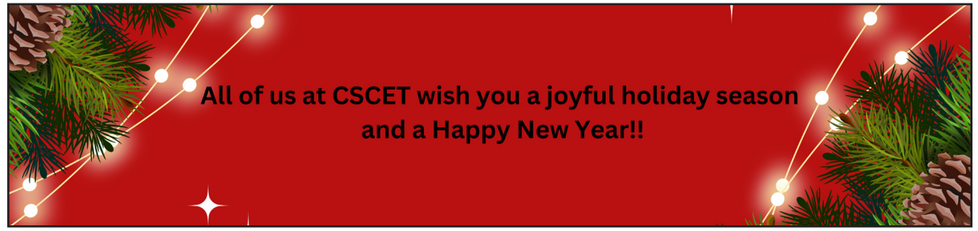
CANCER SUPPORT COMMUNITY EAST TENNESSEE

The Rachael Young Center
6204 Baum Drive
Knoxville, TN 37919

www.CancerSupportET.org
(865) 546-4661
info@CancerSupportET.org

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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
Knoxville Academy of Medicine Alliance | Mount Rest Fund of East TN Foundation
Sequoyah Hills Presbyterian Church | Thompson Charitable Foundation | United Way of Greater Knoxville

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

CANCER SUPPORT COMMUNITY EAST TENNESSEE

November & December 2026

FREE CANCER SUPPORT PROGRAMS

EDUCATION | SUPPORT | MOVEMENT | CREATION | KIDS & FAMILY



Brain Fog: Current Understandings and Management

Wednesday, November 18
6:00-7:30 PM
Noel Arring, DNP, PhD, RN

Cancer-related cognitive impairment (also called chemo brain or brain fog) is a term used to describe problems with attention, thinking, and memory that can occur during or after cancer treatment. Join oncology researcher Dr. Noël Arring as she explains current understandings of brain fog and offers tips for managing it. **Virtual only.** Pre-register.



A November to Remember

Sunday, November 22
2:30-4:00 PM
Brian Salesky, John Overholt, and the S.O.U.L.s Youth Choir

Join CSCET friends and family for an unforgettable afternoon of live music! The Amadeus Concert Ensemble presents a special concert celebrating November's many holidays, including Thanksgiving, Veterans Day, Universal Children's Day, and more. This inspiring program brings together beloved favorites from Broadway, film, television, gospel, and military music. Light refreshments provided. In-person only. Pre-register.



Celebrating Debra!

Sunday, Dec. 6
3:00-5:00 PM
CSCET Community

After 25 years as CSCET's Program Director, Debra Sullivan, PhD is retiring—and we want to celebrate. We often say that "community is the most important word" in our name, and we mean it. CSCET is the special community it is because of the individuals who have shaped it over the years. Debra's retirement is a time to celebrate her 25 years of leadership and dedication, and welcome what comes next. So come gather with us for snacks, laughter, memories, and maybe a few tears—as we celebrate Debra. Pre-register.



Ask the Doctor: Palliative and Hospice Care and Cancer

Tuesday, Dec. 8
12:00-1:30 PM
Cynthia Pearman, MD

What is palliative care? How is it different from hospice? Can I be treated for my cancer while receiving hospice or palliative care? How is pain managed at end-of-life? Join Dr. Pearman for a discussion about quality of life throughout the cancer continuum and find answers to questions about hospice and palliative care services. Light lunch provided. In-person and virtual. 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

Open Art Studio Sessions
Friday, Nov. 6 | 1:00-3:00 PM
Friday, Dec. 4 | 1:00-3:00 PM
Natalie Depp, LCSW
Open studio art sessions provide a welcoming, supportive environment where participants can explore a wide range of materials and express their personal stories. In-person only. Pre-register.

Nutrition Tips: The Role of Blood Sugar Regulation in Cancer Treatment
Tuesday, Nov. 10 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
This class explores the role of glucose and blood sugar regulation in overall health, with a focus on how nutrition and lifestyle can influence metabolic health. Participants will learn about the connection between glucose metabolism, insulin, and cancer, including what current research tells us—and what it does not—about blood sugar & cancer. The class will include a practical cooking demonstration and simple, nutritious recipes designed to support balanced meals and healthy blood sugar levels. Light meal provided. In person and virtual. Pre-register.

Mindfulness in Everyday Life: Cultivating Gratitude
Saturday, Nov. 14 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
Finding it hard to feel thankful as the holidays approach? A mindfulness practice can provide ways to expand our feelings of gratitude, even in challenging times. Virtual only. Pre-register.



Brain Fog: Current Understandings and Management
Wednesday, Nov. 18 | 6:00-7:30 PM
Noel Arring, DNP, PhD, RN
See front cover for description.

Buttons and Baubles and Sparkly Rings... These are a Few of Our Favorite Things!
Friday, Nov. 20 | 1:00-3:00 PM
Gaye Williams
Join member Gaye and your CSCET friends for a festive, hands-on crafting experience. Participants will create an original holiday decoration by using glue and other techniques to attach a variety of decorative embellishments to a canvas pre-painted with a seasonal image. The result will be a dazzling display of holiday spirit, creativity, and personal flair! In-person only. Pre-register.



November to Remember
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See front cover for description.

Celebrating Debra Sullivan, PhD
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Ask the Doctor: Palliative and Hospice Care and Cancer
Tuesday, Dec. 8 | 12:00-1:30 PM
Cynthia Pearman, MD
See front cover for description.

Mindfulness in Everyday Life: Maintaining Inner Peace
Saturday, Dec. 12 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
Gift yourself the opportunity to experience moments of inner peace during this busy time of year and discover ways to revisit that peace throughout the season. Virtual only. Pre-register.

Nutrition Tips: Holiday Treats and Mindfulness
Tuesday, Dec. 15 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
The holiday season is known for delicious dishes, often accompanied by conversations about health and New Year's resolutions. How can one balance indulgence with those resolutions? Join Chelsea as she discusses nutritious eating in cancer survivorship and shares strategies to enjoy holiday foods while practicing mindfulness. A light meal and cooking demonstration will be provided. In person and virtual. Pre-register.

Goodie Exchange
Thursday, Dec. 17 | 4:00-5:30 PM
Renee Dawson & Natalie Depp, LCSW
Gather with your CSCET friends and show off your favorite holiday treat recipes! Join Renee and Natalie in the kitchen and collect a variety of holiday sweets and snacks to bring home. Participants are encouraged to bring in their own favorites to share, along with the recipe, and if baking or kitchen activity is not your thing, join us to sample the bounty of treats. In-person only. Pre-register.



Don't Wig Out!
Friday, Dec. 18 | 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 and maintaining 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 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.

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 Dec. 28, Dec. 30****

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 Dec. 28****

Yoga
Wednesdays | 2:00-3:00 PM IN-PERSON & VIRTUAL
Randy Rainey, Certified Yoga Instructor **No class on Dec. 30**

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 Nov. 28, Dec. 26****

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 Nov. 27, Dec. 25****

CREATIVE CONNECTIONS

Knitting for Relaxation
Thursday, Nov. 5 & 19 | 1:00-3:00 PM IN-PERSON
Thursday, Dec. 3 & 17 | 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, Nov. 11| 12:00-1:30 PM IN-PERSON
Wednesday, Dec. 9 | 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.

Healing Through Art: Name Mandalas
Thursday, Nov. 12 | 1:00-3:00 PM IN-PERSON
Denia Kirk, Art Instructor
Transform your name, or a word that holds special meaning, into a mandala. By mirroring and repeating the letters around a central point, a single word becomes a radiant, symmetrical design, revealing hidden beauty within it. Prefer to cut and paste? A collage option explores the same balance and intention through paper. Pre-register.

Healing Through Art: Monochromatic Winter Landscape
Thursday, Dec. 10 | 1:00-3:00 PM IN-PERSON
Denia Kirk, Art Instructor
Capture the magic of a winter night using only tones of white on dark paper. By layering bright highlights, you'll create snowy hills, frosted trees, and your own personal touches. 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, Nov. 13| 10-11:30 AM IN-PERSON
Friday, Dec. 11| 10-11:30 AM IN-PERSON
Connect with others who have or have had 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.

November

CANCER SUPPORT COMMUNITY EAST TENNESSEE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	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	6 **Tai Chi/Qigong** 12:00-1:00 PM **Open Art Studio Session** 1:00-3:00PM	7 **Yoga** 10:00-11:00 AM
8	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 **Nutrition Tips: The Role of Blood Sugar Regulation in Cancer Treatment** 12:00-1:30 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 **Healing Through Art: Name Mandalas** 1:00-3:00 PM	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 **Mindfulness in Everyday Life** 11:00 AM-12:30PM
15	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 **Support Groups** 6:00-7:30 PM	18 **Wellness Workout** 11:00-11:45 AM **Yoga** 2:00-3:00 PM **Brain Fog: Current Understandings and Management** 6:00-7:30 PM	19 **Support Group** 10:00-11:30 AM **Knitting** 1:00-3:00 PM	20 **Tai Chi/Qigong** 12:00-1:00 PM **Buttons and Baubles** 1:00-3:00PM	21 **Yoga** 10:00-11:00 AM
22 **A November to Remember** 2:30-4:00 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 **Office Closed** No Programs	27 **Office Closed** No Programs	28 **Office Closed** No Programs
29	30 **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					

Use this QR code to register for our programs.

WEEKLY SUPPORT GROUP NOTE

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PROGRAM NOTE

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

December

CANCER SUPPORT COMMUNITY EAST TENNESSEE

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.	1 **Support Groups** 6:00-7:30 PM	2 **Wellness Workout** 11:00-11:45 AM **Yoga** 2:00-3:00 PM	3 **Support Group** 10:00-11:30 AM **Knitting** 1:00-3:00 PM	4 **Tai Chi/Qigong** 12:00-1:00 PM **Open Art Studio Session** 1:00-3:00PM	5 **Yoga** 10:00-11:00 AM
6  **Celebrating Debra!** 3:00-5:00 PM	7 **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	8 **Ask the Doctor: Palliative and Hospice Care and Cancer** 12:00-1:30 PM **Support Groups** 6:00-7:30 PM	9 **Wellness Workout** 11:00-11:45 AM **Writing** 12:00-1:30 PM **Yoga** 2:00-3:00 PM	10 **Support Group** 10:00-11:30 AM **Healing Through Art: Monochromatic Winter Landscape** 1:00-3:00 PM	11 **Prostate Cancer Support Group** 10:00 AM-11:30 PM **Tai Chi/Qigong** 12:00-1:00 PM	12 **Yoga** 10:00-11:00 AM **Mindfulness in Everyday Life** 11:00 AM-12:30PM
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27	28 **Office Closed** No Programs	29 **Office Closed** No Programs	30 **Office Closed** No Programs	31 **Office Closed** No Programs		

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