



The Rachael Young Center
6204 Baum Drive
Knoxville, TN 37919

www.CancerSupportET.org
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January & February 2026

FREE CANCER SUPPORT PROGRAMS



Stories From the HeART

CSCET's Inaugural Member Visual Art Show

SUBMISSION DEADLINE
Friday, January 30, 4:00 pm.

6204 BAUM DRIVE
KNOXVILLE, TN 37919

GALLERY OPENING
Sunday, February 15, 1:00-3:00 pm



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

Akima Club | Arts & Culture Alliance of Greater Knoxville/Tennessee Arts Commission
KAMA | Mount Rest Fund | Thompson Charitable Foundation

CSCET STAFF

Jennifer Harrell | Executive Director

Debra Sullivan, PhD | Program Director

Lori A. Friel | Development & Communications Manager

Renee G. Dawson, MA | Office Administrator

Denise Stillman, PhD | Program Associate

Natalie Depp, LCSW | Program Manager

GET SOCIAL WITH US!

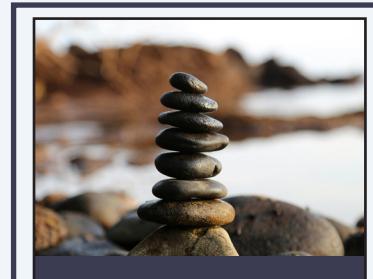


@CSCET



Stress Management 101 Series

Thursdays, January 8, 15 & 22
1:00-2:30 PM
Denise Stillman, PhD
This overview of stress management tips will provide a roadmap for managing stress and offer a chance for group discussion and support. Learn to recognize your stress cycle, use self-calming strategies, set realistic goals, manage your thoughts, practice assertiveness, and prioritize enjoyable activities, all in a friendly group setting. This group is for individuals with cancer and their support network. Please plan to attend all 3 classes. In person only. Pre-register.



9-Week Mindful Self-Compassion Series

Sundays, January 25-March 22
4:30-6:30 PM
Orientation is Sunday, Jan. 11
4:30-5:30 pm
Dianne Lemieux, PhD
Research shows that increased self-compassion is linked to a greater sense of well-being and less anxiety and depression. According to Dr. Kristin Neff, self-compassion "is a courageous attitude" that helps us meet difficult emotions and challenges with more calm, strength, resilience, and self-care. Pre-register for the orientation or speak to staff prior to January 21 to sign up for the series. In-person only. Pre-register.



Ask the Doctor: Immunotherapy

Thursday, February 5
6:00-7:30 PM
Daniel Ibach, MD
Researchers have long been interested in harnessing the body's natural defense system to treat cancer, and today this is becoming a reality. Immunotherapy is a treatment that uses a person's own immune system to help fight cancer. In this session, you'll learn about the different types of immunotherapies, how they work in the body, and the potential side effects associated with these treatments. Light meal provided. In-person and virtual. Pre-register.



Stories from the HeART: Gallery Art Show

Sunday, February 15
1:00-3:00 PM
CSCET Members & Staff
Join CSCET friends as we proudly present our first visual arts exhibition showcasing a collection of artwork created by our members. Each piece reflects how they have used creativity to process the emotional impact of a cancer diagnosis. Drop in to enjoy art and experience connection and community. Submissions for this show are due by 4:00 pm on Friday, Jan. 30. All are welcome! In-person only. Pre-register.

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

Stress Management 101

Thursdays, Jan. 8, 15, & 22

1:00-2:30 PM

Denise Stillman, PhD

See front cover for description.

Stories from the HeART: Open Studio Sessions

Fridays, Jan. 9, Jan. 30

1:00-3:00 PM

Natalie Depp, LCSW

CSCET invites members to explore their cancer experience through a series of scheduled open studio sessions. The art studio will offer a supportive space for participants to experiment with a variety of materials and express their stories—free from expectations—allowing creativity to lead the way. Staff and volunteers will be available to provide feedback and assist with materials. Participants will also have the opportunity to share their work in our Stories from the HeART gallery opening on February 15. In-person only. Pre-register.

9-Week Mindful Self-Compassion Series

Sundays, Jan. 24-Mar.22 | 4:30-6:30 PM

Orientation for those who have not attended a mindfulness series

Sunday, Jan. 11 | 4:30 - 5:30 PM

Dianne Lemieux, PhD

See front cover for description.

Don't Wig Out!

Friday, Jan. 16 | 10:00 AM-12:00 PM

Siobian Jones, The Mighty Wig

Wednesday, Feb. 18 | 12:00-2:00 PM

Reece Chunn, The Lace Magician

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 and maintaining a head covering that is right for you. Our stylists will assist with minor alterations and styling to ensure the perfect fit.

In addition to our regularly scheduled session with Siobian of The Mighty Wig, we invite you to join us in welcoming Reece Chunn (son of Wellness Workout Instructor Stephanie Chunn) back to the Knoxville wig and hair care community. Bring your own wig or headscarf 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.

Ask the Doctor: Immunotherapy

Thursday, Feb. 5 | 6:00-7:30 PM

Daniel Ibach, MD

See front cover for description.

Stories from the HeART: Gallery Art Show

Sunday, Feb. 15 | 1:00-3:00 PM

CSCET Members & Staff

See front cover for description.

Nutrition Tips: Less Waste, More Taste: Cooking for One or Two

Tuesday, Jan. 20 | 12:00-1:30 PM

Chelsea Johnson, MS, RD, LDN, CSO

Join Chelsea for this class on scaling recipes and using techniques to reduce food waste when cooking for a smaller household. You will learn how strategic meal planning, coupled with storage and preservation techniques, can keep you stocked with easy-to-prepare dishes made from healthy ingredients - reducing waste and keeping your belly full and your body satisfied. Light meal and cooking demo provided. In person and virtual. Pre-register.

A Gift of Sound

Thursday, Jan. 29 | 6:00-7:30 PM

Jan Coe, Whole Notes Harmony

Sound has long been used for healing, ceremony, and relaxation. Join Jan for a soothing sound bath using singing bowls, gongs, and chimes to create calming vibrations. Mats and blankets are provided, but feel free to bring extra for comfort. Sign up early to gift yourself this relaxing, restorative experience. In-person only. Pre-register.

Mindfulness in Everyday Life: Self-Soothing

Saturday, Jan. 31 | 11:00AM-12:30PM

Ann Pendley, Mindfulness Instructor

We've all experienced how unsettling and uncertain life can be. Through the skillful practice of mindfulness, we can learn to self-soothe when life delivers a blow. This means treating ourselves with greater kindness and gentleness as we work to regain inner balance and equanimity. Virtual only. Pre-register.

Ask the Doctor: Immunotherapy

Thursday, Feb. 5 | 6:00-7:30 PM

Daniel Ibach, MD

See front cover for description.

Stories from the HeART: Gallery Art Show

Sunday, Feb. 15 | 1:00-3:00 PM

CSCET Members & Staff

See front cover for description.

Nutrition Tips: Fats Made Simple

Tuesday, Feb. 17 | 12:00-1:30 PM

Chelsea Johnson, MS, RD, LDN, CSO

Join Chelsea for a discussion on using fats in cooking and their role in a healthy diet. Participants will learn how to cook with various oils and other fats, understand the differences between saturated, unsaturated, and trans fats, and explore how each type affects overall health. The program combines practical kitchen instruction with easy-to-understand nutrition guidance, empowering you to make confident, informed choices in both your cooking and your eating. Light meal and cooking demo provided. In person and virtual. Pre-register.

Finding Meaning in Difficult Times

Thursday, Feb. 26 | 12:00-1:30 PM

Debra Sullivan, PhD

People find meaning in their lives in different ways. A cancer diagnosis brings many life changes and challenges that can disrupt one's sense of purpose and meaning. Drawing on the work of researchers at Memorial Sloan Kettering Cancer Center, Dr. Debra Sullivan will help you identify the sources of meaning in your life and learn new ways to connect with and cultivate that meaning. Light meal provided. In-person and Virtual. Pre-register.

Mindfulness in Everyday Life: Working with Our Emotions

Saturday, Feb. 28 | 11:00 AM-12:30 PM

Ann Pendley, Mindfulness Instructor

Our emotions—especially the difficult ones—can be our greatest teachers. A mindfulness practice can help us slow down, observe challenging emotions, and listen to what they may be trying to tell us. Instead of reacting in ways that create more turmoil in our lives, we'll practice responding with kindness and intention. Virtual 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. ****No class on Jan. 19****

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. ****No class on Jan. 19****

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 Jan. 2****

CREATIVE CONNECTIONS

Knitting for Relaxation

Thursday, Jan. 15 & 29 | 1:00-3:00 PM IN-PERSON

Thursday, Feb. 5 & 19 | 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, Jan. 14 | 12:00-1:30 PM IN-PERSON

Wednesday, Feb. 11 | 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.**

• Friday, Jan. 9 | 10-11:30 AM

• Friday, Feb. 13 | 10-11:30 AM

• Larry Brown, PhD

• Connect with others who have prostate cancer in this group. Call before your first group to speak with our program staff. Pre-register.

Groups For People with Cancer

Mondays | 11:30-1:00 PM IN-PERSON,

Mondays | 6:00-7:30 PM VIRTUAL

Tuesdays | 6:00-7:30 PM IN-PERSON

Thursdays | 10:00-11:30 AM VIRTUAL

The CSCET Bereavement Group is currently on pause. If you have any questions or need support, please don't hesitate to call us at (865) 546-4661.

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Group For Family Members & Loved Ones

Tuesdays | 6:00-7:30 PM VIRTUAL

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January

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 Office Closed No Programs	2 Office Closed No Programs	3 Office Closed No Programs
4	5 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	6 Support Groups 6:00-7:30 PM	7 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	8 Support Group 10:00-11:30 AM Stress Management: Week 1 1:00-2:30 PM	9 Prostate Cancer Support Group 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM Open Studio Session 1:00-3:00 PM	10 Yoga 10:00-11:00 AM
11	9-Week Mindfulness Series: Orientation 4:30-5:30 PM 12 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	13 Healing Through Art: Scratchboard Art 1:00-3:00 PM Support Groups 6:00-7:30 PM	14 Wellness Workout 11:00-11:45 AM Writing 12:00-1:30 PM Yoga 2:00-3:00 PM	15 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM Stress Management: Week 2 1:00-2:30 PM	16 Don't Wig Out! 10:00 AM-12:00 PM Tai Chi/Qigong 12:00-1:00 PM	17 Yoga 10:00-11:00 AM
18	19 Office Closed No Programs	20 Nutrition Tips: Less Waste, More Taste: Cooking for One or Two 12:00-1:30 PM Support Groups 6:00-7:30 PM	21 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	22 Support Group 10:00-11:30 AM Stress Management: Week 3 1:00-2:30 PM	23 Tai Chi/Qigong 12:00-1:00 PM	24 Yoga 10:00-11:00 AM
25	9-Week Mindfulness Series: Week 1 4:30-6:30 PM 26 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	27 Support Groups 6:00-7:30 PM	28 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	29 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM A Gift of Sound 6:00-7:30 PM	30 Tai Chi/Qigong 12:00-1:00 PM Open Studio Session 1:00-3:00 PM	31 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30 PM

February



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9-Week Mindfulness Series: Week 2 (Group already in progress.) 4:30-6:30 PM	2 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	3 Support Groups 6:00-7:30 PM	4 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	5 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM Ask the Doctor: Immunotherapy 6:00-7:30 PM	6 Tai Chi/Qigong 12:00-1:00 PM	7 Yoga 10:00-11:00 AM
8 9-Week Mindfulness Series: Week 3 (Group already in progress.) 4:30-6:30 PM	9 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	10 Healing Through Art: Block Printed Tea Towels 1:00-3:00 PM Support Groups 6:00-7:30 PM	11 Wellness Workout 11:00-11:45 AM Writing 12:00-1:30 PM Yoga 2:00-3:00 PM	12 Support Group 10:00-11:30 AM	13 Prostate Cancer Support Group 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM	14 Yoga 10:00-11:00 AM
15 Stories from the HeART: Gallery Art Show 1:00-3:00 PM 9-Week Mindfulness Series: Week 4 (Group already in progress.) 4:30-6:30 PM	16 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	17 Nutrition Tips: Fats Made Simple 12:00-1:30 PM Support Groups 6:00-7:30 PM	18 Wellness Workout 11:00-11:45 AM Don't Wig Out! 12:00-2:00 PM Yoga 2:00-3:00 PM	19 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM	20 Tai Chi/Qigong 12:00-1:00 PM	21 Yoga 10:00-11:00 AM
22 9-Week Mindfulness Series: Week 5 (Group already in progress.) 4:30-6:30 PM	23 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	24 Support Groups 6:00-7:30 PM	25 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	26 Support Group 10:00-11:30 AM Finding Meaning in Difficult Times 12:00-1:30 PM	27 Tai Chi/Qigong 12:00-1:00 PM	28 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM



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