



The Rachael Young Center
6204 Baum Drive
Knoxville, TN 37919

www.CancerSupportET.org
(865) 546-4661
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November & December 2025

FREE CANCER SUPPORT PROGRAMS



EDUCATION



SUPPORT



MOVEMENT



CREATION



KIDS & FAMILY

Stories From the HeART

CSCET's Inaugural Member Visual Art Show

6204 BAUM DRIVE
KNOXVILLE, TN 37919

SUBMISSION DEADLINE
Friday, January 30, 4:00 pm

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!



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



Register for programs at
www.CancerSupportET.org



Email us at
info@CancerSupportET.org



Understanding and Preventing Caregiver Burnout

Thursday, November 13
6:00-7:30 PM
Holly Byrd, APRN-BC, AE-C
Many caregivers take on the role unexpectedly and feel unprepared for the emotional, physical, and mental demands of supporting a loved one with cancer. Without support, the stress can lead to burnout. In this session, Holly will explain what caregiver burnout is, how to recognize the signs, and offer practical self-care strategies. Light meal provided by Genentech. In-person and virtual. Pre-register.



Stories from the HeART: Therapeutic Expression through the Arts

Friday, Nov. 14, 1:00-3:00 PM
Wednesday, Dec. 3, 6:00-8:00 PM
Margaret Page, LPC-MHS
These workshops will use directives and prompts to guide participants in exploring how expressive arts can help to develop the narrative and find meaning in challenging times. Join us to create a piece to keep for yourself or contribute to CSCET's first visual art exhibition in February 2026, celebrating those who have used creative expression to process the emotional impact of a cancer diagnosis. In-person only. Pre-register.



Clinical Trials and the Future of Cancer Treatment

Thursday, December 11
6:00-7:30 PM
David D. Chism, MD
Join Dr. Chism for an engaging discussion on the vital role clinical trials play in advancing cancer care. He will explore the different types of clinical trials, the phases involved, and the importance of diversity in research. You'll also learn how to find clinical trials that may be right for you, along with the potential risks and benefits of participation. Light meal provided. In-person and virtual. Pre-register.



Holiday Brunch Concert with Amadeus Concert Ensemble

Saturday, December 13
11:30 AM-1:00 PM
Brian Salesky, host and pianist
Jacqueline Brecheen, singer
Join CSCET friends for a light brunch and wonderful live music! Pianist Brian Salesky and soprano Jacqueline Brecheen from the Amadeus Concert Ensemble will provide the exciting entertainment for this community celebration. Experience the healing power of music at this engaging performance featuring beloved songs from the Christmas and Chanukah traditions. In-person only. Pre-register.

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

EDUCATION & STRESS MANAGEMENT PROGRAMS

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.

Cancer Transitions Series: Moving Beyond Treatment
Wednesdays, Oct. 29, Nov. 5, 12, & 19 10:30 AM-12:00 PM
Natalie Depp, LCSW
Group already in progress.

Understanding and Preventing Caregiver Burnout
Thursday, Nov. 13 | 6:00-7:30 PM
Holly Byrd, APRN-BC, AE-C
See front cover for description.

Stories from the HeART: Therapeutic Expression through the Arts
Friday, Nov. 14 | 1:00-3:00 PM
Wednesday, Dec. 3 | 6:00-8:00 PM
Margaret Page, LPC-MHS
See front cover for description.

Mindfulness in Everyday Life: Cultivating Gratitude in the Midst of Challenge
Saturday, Nov. 15 | 11:00 AM-12:30 PM
Ann Pendley, Mindfulness Instructor
Discover how mindfulness meditation can help you cultivate a deeper sense of gratitude in your daily life. Virtual only. Pre-register.

Nutrition Tips: Finding Balance During the Holidays
Tuesday, Nov. 18 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
The holiday season brings delicious dishes and seasonal indulgences, which can be challenging to navigate during cancer survivorship. Join Chelsea for a discussion on mindful eating and learn practical strategies to enjoy your favorite holiday foods while staying aligned with your wellness goals. Light meal and cooking demo provided. In person and virtual. Pre-register.



Restorative Yoga for Deep Relaxation
Thursday, Nov. 20 | 6:00-7:30 PM
Randy Rainey, Yoga Instructor
Join us for a restorative yoga session and unwind as we ease into the holiday season. This gentle class uses a variety of props to support you in relaxing, fully supported poses that promote deep physical release and mental calm. It's the perfect opportunity to reset, recharge, and let go of lingering stress and tension. In-person attendance is encouraged for hands-on guidance and more precise adjustments. Virtual participants should have the following props ready: a yoga mat, blanket, two blocks, a bolster (or two additional blankets), a strap, and access to wall space or a chair. Pre-register.

Stories from the HeART: Open Studio Sessions
Fridays, Nov. 21, Dec. 5, Dec. 19 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 in February 2026. In-person only. Pre-register.

Mindfulness in Everyday Life: Maintaining Inner Peace
Saturday, Dec. 6 | 11:00AM-12:30PM
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.

Clinical Trials and the Future of Cancer Treatment
Thursday, Dec. 11 | 6:00-7:30 PM
David D. Chism, MD
See front cover for description.

Don't Wig Out!
Friday, Dec. 12 | 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 coping with hair loss or thinning less stressful and a little more enjoyable by providing tips on choosing the right wig or head covering 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.

Holiday Brunch Concert with Amadeus Concert Ensemble
Saturday, Dec. 13 | 11:30 AM-1:00 PM
Brian Salesky, host and pianist
Jacqueline Brecheen, singer
See front cover for description.

Nutrition Tips: Super Foods for Super Holidays
Tuesday, Dec. 16 | 12:00-1:30 PM
Chelsea Johnson, MS, RD, LDN, CSO
Healthy food choices can be challenging—especially during the holidays. Join Chelsea for a discussion on how to infuse your holiday meals with the power of superfoods! Discover how these nutrient-rich options can support your nutrition goals during and after cancer treatment. Light meal and cooking demo provided. In person and virtual. Pre-register.

CSCET Holiday Feast
Wednesday, Dec. 17 | 6:00-7:30 PM
Renee Dawson & Natalie Depp, CSCET Chefs
Join Natalie and Renee as they prepare a festive holiday feast featuring dishes inspired by the Mediterranean diet. Enjoy an evening of delicious food and warm conversation with your CSCET friends. Feel free to bring a treat to share if you'd like! 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. 24, 29, & 31****

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. 29****

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 Nov. 29, Dec. 24, 27, & 31****

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. 28 & Dec. 26****

CREATIVE CONNECTIONS

Knitting for Relaxation
Thursday, Nov. 6 & 20 | 1:00-3:00 PM IN-PERSON
Thursday, Dec. 4 & 18 | 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. 19 | 12:00-1:30 PM IN-PERSON
Wednesday, Dec. 10 | 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, *New IN-PERSON Group*****

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, Nov. 14 | 10-11:30 AM IN-PERSON
Friday, Dec. 12 | 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. Pre-register.

Special in-person meeting on Nov. 14.
Enjoy coffee and bagels while sharing support and information with others who have been diagnosed with prostate cancer.

Healing Through Art: Cornucopia Watercolor

Tuesday, Nov. 11 | 1:00-3:00 PM IN-PERSON
Kelly Sullivan, Art Instructor
Fall is a time of abundance and Thanksgiving. We will take out our watercolors and paint our favorite vegetables arranged in a cornucopia. Using simple shapes, lines, and templates, we'll create a bountiful watercolor painting. Pre-register.

Healing Through Art: Gelli-printed Holiday Bunting and Pom-poms

Tuesday, Dec. 9 | 1:00-3:00 PM IN-PERSON
Kelly Sullivan, Art Instructor
The holidays are upon us! Get ready to deck the halls with homemade bunting. In this class, we'll use festive colors, holiday stencils, and gelli plates to create our own unique holiday decorations. Kelly will guide us through stringing our creations together and adding handcrafted pom-poms for an extra touch of holiday pizzazz. Pre-register.

Bereavement Group

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.

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 for more information.

November

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>	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	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	4 Support Groups 6:00-7:30 PM	5 Cancer Transitions Week 2 (in progress) 10:30 AM-12:00 PM Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	6 Support Group 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	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	11 Healing Through Art: Cornucopia Watercolor 1:00-3:00 PM Support Groups 6:00-7:30 PM	12 Cancer Transitions Week 3 (in progress) 10:30 AM-12:00 PM Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	13 Support Group 10:00-11:30 AM Understanding and Preventing Caregiver Burnout 6:00-7:30 PM	14 Prostate Cancer Support Group (IN-PERSON) 10:00 AM-11:30 PM Tai Chi 12:00-1:00 PM Stories from the HeART 1:00-3:00 PM	15 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30 PM
16	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	18 Nutrition Tips: Finding Balance During the Holidays 12:00-1:30 PM Support Groups 6:00-7:30 PM	19 Cancer Transitions Week 4 (in progress) 10:30 AM-12:00 PM Workout 11:00-11:45 AM Writing 12:00-1:30 PM Yoga 2:00-3:00 PM	20 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM Restorative Yoga For Deep Relaxation 6:00-7:30 PM	21 Tai Chi/Qigong 12:00-1:00 PM Open Studio Session 1:00-3:00 PM	22 Yoga 10:00-11:00 AM
23/30	24 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	25 Support Groups 6:00-7:30 PM	26 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM	27 Office Closed No Programs	28 Office Closed No Programs	29 Office Closed No Programs

December

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 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	2 Support Groups 6:00-7:30 PM	3 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM Stories from the HeART 6:00-8:00 PM	4 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM	5 Tai Chi/Qigong 12:00-1:00 PM Open Studio Session 1:00-3:00 PM	6 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 11:00 AM-12:30PM
7	8 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	9 Healing Through Art: Gelli-printed Holiday Bunting and Pom-poms 1:00-3:00 PM Support Groups 6:00-7:30 PM	10 Wellness Workout 11:00-11:45 AM Writing 12:00-1:30 PM Yoga 2:00-3:00 PM	11 Support Group 10:00-11:30 AM Clinical Trials and the Future of Cancer Treatment 6:00-7:30 PM	12 Prostate Cancer Support Group 10:00 AM-11:30 PM Don't Wig Out! 10:00 AM-12:00 PM Tai Chi/Qigong 12:00-1:00 PM	13 Yoga 10:00-11:00 AM Holiday Brunch Concert with Amadeus Concert Ensemble 11:30 AM-1:00 PM
14	15 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	16 Nutrition Tips: Super Foods for Super Holidays 12:00-1:30 PM Support Groups 6:00-7:30 PM	17 Wellness Workout 11:00-11:45 AM Yoga 2:00-3:00 PM CSCET Holiday Feast 6:00-7:30 PM	18 Support Group 10:00-11:30 AM Knitting 1:00-3:00 PM	19 Tai Chi/Qigong 12:00-1:00 PM Open Studio Session 1:00-3:00 PM	20 Yoga 10:00-11:00 AM
21	22 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	23 Support Groups 6:00-7:30 PM	24 Office Closed No Programs	25 Office Closed No Programs	26 Office Closed No Programs	27 Office Closed No Programs
28	29 Office Closed No Programs	30 Office Closed No Programs	31 Office Closed No Programs	 <p>Use this QR code to register for our programs.</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!		PROGRAM NOTE Early registration for attendance is highly encouraged. Programs with few registrants may be changed to virtual or postponed.