
No Programs

5

6
Workout 11:00-11:45 AM
Support Group
11:30 AM-1:00 PM
Chair Yoga 1:00-1:45 PM
Orientation 4:00-5:00 PM
Support Group
6:00-7:30 PM

7
Support Groups
6:00-7:30 PM

8
Wellness Workout
11:00-11:45 AM
Writing
12:00-1:30 PM
Yoga
2:00-3:00 PM

9
Support Group
10:00-11:30 AM
**Healing Through Art:
Abstract Acrylics**
1:00-3:00 PM

10
Prostate Cancer
Support Group
10:00 AM-11:30 PM
Tai Chi/Qigong
12:00-1:00 PM

11
Yoga
10:00-11:00 AM

12

13
Workout 11:00-11:45 AM
Support Group
11:30 AM-1:00 PM
Chair Yoga 1:00-1:45 PM
Orientation 4:00-5:00 PM
Support Group
6:00-7:30 PM

14
**Kids Week 2026
July 13-16 (9:00 am - 2:00 pm)**

15
Wellness Workout
11:00-11:45 AM
Yoga
2:00-3:00 PM

16
Support Group
10:00-11:30 AM
Knitting
1:00-3:00 PM

17
Tai Chi/Qigong
12:00-1:00 PM

18
Yoga
10:00-11:00 AM
**Mindfulness in
Everyday Life**
11:00 AM-12:30PM

19

20
Workout 11:00-11:45 AM
Support Group
11:30 AM-1:00 PM
Chair Yoga 1:00-1:45 PM
Orientation 4:00-5:00 PM
Support Group
6:00-7:30 PM

21
**Nutrition Tips: Gut
Health and Cancer**
12:00-1:30 PM
Support Groups
6:00-7:30 PM

22
Wellness Workout
11:00-11:45 AM
Yoga
2:00-3:00 PM

23
Support Group
10:00-11:30 AM
**Yoga for Balance and
Neuropathy**
2:30-4:00 PM

24
Tai Chi/Qigong
12:00-1:00 PM

25
Yoga
10:00-11:00 AM

26

27
Workout 11:00-11:45 AM
Support Group
11:30 AM-1:00 PM
Chair Yoga 1:00-1:45 PM
Orientation 4:00-5:00 PM
Support Group
6:00-7:30 PM

28
**Stillness in Flight:
Observing Dragonflies**
12:00-1:30 PM
Support Groups
6:00-7:30 PM

29
Wellness Workout
11:00-11:45 AM
Yoga
2:00-3:00 PM

30
Support Group
10:00-11:30 AM
Knitting
1:00-3:00 PM

31
Tai Chi/Qigong
12:00-1:00 PM

August

PRE-REGISTER FOR ALL PROGRAMS by calling (865) 546-4661 or visiting www.CancerSupportET.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		 <p>Use this QR code to register for our programs.</p>	<p>WEEKLY SUPPORT GROUP NOTE You must meet with a program staff member (virtually or in person) before joining these groups. Call or email us to get started!</p>	<p>PROGRAM NOTE Early registration for attendance is highly encouraged. Programs with few registrants may be changed to virtual or postponed.</p>		<p>1</p> <p>Yoga 10:00-11:00 AM</p>
2	<p>3 Workout 11:00-11:45 AM Support Group 11:30 AM-1:00 PM Chair Yoga 1:00-1:45 PM Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM</p>	<p>4 Support Groups 6:00-7:30 PM</p>	<p>5 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Cancer Transitions: WEEK 1 6:00-8:00 PM</p>	<p>6 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM</p>	<p>7 Tai Chi/Qigong 12:00-1:00 PM</p>	<p>8 Yoga 10:00-11:00 AM</p>
9	<p>10 Workout 11:00-11:45 AM Support Group 11:30 AM-1:00 PM Chair Yoga 1:00-1:45 PM Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM</p>	<p>11 Healing Through Art: A Mixed Media Memory Collage 1:00-3:00 PM Support Groups 6:00-7:30 PM</p>	<p>12 Wellness Workout 11:00-11:45 AM Writing 12:00-1:30 PM Yoga 2:00-3:00 PM Cancer Transitions: WEEK 2 6:00-8:00 PM</p>	<p>13 Support Group 10:00-11:30 AM Nutrition Tips: Nutrition for Wellness 12:00-1:30 PM</p>	<p>14 Prostate Cancer Support Group 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM</p>	<p>15 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30 PM</p>
16	<p>17 Workout 11:00-11:45 AM Support Group 11:30 AM-1:00 PM Chair Yoga 1:00-1:45 PM Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM</p>	<p>18 Support Groups 6:00-7:30 PM</p>	<p>19 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Cancer Transitions: WEEK 3 6:00-8:00 PM</p>	<p>20 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM Advanced Technologies in Oncology 6:00-8:00 PM</p>	<p>21 Tai Chi/Qigong 12:00-1:00 PM</p>	<p>22 Yoga 10:00-11:00 AM</p>
23/30	<p>24/31 Workout 11:00-11:45 AM Support Group 11:30 AM-1:00 PM Chair Yoga 1:00-1:45 PM Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM</p>	<p>25 Cancer: Is it in Your Genes? 12:00-1:30 PM Support Groups 6:00-7:30 PM</p>	<p>26 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Cancer Transitions: WEEK 4 6:00-8:00 PM</p>	<p>27 Support Group 10:00-11:30 AM Summer Serenade 6:00-7:30 PM</p>	<p>28 Don't Wig Out! 10:00 AM-12:00 PM Tai Chi/Qigong 12:00-1:00 PM</p>	<p>29 Yoga 10:00-11:00 AM</p>