

UNIVERSITY OF ARIZONA CANCER CENTER SUPPORT SERVICES

For general information and support for patients and families, call social workers: Radiation Oncology - Marsha Drozdoff 694-4605, Kathleen Pickrel 694-4786; UMC North - Jill Winter 694-0845, Xochitl Gaxiola 694-4650, Lynn Barwick 694-1855 or Brenda Casey 694-0347; Orange Grove – Linda Jones 694-8920.

Brain Tumor Support Group - Support group for individuals who have a brain tumor and significant others who want to share concerns and educational information. This group meets the second Wednesday of each month 10:30 am – 12:00 pm at the UA Cancer Center – University Campus, 1515 N. Campbell Ave, Room 2920. Contact: Marsha Drozdoff 694-4605 or Kathleen Pickrel 694-4786.

Room change for January to Room 2919 - same building.

(Breast/GYN) Winning Together - Winning Together is a weekly support group for women with Breast and GYN cancers. This group meets each Friday 10:30 am – 12:00 pm at the UA Cancer Center – University Campus (1515 N. Campbell Ave) in Conference Room 3978 (Please contact Marsha Drozdoff at 694-4605 prior to your first visit to the group in order to get directions to the room location). Contact Marsha Drozdoff 694-4605.

Caregiver's Education/Support Group Meeting – A meeting for caregivers who have a loved one with cancer. A caregiver can be a family member, friend or significant other. Bring a sack lunch; we will eat while we meet. Meetings will be the 2nd Tuesday of each month, 11:30-1:00 at the University of Arizona Cancer Center – North Campus (3838 N. Campbell Ave) in Room 1290 and also the 4th Tuesday of each month, 11:30-1:00, at the University of Arizona Cancer Center – Orange Grove (1891 W. Orange Grove) in the Hematology Clinic Conference Room. For further information, please contact Linda Jones at 694-8920.

Circle of Support Meeting - This group is for caregivers and patients on Diamond 6 West. The purpose of this meeting is to offer caregivers, siblings, and patients the opportunity to meet and support one another in a casual setting. We hope you can join us. If you have any questions, please do not hesitate to contact one of the pediatric oncology social workers; Laura Hagerty (694-3814), Sara Kroll-Franks (694-6623) or Laura Stigsell (694-7711).

Colorectal & Anal Cancer Support Group - Quarterly support group for individuals who have colon, rectal or anal cancer and significant others who want to share concerns and educational information. Meeting time is 4:00-5:30 pm at the UA Cancer Center –North Campus, 3838 N. Campbell Ave., Room 2104J. Contact Kathleen Pickrel 694-4786 or Marsha Drozdoff 694-4605. ****Next meeting March 27.**

LGBT Cancer Support Group - Weekly cancer support group for lesbian, gay, bisexual and transgender people. This group is held at the UA Cancer Center - North in Room 1127 every Monday at 4:30 pm. For further information, contact Brenda Casey 694-0347.

Leukemia and Lymphoma Society of America Family Support Group - Support group for patients with Leukemia, Hodgkin's disease, Lymphoma, Multiple Myeloma, and their significant others. This group is cosponsored by the UA Cancer Center and UA Medical Center and meets the second Monday of each month, 5:30 –7:00 pm at the UA Cancer Center-North Campus, 3838 N. Campbell Ave., Room 1290. Contact Marsha Drozdoff, 694-4605.

Living with Cancer - Support group meets weekly for cancer patients and their caregivers. People with any type of cancer are welcome. This group meets each Thursday, 2:30 pm – 4:00 pm at the UA Cancer Center – North Campus, 3838 N. Campbell Ave., in Room 1290. Contact Jill Winter at 694-0845. ***Writing for Wellness** - meets the second Thursday of each month in lieu of the regular group. This is a monthly drop-in session for patients and families where they can express themselves through structured writing exercises in a relaxed setting.

Look Good, Feel Better Program - A program for women who are going through cancer treatment. Women receive free beauty/skin care products and tips on how to care for skin/hair/brows. There is no cost but registration for the program is required. Classes are offered at the UA Cancer Center - North, Northwest Medical Center, St. Elizabeth Health Center, and the American Cancer Society. For exact locations, times and to register in advance, please call Patient Navigator Lisa Reynolds at 694-0826.

Men's Support Group - This group is open to any man whose life has been touched by cancer at any time, in any way. Meetings are the second and fourth Thursdays, 5:30-7:00 pm in Room 2114 at the UA Cancer Center – North Campus, 3838 N. Campbell Ave. For further information or any questions, contact facilitator Steve Ross at (520) 320-7953.

Monthly Educational Support Series - Educational support series for cancer patients, families and staff. This group meets the first Wednesday of each month, 12:00 pm – 1:00 pm at the UA Cancer Center – North Campus, Room 2920. Contact Marsha Drozdoff 694-4605. **Topic: *Quitting Smoking.* Speaker: *April Douet from the Arizona Smokers' Helpline.***

Multiple Myeloma Support Group – A support and education program for patients, family members and loved ones touched by Multiple Myeloma. This group meets the third Saturday of each month, 1:00-3:00 pm at the UA Cancer Center – North Campus, 3838 N. Campbell Ave, in Room 1290. Contact Kathleen Pickrel, 694-4786 or Nancy Ostlund, 881-0366 for further information. **Topic: *Reading Your Lab Results.* Speaker: *Sandy Kurtin RN, MS, AOCN, ANP-C***

Prostate Cancer Support Group - Support group for men with prostate cancer. Meetings are the first and third Tuesday, 2:00 pm – 3:45 pm (only first Tuesday for June, July, and August) at the UA Cancer Center – University Campus (1515 N. Campbell Ave.) in Room 2920. Spouses are welcome to attend. For further information, please contact Marsha Drozdoff 694-4605 or Kathleen Pickrel 694-4786.

Guest Speaker 1/3/12. Topic: *New Strategies for Advance Prostate Cancer, What the Urologist Can Do for You.* Speaker: *Sanjay Ramakumar, M.D., Urological Associates of Southern Arizona*

Radiation 101 – Join us in learning more about the process involved in planning your radiation treatments. This hour-long class is intended for patients undergoing treatments, patients who have not yet started treatment, or patients who have completed treatment. The intention of this class is to provide a behind-the-scenes look at what it takes to create your custom radiation treatment plan. Informational sessions are each Tuesday, 11:00-12:00 in the Radiation Oncology Department (Room 0401). For further information or to RSVP for a session, please contact Lexie Smith-Raymond at 694-6868.

**** Reiki Trained Cancer Survivors, Family Members and Staff** - This group meets the 3rd Wednesday of each month, 11:30 am – 1:00 pm in Kiewit Auditorium at the UA Cancer Center – University Campus (1515 N. Campbell Ave). One must have received at least Level I Reiki training. There is no charge & it is open to the community. Contact Marsha Drozdoff, 694-4605.

Stillness Meditation: - Join us weekly for this stress-relieving meditation training. Regular meditation has many preventative benefits and helps to cultivate a peaceful mind. Meetings are every Monday 1:30-2:30 in Kiewit Auditorium in the UA Cancer Center – University Campus (1515 N. Campbell Ave). Doors will close promptly at 1:30, so please arrive on time, as you may not enter once the meditation has started. Please turn off all cell phones and electronic devices before you enter the meditation room. There is no charge; however, donations are accepted.

****Note Room Change for 1/9/12: We will meet in Room 2920 instead of Kiewit Auditorium. Same building, down the hall.**