

## The Cancer Support Community at Orlando Health AUGUST 2021 Calendar

Most of our Support Services are available via telephone or virtually. All groups have social distancing in place and are marked “in-person” in the calendar below. Please be on the lookout each month as we add more in-person classes.

*We are pleased to announce that we have officially moved our location! We relocated to the 3<sup>rd</sup> floor at 1720 S Orange Ave, Orlando, FL 32806, and we look forward to seeing you in person soon. Our main phone number and email address remain the same.*

### How to Participate

We are using Zoom and Zoom conference lines for our licensed mental health professionals to lead our support groups. If you do not have access to a screened device there are dial in numbers listed in the separate Zoom table at the end of this calendar.

For any questions regarding the calendar and descriptions of classes offered, please call (321) 841-5056 or send us an email at [cancersupportcommunity@orlandohealth.com](mailto:cancersupportcommunity@orlandohealth.com). You can also check out our yoga classes on the Orlando Health Cancer Institute Facebook page at <https://www.facebook.com/OHCancerinstitute/> or watch the recorded yoga classes under groups at any time on our webpage [OrlandoHealthCancer.com/SupportCommunity](http://OrlandoHealthCancer.com/SupportCommunity)

- 2 Mon** \*Cancer Support Group 11am (Virtual); see last page for Zoom info!  
\*Music & Stress Management Class 11am-11:45pm, CSC Group room.  
\*Grupo de Apoyo (Downtown) 1-2pm, CSC Group room.  
\*Women’s Cancer Support Group (GYN) 1:30-2:30pm.  
\*Mindfulness Based Stress Reduction\* 8/8; 2 pm/Zoom \*previous registration required.  
\*Gentle Yoga in person only (Ocoee) 3pm; limited spaces, registration required.  
\***FAMILY CONNECTIONS!** (Downtown) 4:30-6:30pm, CSC Classroom.
- 3 Tue** \* Head and Neck Support Group (Virtual) 10am; for Zoom info see last page!  
\*Cancer Support Group (Downtown) 11am; *in person* and for Zoom info see last page!  
\*Blood Cancers Support Group (Downtown) 3pm; *in person* and for Zoom info see last page!  
\*Gentle Yoga; *in person* only (Downtown) 4:30pm; limited spaces registration required.  
\*Gentle Yoga; *in person* only (Downtown) 6pm; limited spaces registration required.
- 4 Wed** \*Five Wishes (Ocoee) 10am-11am; see last page for Zoom info!  
\*Cancer Support Group (Ocoee); 11am *in person* and for Zoom info see last page!  
\*Beginners Qi Gong (Ocoee) 1:45pm.  
\*Tai chi Beginners Class 2:30pm (DPH); *in person*, limited space registration required.  
\*Qi Gong Class 3:00-4:00pm (Ocoee); *in person* only, limited space registration required.  
\*Tai chi 3:30pm (DPH); *in person*, limited space registration required.
- 5 Thur** \*Gentle Yoga; *in person* only (DPH) 9:30am; limited spaces registration required.  
\*Cancer Support Group (DPH) 11am; *in person* and for Zoom info see last page.

\*Qi Gong (4/6) (Downtown) 3pm, CSC Classroom.

6 Fri \* New Member Orientation (Downtown) 10am; in person and for Zoom info see last page!

\*Cancer Support Group (Virtual) 11am; see last page for Zoom info!

\*Jewelry 101 make a pair and donate a pair of earrings; *in person* CSC Classroom 11:30am-1pm; limited seating, registration required.

\*Brain & Spine Tumor Support Group 12:30pm *in person* CSC Group Room and see last page for Zoom info!

9 Mon \*Cancer Support Group 11am (Virtual); see last page for Zoom info!

\*Music & Stress Management Class 11am- 11:45pm CSC Group room

\*Mindfulness Based Stress Reduction\* 1/8; 2 pm in person\*previous registration required.

\*Gentle Yoga in person only (Ocoee) 3pm; limited spaces, registration required.

10 Tue \*Mindfulness Based Stress Reduction\* 1/8 (Virtual) 10am \*previous registration required.

\*Men's Support Group (Downtown) 10am-11am CSC Classroom

\*Cancer Support Group (Downtown) 11am; *in person* and for Zoom info see last page!

\*Blood Cancers Support Group 3pm; *in person* and for Zoom info see last page!

\*Gentle Yoga; *in person* only (Downtown) 4:30pm; limited spaces registration required.

\*Gentle Yoga; *in person* only (Downtown) 6pm; limited spaces registration required.

11 Wed \*Arts in Medicine Workshop 10am-12pm *Learn to Paint Pastel Flowers* with our Artist-in-Residence Valerie Kelley. In-person workshop for 15 participants (registration required) plus unlimited Zoom participants. In-person participants are provided materials; zoomers need to have oil or chalk pastels, pastel or heavy-duty drawing paper, a paint brush, and a glass of water.



\*Cancer Support Group 11am (Ocoee); *in person* and for Zoom info see last page!

\*Healthy Living Series- 12:30pm Beginner's Guide to a Plant-Based Diet

Eating a variety of minimally processed, nutrient-dense foods can boost your health in many ways. Are you intrigued, but don't know where to start? Join Registered Dietician, Chelsea Santiago for this session where she will focus on the basics and benefits of plant-based diets.

\*Beginners Qi Gong (Ocoee) 1:45pm

\*Tai chi Beginners Class 2:30pm (DPH); *in person*, limited space registration required.

\*Qi Gong Class 3:00-4:00pm (Ocoee); *in person* only, limited space registration required.

\*Tai chi 3:30pm (DPH); *in person*, limited space registration required.

12 Thur \*Gentle Yoga; *in person* only (DPH) 9:30am; limited spaces registration required.

\*Family and Friends Support Group (Downtown) 10am; *in person* and dial in 321-842-0000 enter 6920 and #.

\*Cancer Support Group 11am-12pm (DPH); *in person* and see last page for Zoom info!

\*New Member Orientation (Downtown) 2-3pm; in person and see last page for Zoom info!

\*Qi Gong (5/6) (Downtown) 3pm CSC Classroom registration required.

- 13 Fri** \*Cancer Support Group (Virtual) 11am; see last page for Zoom info!  
 \*Young Adult Cancer Support Group Designed for young adults (under 39) who are diagnosed with cancer to discuss age specific challenges such as dating, fertility concerns, career and much more; 11am-12:30pm *in person* CSC Group room and dial in 321-842-0000 enter 6920 and #.  
 \*Jewelry 101 make a pair and donate a pair of earrings; *in person* CSC Classroom 11:30am-1pm; limited seating, registration required.
- 16 Mon** \*Cancer Support Group 11am (Virtual); see last page for Zoom info!  
 \*Music & Stress Management Class 11am- 11:45pm CSC Group room  
 \*Mindfulness Based Stress Reduction\* 2/8; 2 pm *in person* \*previous registration required.  
 \*Gentle Yoga *in person* only (Ocoee) 3pm; limited spaces, registration required.
- 17 Tue** \* Mindfulness Based Stress Reduction\* 2/8 (Virtual) 10am \*previous registration.  
 \*Five Wishes DPH 9-10am; see last page for Zoom info!  
 \* Breast Cancer Support (Downtown) 11-12:30pm; *in person* CSC classroom  
 \*Cancer Support Group (Downtown) 11am; *in person* and see last page for Zoom info!  
 \*Gentle Yoga; *in person* only (Downtown) 4:30pm; limited spaces registration required.  
 \*Gentle Yoga *in person* only (Downtown) 6pm; limited spaces registration required.
- 18 Wed** \*Cancer Support Group (Ocoee) 11am. *In person* or call for Zoom link!  
 \* Beginners Qi Gong 1:45pm (Ocoee); *in person*, limited space registration required.  
 \*Tai chi Beginners Class 2:30pm (DPH); *in person*, limited space registration required.  
 \*Spring Forest Qi Gong Class 3:00-4:00pm (Ocoee); *in person*, limited space registration required.  
 \*Tai chi 3:30pm (DPH); *in person*, limited space registration required.  
 \*Open Art Studio (Downtown) 4-6pm; All acrylic painting supplies included. *In person only*, limited space, registration required at 321-841-5056.
- 19 Thur** \*Gentle Yoga; *in person* only (DPH) 9:30am; limited spaces registration required.  
 \*Cancer Support Group 11am-12pm (DPH); *in person* and see last page for Zoom info!  
 \* Five Wishes 1pm-2pm Downtown; see last page for Zoom info!  
 \*Qi Gong Class 3:00-4:00pm \*(6/6) (Downtown); *in person* only, \*Previous registration required.
- 20 Fri** \*New Member Orientation (Downtown) 10am. See last page for Zoom link and phone number!  
 \*Cancer Support Group 11am; see last page for Zoom info!  
 \*Jewelry 101 make a pair and donate a pair of earrings; *in person* (Downtown) CSC Classroom 11:30am-1pm. Limited seating registration required.  
 \*OPEN HOUSE (Downtown) 2pm, come and see our new space, meet our team, and a chance to win prizes.
- 23 Mon** \*Cancer Support Group 11am (Virtual); see last page for Zoom info!  
 \*Music & Stress Management Class 11am CSC Group room

- \*Mindfulness Based Stress Reduction\* 3/8; 2 pm in person \*previous registration required.
- \*Gentle Yoga *in person* only (Ocoee) 3pm; limited spaces registration required.

24 Tue \*Men's Group (Virtual) 10am.

- \*Mindfulness Based Stress Reduction\* 3/8 (Virtual) 10am \*previous registration
- \*Laughter yoga 10:30am in person (Downtown) and Zoom led by our Laughter Yoga teacher Joy.
- \*Cancer Support Group (Downtown) 11am; *in person* and see last page for Zoom info!
- \*Gentle Yoga; *in person* only (Downtown) 4:30pm; limited spaces registration required.
- \*Gentle Yoga *in person* only (Downtown) 6pm; limited spaces registration required.
- \*Victory Support Group 4:45pm; e-mail ac\_hearts@hotmail.com for the Zoom Information.

25 Wed \*Cancer Support Group 11am (Ocoee); *in person* and see last page for Zoom info!

- \* Beginners Qi Gong 1:45pm (Ocoee); *in person*, limited space registration required.
- \*Tai chi Beginners Class 2:30pm (DPH); *in person*, limited space registration required.
- \*Spring Forest Qi Gong Class 3:00-4:00pm (Ocoee); *in person*, limited space registration required.
- \*Tai chi 3:30pm (DPH); *in person*, limited space registration required.
- \*Latin Dance (Downtown) 2-3pm in person and virtual; registration required.

26 Thur \*Gentle Yoga; *in person* only (DPH) 9:30am; limited spaces registration required.

- \* Cancer Support Group 11am-12pm (DPH); *in person* and see last page for Zoom info!
- \*New Member Orientation (Downtown) 2-3pm *in person* and see last page for Zoom info!
- \*Qi Gong Class 3:00-4:00pm \*(1/6) (Downtown); *in person* only, \*Previous registration required.

27 Fri \*Cancer Support Group 11am see last page for Zoom link and phone number!

- \*Jewelry 101 make a pair and donate a pair of earrings; *in person* (Classroom) 11:30am-1pm. limited seating registration required.

30 Mon \*Cancer Support Group 11am (Virtual) see last page for Zoom info!

- \*Music & Stress Management Class (Downtown) 11am, CSC Group room.
- \*Mindfulness Based Stress Reduction\* 4/8; 2 pm/*in person*, previous registration required.
- \*Gentle Yoga *in person* only (Ocoee) 3pm; limited spaces registration required.

31 Tue \* Mindfulness Based Stress Reduction\* 4/8 (Virtual) 10am \*previous registration

- \*Cancer Support Group 11am, (Downtown) *in person* and see last page for Zoom info!
- \*Gentle Yoga; *in person* only (Downtown) 4:30pm; limited spaces registration required.
- \*Gentle Yoga *in person* only (Downtown) 6pm; limited spaces registration required.

# Dial-in and video Support Groups



<b>Zoom Video and Dial-in Support Groups</b>					
<i>Topic:</i>	<i>Day:</i>	<i>Link:</i>	<i>Meeting ID:</i>	<i>Password:</i>	<i>Audio Dial in:</i>
Arts in Medicine Workshop	2 <sup>nd</sup> Wednesday	<a href="#">Click Here!</a>	847 8782 0965	510525	929-436-2866
Blood Cancers Support Group	1 <sup>st</sup> Tuesday	<a href="#">Click Here!</a>	821 7257 4014	542624	646-558-8656
Brain & Spine Tumor Support Group	1 <sup>st</sup> Friday	<a href="#">Click Here!</a>	878 2948 0724	103241	646-558-8656
Creative Writing Group	4 <sup>th</sup> Wednesday	<a href="#">Click Here!</a>	812 2806 4496	712952	929-436-2866
Dr. Phillips Support Group	Thursdays	<a href="#">Click Here!</a>	999 6614 2710	467556	646-558-8656
Family & Friends Support Group	2 <sup>nd</sup> Thursday	<a href="#">Click Here!</a>	963 3058 6902	026920	646-876-9923
Five Wishes DPH	2 <sup>nd</sup> Tuesday	<a href="#">Click Here!</a>	825 7434 7318	776234	929-205-6099
Five Wishes HC	1 <sup>st</sup> Wednesday	<a href="#">Click Here!</a>	843 0052 3207	796790	929-205-6099
Five Wishes DT	3 <sup>rd</sup> Thursday	<a href="#">Click Here!</a>	831 2281 3414	716604	929-205-6099
General Support Group	Tuesdays	<a href="#">Click Here!</a>	965 9244 5951	835604	646-558-8656
General Support Group	Fridays	<a href="#">Click Here!</a>	959 0171-5577	425747	646-558-8656
Lake Mary Support Group	Mondays	<a href="#">Click Here!</a>	931 2573 0227	493202	646-558-8656
Latin Dance	4 <sup>th</sup> Wednesday	<a href="#">Click Here!</a>	845 4410 0750	948326	646-558-8656
New Member Orientation	Thursdays	<a href="#">Click Here!</a>	818 3472 0427	715099	646-558-8656
Ocoee Support Group	Wednesdays	<a href="#">Click Here!</a>	925 6103 0599	301685	646-558-8656
Tai Chi for Beginners	Wednesdays	<a href="#">Click Here!</a>	863 5781 8324	251257	646-558-8656
Tai Chi Intermediate	Wednesdays	<a href="#">Click Here!</a>	893 5588 2264	773321	646-558-8656
New Member Orientation	Fridays	<a href="#">Click Here!</a>	885 8595 3912	467114	646-558-8656

Download zoom from mobile app store or visit <https://zoom.us/join> to join a meeting

For questions or for more information, please call 321-841-5056 or email

[CancerSupportCommunity@orlandohealth.com](mailto:CancerSupportCommunity@orlandohealth.com)