

The Cancer Support Community at Orlando Health

JUNE 2023 Calendar

Most of our Support Services are available via telephone or virtually. All groups that are in-person 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 3rd 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. 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

- 1 Thu *Gentle Yoga* (CSC Classroom), 9:30-10:30am, *in person only*; limited spaces
Gentle Yoga (DPH), 9:30-10:30am, *in person only*; limited spaces
*Bone Marrow Transplant (Virtual) 10-11am; call for Zoom info!
*Music & Stress Management Class (CSC Group Room), 11am-11:45am
*Cancer Support Group (DPH/Virtual) 11am-12pm; *in person* & call for Zoom info!
Gentle Yoga (Virtual), 11am-12pm, *in person* & call for Zoom info!
*Breast Cancer Support (Virtual) 1-2pm; call for Zoom info!
- 2 Fri *Art Museum Tour (Virtual), 9-11am; call for Zoom info!
Jewelry 101 (CSC Classroom), 11:30am-1pm; limited spaces
Make a pair and donate a pair of earrings!
- 5 Mon *Intro to Yoga 8/8 (CSC Classroom), 9:30-10:30am
*Active Treatment Group (Virtual), 11am-12pm; call for Zoom info!
Gentle Yoga (Ocoee), 2-3pm, *in-person only*; limited spaces
Gentle Yoga (Ocoee), 3:15-4:15pm, *in-person only*; limited spaces
*Tai chi Everflowing (Virtual), 4-5pm, call for Zoom info!
- 6 Tue *Intro to Mindfulness* 1/8 (Virtual), 1-2pm
Gentle Yoga (CSC Classroom), 4:30-5:30pm, *in person only*; limited spaces
Gentle Yoga (CSC Classroom), 5:45-6:45pm, *in person only*; limited spaces
- 7 Wed *Laughter for Stress Release* (Ocoee), 10-11am
*Cancer Support Group (Ocoee/Virtual), 11am-12pm; *in person*, call for Zoom info!
Tai Chi Everflowing (DPH/Hybrid) 2:30-3:30pm, call for Zoom info!
Yoga Nidra Class (Ocoee), 3-4:00pm; *in person*, limited spaces

*previous registration required

- 8 Thu** *Gentle Yoga* (CSC Classroom), 9:30-10:30am, *in person only*; limited spaces
 Gentle Yoga (DPH), 9:30-10:30am, *in person only*; limited spaces
 *Music & Stress Management Class (CSC Group Room), 11am-11:45am
 *Cancer Support Group (DPH/Virtual) 11am-12pm; *in person*, call for Zoom info!
 Gentle Yoga (Virtual), 11am-12pm, *in person*, call for Zoom info!
 *Brain Cancer Support Group (CSC Group Room/Hybrid), 1-2pm
- 9 Fri** *Art Museum Tour (Virtual), 9-11am; call for Zoom info!
 *Young Adult Cancer Support Group (CSC Group Room/Hybrid), 11am-12:30pm *in person* and dial-in 321-842-0000 enter 6920 and #
 For individuals under 39yrs who are diagnosed with cancer to discuss age-specific challenges such as dating, fertility concerns, career, and much more.
 Jewelry 101 (CSC Classroom), 11:30am-1pm; limited spaces
 Make a pair and donate a pair of earrings!
- 12 Mon** *Intro to Yoga 1/8 (CSC Classroom), 9:30-10:30am
 Gentle Yoga (Ocoee), 2-3pm, *in-person only*; limited spaces
 Gentle Yoga (Ocoee), 3:15-4:15pm, *in-person only*; limited spaces
 *Tai chi Everflowing (Virtual), 4-5pm, call for Zoom info!
- 13 Tue** *Caregivers Corner (CSC Group Room/Hybrid), 11-12pm
 Intro to Mindfulness 2/8 (Virtual), 1-2pm
 Gentle Yoga (CSC Classroom), 4:30-5:30pm, *in person only*; limited spaces
 Gentle Yoga (CSC Classroom), 5:45-6:45pm, *in person only*; limited spaces
- 14 Wed** *Arts in Medicine Workshop* (CSC Classroom), 10am-12pm
 *Cancer Support Group (Ocoee/Virtual), 11am-12pm; *in person*, call for Zoom info!
 *Healthy Living Series (Virtual) 12:30-1pm *Where There's Smoke: The Dangers of Vaping and E-Cigarettes* E-cigarettes and vaping are the newest trend in nicotine use, but what do you really know about them? In this session we'll discuss what chemicals are in an e-cigarette and why it's not just "water vapor," the potential health consequences of using e-cigarettes, and why they are particularly hazardous to youth.
 Tai Chi Everflowing (DPH/Hybrid) 2:30-3:30pm; call for Zoom info!
 *Yoga Nidra Class * (Ocoee), 3-4:00pm; *in person*, limited spaces
- 15 Thu** *Gentle Yoga* (CSC Classroom), 9:30-10:30am, *in person only*; limited spaces
 Gentle Yoga (DPH), 9:30-10:30am, *in person only*; limited spaces
 *Cancer Support Group (DPH/Virtual) 11am-12pm; *in person*, call for Zoom info!
 Gentle Yoga (CSC Classroom/Virtual), 11am-12pm, *in person*, call for Zoom info!
 *Music & Stress Management Class (CSC Group Room), 11am-11:45am
 *Blood Cancers Support Group (CSC Group Room/Hybrid), 1-2pm; *in person* and dial-in 321-842-0000 enter 6920 and #
- 16 Fri** *Art Museum Tour (Virtual), 9-11am; call for Zoom info!
 Jewelry 101 (CSC Classroom), 11:30am-1pm; limited spaces
 Make a pair and donate a pair of earrings!
- 19 Mon** *Grief Support Group (Virtual), 9-10am; call for Zoom info!
 *Intro to Yoga 2/8 (CSC Classroom), 9:30-10:30am
 *Active Treatment Group (Virtual), 11am-12pm; call for Zoom info!

*previous registration required

- *Gentle Yoga* (Ocoee), 2-3pm, *in-person only*; limited spaces
- *Gentle Yoga* (Ocoee), 3:15-4:15pm, *in-person only*; limited spaces
- *Tai chi Everflowing (Virtual), 4-5pm, call for Zoom info!

20 Tue *Intro to Mindfulness* 3/8 (Virtual), 1-2pm

- *Gentle Yoga* (CSC Classroom), 4:30-5:30pm, *in person only*; limited spaces
- *Gentle Yoga* (CSC Classroom), 5:45-6:45pm, *in person only*; limited spaces

21 Wed *Cancer Support Group (Ocoee/Virtual), 11am-12pm; *in person*, call for Zoom info!

- *Tai Chi Everflowing (DPH/Hybrid)* 2:30-3:30pm; call for Zoom info!
- *Yoga Nidra Class * (Ocoee), 3-4:00pm; *in person*, limited spaces
- *Open Art Studio* (CSC Classroom) 4-6pm *in person only*; limited spaces

Acrylic painting supplies included.

22 Thu *Gentle Yoga* (CSC Classroom), 9:30-10:30am, *in person only*; limited spaces

- *Gentle Yoga* (DPH), 9:30-10:30am, *in person only*; limited spaces
- *Cancer Support Group (DPH/Virtual), 11am-12pm; *in person*, call for Zoom info!
- *Gentle Yoga* (CSC Classroom/Virtual), 11am-12pm, *in person*; limited spaces, call for Zoom info!
- *Music & Stress Management Class (CSC Group Room), 11am-11:45am
- *GYN Cancers Support Group (CSC Group Room/Hybrid), 1-2pm; in-person and dial-in 321-842-0000 enter 6920 and #

23 Fri *Art Museum Tour (Virtual), 9-11am; call for Zoom info!

- *Post-Treatment Group (Virtual), 11am-12pm; call for Zoom info!
 - *Jewelry 101* (CSC Classroom), 11:30am-1pm; limited spaces
- Make a pair and donate a pair of earrings!

26 Mon *Intro to Yoga 3/8 (CSC Classroom), 9:30-10:30am

- *Gentle Yoga* (Ocoee), 2-3pm, *in-person only*; limited spaces
- *Gentle Yoga* (Ocoee), 3:15-4:15pm, *in-person only*; limited spaces
- *Tai chi Everflowing (Virtual), 4-5pm, call for Zoom info!

27 Tue *Men's Cancer Support Group (Hybrid), 10-11am; call for Zoom info!

- *Laughter for Stress Release (CSC Classroom) 10:30-11:30am, *in-person only*
- *Caregivers Corner (CSC Group Room/Hybrid), 11am-12pm
- *Intro to Mindfulness* 4/8 (Virtual), 1-2pm
- *Gentle Yoga* (CSC Classroom), 4:30-5:30pm, *in person only*; limited spaces
- *Gentle Yoga* (CSC Classroom), 5:45-6:45pm, *in person only*; limited spaces

28 Wed *Expressive Writing Workshop* (CSC Classroom/Hybrid), 10-11:30am; *in Person*, call for Zoom info!

- *Cancer Support Group (Ocoee/Virtual), 11am-12pm; *in person*, call for Zoom info!
- *Tai Chi Everflowing* (DPH/Hybrid), 2:30-3:30pm; call for Zoom info!
- *Yoga Nidra Class * (Ocoee), 3-4pm; *in person*, limited spaces
- *Sound Healing* (CSC Classroom), 4-5pm, *in person only*

29 Thu *Gentle Yoga* (CSC Classroom), 9:30-10:30am, *in person only*; limited spaces

- *Gentle Yoga* (DPH), 9:30-10:30am, *in person only*; limited spaces
- *previous registration required

- *Cancer Support Group (DPH/Virtual), 11am-12pm; *in person*, call for Zoom info!
- *Gentle Yoga* (CSC Classroom/Virtual), 11am-12pm, *in person*; call for Zoom info!
- *Music & Stress Management Class (CSC Group Room), 11am-11:45am

30 Fri *Art Museum Tour (Virtual), 9-11am; call for Zoom info!
Jewelry 101 (CSC Classroom), 11:30am-1pm; limited spaces
Make a pair and donate a pair of earrings!

For a variety of online support groups go to the Cancer Support Community at cancersupportcommunity.org
The Cancer Support Community also has a toll-free Helpline, at 1.888.793.9355 staffed by licensed counselors Monday – Friday 9 am – 9 pm ET.