

The Cancer Support Community at Orlando Health JUNE 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! In May we relocated to 1720 S Orange Ave, 3rd Floor, Orlando, FL 32806. We look forward to seeing you in person and are happy to share that our telehealth services will continue without interruption. Our main phone number and email address will 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. You can also check out our live streaming yoga classes on the Orlando Health Cancer Institute Facebook page at <https://www.facebook.com/OHCancerinstitute/> or watch the recorded yoga classes at any time on our webpage <https://www.orlandohealthcancer.com/our-services/integrative-medicine/services>

- 1 Tue 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 LP) 6pm; limited spaces registration required.
- 2 Wed Five Wishes 10am-11am Ocoee; see last page for Zoom info!
 Cancer Support Group 11am (Ocoee); *in person* and for Zoom info see last page!
 Tai chi Beginners Class 2:30pm (DPH); *in person*, limited space registration required.
 Tai chi 3:30pm (DPH); *in person*, limited space registration required.
- 3 Thur Gentle Yoga; *in person* only (DPH) 9:30am; limited spaces registration required.
 Cancer Support Group 11am (DPH); *in person* and for Zoom info see last page!
 New Member Orientation 2pm; *in person* and for Zoom info see last page!
- 4 Fri Cancer Support Group (Downtown) 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!

- 7 Mon** **Cancer Support Group 11am (Lake Mary); see last page for Zoom info!**
 Grupo De Apoyo 1pm (Spanish speakers); *en persona y marque* 321-842-0000 y 6920 #
 Music & Stress Management Class 11am CSC Group room; *in person* and dial 321-842-0000 enter 6920#
 Women's Cancer 1:30pm (GYN); *in person only*.
 Gentle Yoga in person only (Ocoee) 3pm; limited spaces, registration required.
 Mindfulness Based Stress Reduction* 1/8; 2 pm/Zoom *previous registration required.

- 8 Tue** **Five Wishes DPH 9-10am; see last page for Zoom info!**
 Cancer Support Group (Downtown) 11am; *in person* and see last page for Zoom info!
 Gentle Yoga *in person* only (Downtown) 6pm; limited spaces registration required

- 9 Wed** **Arts in Medicine Workshop CSC Great Room 10am** Jump into the Ocean in our June Arts in Medicine workshop! Join our watercolor artist in learning how to paint the ocean. This workshop has 8 in-person spaces and registration is required; everyone else can participate on Zoom.us. In-person participants are provided with supplies. Zoomers need to have any watercolor paper and any watercolor paints, a round brush, and a glass of water. No experience necessary. **Zoom information on the last page.**
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- Cancer Support Group 11am. Dial 321-842-0000 enter 5056# or call for Zoom link!**
 Healthy Living Series- 12:30pm “Diabetes & Carbohydrates”
 Have you ever wondered about nutrition recommendations for Diabetes? In addition to physical activity and medications (if prescribed), the foods you eat can also help manage your blood sugar levels. We will review sources of carbohydrate, as well as learn how to build healthy meals for people with Diabetes! **Register here**
<https://us02web.zoom.us/join/register/tZAlceuopj8oGdXJ5oWZ8oOGAVhC6IJJ749K>
 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* only, limited space registration required.
 Tai chi 3:30pm (DPH); *in person*, limited space registration required.

- 10 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!
 Cancer Support Group 11am (Ocoee); *in person* and for Zoom info see last page!

- 11 Fri** **New Member Orientation 10 am; see last page for Zoom info!**
 Cancer Support Group 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.

- 14 Mon** Cancer Support Group 11am (Lake Mary); see last page for Zoom info!
 Music & Stress Management Class 11am CSC Group room
 Mindfulness Based Stress Reduction* 2/8; 2 pm/Zoom *previous registration required.
 Gentle Yoga in person only (Ocoee) 3pm; limited spaces, registration required.
- 15 Tue** Cancer Support Group (Downtown) 11am; *in person* and see last page for Zoom info!
 Breast Cancer Support Group 11am-12:30pm, *in person* CSC Group room and dial in 321-842-0000 enter 6920 and #.
 Gentle Yoga *in person* only (Downtown) 6pm; limited spaces registration required.
- 16 Wed** Cancer Support Group 11am (Ocoee); *in person* and see last page for Zoom info!
 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 4pm; All acrylic painting supplies included. Limited space registration required at 321-841-5056
- 17 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!
 Cancer Support Group 11am (Ocoee); *in person* and for Zoom info see last page!
 Five Wishes 1pm-2pm Downtown; see last page for Zoom info!
 New Member Orientation 2pm. See last page for Zoom link and phone number!
- 18 Fri** Cancer Support Group 11am; see last page for Zoom info!
 Jewelry 101 make a pair and donate a pair of earrings; *in person* (1720) CSC Classroom 11:30am-1pm. Limited seating registration required.
- 21 Mon** Cancer Support Group 11am (Lake Mary); see last page for Zoom info!
 Gentle Yoga *in person* only (Ocoee) 3pm; limited spaces registration required.
 Mindfulness Based Stress Reduction* 3/8; 2 pm/Zoom *previous registration required.
- 22 Tue** Laughter yoga 10:30am in person (LP 1& 2) and Zoom led by our Laughter Yoga teacher Joy. Call for details on how to register.
 Cancer Support Group 11am, (Downtown) *in person* and see last page for Zoom info!
 Victory Support Group 4:45pm; e-mail ac_hearts@hotmail.com for the Zoom Information.
 Gentle Yoga *in person* only (Downtown) 6pm; limited spaces registration required
- 23 Wed** Cancer Support Group 11am (Ocoee); *in person* and see last page for Zoom info!
 Creative Writing Class 2pm; *in person* and see last page for Zoom info!
 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 – join in the fun taught by Valencia College department of dance 2-3pm see last page for Zoom info!

- 24 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!
 Cancer Support Group 11am (Ocoee); *in person* and for Zoom info see last page!
- 25 Fri New Member Orientation 10 am *in person* and see last page for Zoom info!
 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* (1720) 11:30am-1pm.
limited seating registration required.
- 28 Mon Cancer Support Group 11am (Lake Mary) see last page for Zoom info!
 Music & Stress Management Class 11am (1720) CSC Group room
 Mindfulness Based Stress Reduction* 4/8; 2 pm/Zoom *previous registration required.
 Gentle Yoga *in person* only (Ocoee) 3pm; limited spaces registration required.
- 29 Tue Cancer Support Group 11am; see last page for Zoom info!
 Gentle Yoga *in person* only (Downtown) 6pm; limited spaces registration required.
- 30 Wed Cancer Support Group 11am (Ocoee); *in person* and see last page for Zoom info!
 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.

Dial-in and video Support Groups



Zoom Video and Dial-in Support Groups					
<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 nd Wednesday	Click Here!	847 8782 0965	510525	929-436-2866
Blood Cancers Support Group	1 st Tuesday	Click Here!	821 7257 4014	542624	646-558-8656
Brain & Spine Tumor Support Group	1 st Friday	Click Here!	878 2948 0724	103241	646-558-8656
Creative Writing Group	4 th Wednesday	Click Here!	812 2806 4496	712952	929-436-2866
Dr. Phillips Support Group	Thursdays	Click Here!	999 6614 2710	467556	646-558-8656
Family & Friends Support Group	2 nd Thursday	Click Here!	963 3058 6902	026920	646-876-9923
Five Wishes DPH	2 nd Tuesday	Click Here!	825 7434 7318	776234	929-205-6099
Five Wishes HC	1 st Wednesday	Click Here!	843 0052 3207	796790	929-205-6099
Five Wishes DT	3 rd Thursday	Click Here!	831 2281 3414	716604	929-205-6099
General Support Group	Tuesdays	Click Here!	965 9244 5951	835604	646-558-8656
General Support Group	Fridays	Click Here!	959 0171-5577	425747	646-558-8656
Lake Mary Support Group	Mondays	Click Here!	931 2573 0227	493202	646-558-8656
Latin Dance	4 th Wednesday	Click Here!	845 4410 0750	948326	646-558-8656
New Member Orientation	Thursdays	Click Here!	963 7151 5714	747080	646-558-8656
Ocoee Support Group	Wednesdays	Click Here!	925 6103 0599	301685	646-558-8656
Tai Chi for Beginners	Wednesdays	Click Here!	863 5781 8324	251257	646-558-8656
Tai Chi Intermediate	Wednesdays	Click Here!	893 5588 2264	773321	646-558-8656
New Member Orientation	Fridays	Click Here!	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