

FREE CANCER SUPPORT PROGRAMS



EDUCATION



SUPPORT



MOVEMENT



CREATION



KIDS & FAMILY



Come and check out our Wig Boutique!
Explore a wide selection of wigs, hats, scarves,
and so much more!
The best part? Everything is absolutely **FREE!**
Sioban Jones of the Mighty Wig will be at CSCET
February 28, 10:00 AM -12:00 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 | Pilot Company | Thompson Charitable Foundation

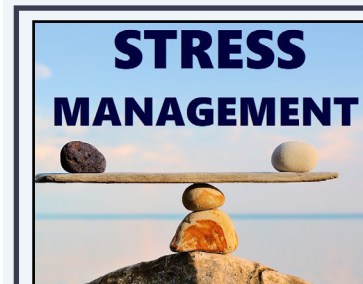
CSCET STAFF

Beth A. Hamil | 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



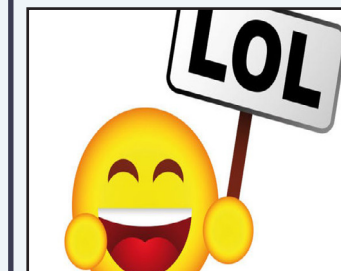
Stress Management 101 Series

Thursdays, January 9, 16 & 23
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 sessions. In-person only. **Pre-register.**



Guest Artist: Acrylic Spring Floral

Thursday, January 30
6:00-8:00 PM
Michelle Baker, Wildtree Lane
Chase away the winter blues and brighten your day with a splash of color! Michelle will guide us through the process of painting a beautiful spring floral arrangement using acrylic paints. This class will include step-by-step instructions, featuring a variety of techniques and brushstrokes to help you create a unique piece of art. No experience is necessary for this fun and therapeutic class. In-person only. **Pre-register.**



Seriously Funny: How Humor Helps

Thursday, February 20
6:00-7:30 PM
Rev. Chris Buice, Senior Minister TVUUC
It's no joke that laughter can have a profound effect on our well-being, and science shows that there is a link between humor and physical health. Join Rev. Chris Buice for an exploration of how a sense of humor can help us navigate life's most serious challenges, as well as the role humor played in his personal experience with a cancer diagnosis and treatment. Light meal provided. In-person and virtual. **Pre-register.**



Ask the Pharmacist: Drugs, Side Effects, & Interactions

Wednesday, February 26
12:00-1:30 PM
Joy Gibson, PharmD
Your oncology pharmacist is an important member of your healthcare team! Learn how to leverage your pharmacist's expertise to understand the medications prescribed to treat your cancer, recognize common side effects, and identify potential interactions with medications prescribed for other medical conditions. Light meal 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

Stress Management 101 Series

Thursdays, January 9, 16 & 23

1:00-2:30 PM

Denise Stillman, PhD

See front cover for description.



Nutrition Tips: Nutrition for Brain Fog

Tuesday, January 21 | 12:00-1:30 PM

Chelsea Johnson, MS, RD, LDN, CSO

Cancer treatment, whether chemotherapy or another modality, often comes with complaints of "brain fog." Join Chelsea as she shares nutrition tips and strategies to combat the experience commonly referred to as "chemobrain." Learn about the role of Omega-3s, Vitamin D, and antioxidants in promoting healthy brain function. A cooking demo and light lunch will be provided. In person and virtual. Pre-register.

Mindfulness in Everyday Life: Finding Quiet

Saturday, Jan. 25 | 11:00 AM-12:30 PM

Ann Pendley, Mindfulness Instructor

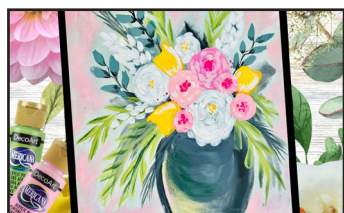
The winter months offer a great opportunity to find a place of inner quiet. Join Ann as she uses mindfulness techniques to guide us deeper into ourselves. Even brief moments of calm and quiet in the body and mind can provide much-needed respite in our daily lives. Virtual only. Pre-register.

Guest Artist: Acrylic Spring Floral

Thursday, January 30 | 6:00-8:00 PM

Michelle Baker, Wildtree Lane

See front cover for description.



8-Week Mindfulness Series: Mindful Based Stress Reduction

Sundays, Feb. 2 - Mar. 23 | 4:30-6:30 PM

Orientation for those who have not attended a mindfulness series

Sunday, January 26 | 4:30 - 5:30 PM

Dianne Lemieux, PhD

This 8-week program focuses on the practice of directing your attention to the present moment to relax the body and calm the mind. Regular practice helps manage stress, reduce anxiety and depression, and cultivate overall well-being. Orientation is required for those who have not previously attended a mindfulness series. Please plan to attend all 8 classes. In-person only. Pre-register.

Yoga for Joint Mobility

Tuesday, Feb. 4 | 1:00-2:30 PM

Randy Rainey, Certified Yoga Instructor

Cancer treatment causes different side effects for different people. If you are experiencing joint stiffness and decreased mobility, this class, which focuses on joint mobility, is for you! Virtual attendees should have the following props on hand for participation: a yoga mat, two yoga blocks, a blanket, a chair, and a strap (a belt or cord will work fine). CSCET has equipment available for in-person participants to use. In-person and virtual. Pre-register.

Nutrition Tips: Eat to Sleep

Tuesday, Feb. 18 | 12:00-1:30 PM

Jordan Lyons, MS, RD, LDN

Many patients in active treatment and recovery struggle with poor sleep quality. Join Jordan as she reviews foods that promote relaxation, support deeper sleep, and help you wake up feeling refreshed. Whether you suffer from insomnia or simply want to optimize your rest, this class will provide practical tips and delicious ideas for a better night's sleep. A cooking demo and light lunch will be provided. In person and virtual. Pre-register.

Seriously Funny: How Humor Helps

Thursday, Feb. 20 | 6:00-7:30 PM

Rev. Chris Buice, Senior Minister TVUUC

See front cover for description.

Mindfulness in Everyday Life: Working with Our Emotions

Saturday, Feb. 22 | 11:00 AM-12:30 PM

Ann Pendley, Mindfulness Instructor

Our emotions can be our greatest teachers. Mindfulness helps us befriend all of our emotions and learn from what they have to teach us. Virtual only. Pre-register.

Ask the Pharmacist: Drugs, Side Effects, & Interactions

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

Joy Gibson, PharmD

See front cover for description.



Don't Wig Out! Coping with Hair Loss and Thinning

Friday, Feb. 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. Siobian will help make the process of coping with hair loss or thinning less stressful and a little more enjoyable by providing tips on choosing the right wig or headscarf for you, as well as how to care for and maintain both synthetic and natural hair wigs. Siobian will bring her styling tools and assist with minor alterations to ensure the perfect fit. Bring your own wig or headscarf, or use your newfound knowledge to 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.

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.

CREATIVE CONNECTIONS

Knitting for Relaxation

Thursday, January 2, 16 & 30 | 1:00-3:00 PM

Thursday, February 6 & 20 | 1:00-3:00 PM

Shelley Hecht, Knitting Instructor

New to knitting? Old Pro? Learn to knit or bring your own project to work on. In-person only. Pre-register

WordFlow: Writing for Wellness

Wednesday, January 15 | 12:00-1:30 PM

Wednesday, February 12 | 12:00-1:30 PM

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. In-person only. Pre-register.

Healing Through Art: Pop-Art Paintings

Tuesday, January 14 | 1:00-3:00 PM

Kelly Sullivan, Art Instructor

Shake off the winter grays with bright colors! Participants will paint like Pop-Art painters, focusing on bright colors, patterns, and bold black lines. Photocopies of images will be provided to transfer onto the canvas before painting. In-person only. Pre-register.

Healing Through Art: Follow Your HeART

Thursday, February 13 | 1:00-3:00 PM

Kelly Sullivan, Art Instructor

Valentine's Day falls in February, which is also Heart Awareness Month. Kelly will guide us in using materials, techniques, and imagery to create a final product that can serve as both a work of art and a daily reminder to stay true to your heart. In-person only. 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 weekly group. Schedule your appointment by calling (865) 546-4661.**

Groups For People with Cancer

Mondays | 6:00-7:30 PM **VIRTUAL**

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

Thursdays | 10:00-11:30 AM **VIRTUAL**

Group For Family Members & Loved Ones

Tuesdays | 6:00-7:30 PM **VIRTUAL**

MONTHLY GROUPS

Prostate Cancer Group

• Friday, Jan. 10 | 10-11:30 AM **VIRTUAL**

• Friday, Feb. 14 | 10-11:30 AM **VIRTUAL**

• Larry Brown, PhD

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

Bereavement Group

• Wednesday, Jan. 8 | 3:30-5 PM **IN-PERSON**

• Wednesday, Feb. 5 | 3:30-5 PM **IN-PERSON**

• Natalie Depp, LCSW

• Connect with others experiencing bereavement in this group. Call before your first group to speak with our program staff.

SHORT-TERM SUPPORT SESSIONS

• **By appointment only**

• Our licensed therapists are available for short-term, cancer-focused individual support sessions. In-person and virtual. Call or email us to schedule your first appointment.

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 or pre-register online.

January

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM	3 Tai Chi/Qigong 12:00-1:00 PM	4 Yoga 10:00-11:00 AM
5	6 Wellness Workout 11:00-11:45 AM Chair Yoga 1:00-1:45 PM Newcomer 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 Yoga 2:00-3:00 PM Bereavement Group 3:30-5:00 PM	9 Support Group 10:00-11:30 AM Stress Management: Week 1 1:00-2:30 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 Wellness Workout 11:00-11:45 AM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	14 Healing Through Art: Pop-Art Paintings 1:00-3:00 PM Support Groups 6:00-7:30 PM	15 Wellness Workout 11:00-11:45 AM Writing for Wellness 12:00-1:30 PM Yoga 2:00-3:00 PM	16 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM Stress Management: Week 2 1:00-2:30 PM	17 Tai Chi/Qigong 12:00-1:00 PM	18 Yoga 10:00-11:00 AM
19	20 Office Closed No Programs	21 Nutrition Tips: Nutrition for Brain Fog 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 Stress Management: Week 3 1:00-2:30 PM	24 Tai Chi/Qigong 12:00-1:00 PM	25 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
26 8-Week Mindfulness Series: ORIENTATION 4:30-5:30 PM	27 Wellness Workout 11:00-11:45 AM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	28 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 Guest Artist: Acrylic Spring Floral 6:00-8:00PM	31 Tai Chi/Qigong 12:00-1:00 PM	

February

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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 Yoga 10:00-11:00 AM
2 8-Week Mindfulness Series: WEEK 1 4:30-6:30 PM	3 Wellness Workout 11:00-11:45 AM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	4 Yoga for Joint Mobility 1:00-2:30 PM Support Groups 6:00-7:30 PM	5 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Bereavement Group 3:30-5:00 PM	6 Support Groups 10:00-11:30 AM Knitting 1:00-3:00 PM	7 Tai Chi/Qigong 12:00-1:00 PM	8 Yoga 10:00-11:00 AM
9 8-Week Mindfulness Series: WEEK 2 (Group already in Progress) 4:30-6:30 PM	10 Wellness Workout 11:00-11:45 AM Chair Yoga 1:00-1:45 AM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	11 Support Groups 6:00-7:30 PM	12 Wellness Workout 11:00-11:45 AM Writing for Wellness 12:00-1:30 PM Yoga 2:00-3:00 PM	13 Support Group 10:00-11:30 AM Healing Through Art: Follow Your HeART 1:00-3:00 PM	14 Prostate Cancer Support Group 10:00 AM-11:30 PM Tai Chi/Qigong 12:00-1:00 PM	15 Yoga 10:00-11:00 AM
16 8-Week Mindfulness Series: WEEK 3 (Group already in Progress) 4:30-6:30 PM	17 Wellness Workout 11:00-11:45 PM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	18 Nutrition Tips: Eat to Sleep 12:00-1:30 PM Support Groups 6:00-7:30 PM	19 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	20 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM Seriously Funny: How Humor Helps 6:00-7:30 PM	21 Tai Chi/Qigong 12:00-1:00 PM	22 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
23 8-Week Mindfulness Series: WEEK 4 (Group already in Progress) 4:30-6:30 PM	24 Wellness Workout 11:00-11:45 PM Chair Yoga 1:00-1:45 PM Newcomer Orientation 4:00-5:00 PM Support Group 6:00-7:30 PM	25 Support Groups 6:00-7:30 PM	26 Wellness Workout 11:00-11:45 AM Ask the Pharmacist: Drugs, Side Effects, & Interactions 12:00-1:30PM Yoga 2:00-3:00 PM	27 Support Group 10:00-11:30 AM	28 Don't Wig Out! Coping with Hair Loss and Thinning 10:00 AM-12:00 PM Tai Chi/Qigong 12:00-1:00 PM	