



Cancer Support Service Information

There are many services available for individuals who are dealing with cancer, including their families and friends. These programs include:


Support Groups and programs throughout Northern Michigan

SUPPORT GROUPS – Program	Date and Time	Location	Registration	Contacts
“Come Together” Cancer Support Group A general support group for patients dealing with cancer, and their families & friends.	1 st and 3 rd Monday of the month 5:00 – 6:30pm	Cowell Family Cancer Center 217 S. Madison St. 1 st floor Biederman Radiation Oncology Suite Traverse City	Not required	Laurie Patrick RN, ONS (231) 935-6921 Deb Strand, LMSW (231) 392-8494
Ovarian Cancer Support Group 	3rd Thursday of each month 4:00 - 5:30pm	Cowell Family Cancer Center 217 S. Madison St. 3 rd Floor REMEC 3002 Traverse City	Not required	Deb Frick RN, BSN, (810)618-5923 Frick.debra@gmail.com Deb Strand, LMSW (231) 392-8494 dstrand@mhc.net
Mindfulness for <u>Stress Reduction</u> A Practice Group Mindfulness for <u>Health & Wellness</u> A Study Group <i>*will not meet during severe weather when TC Area Public schools closed or holidays that fall on those Thursdays*</i>	2 nd & 4 th Wednesday of month 6:00 – 7:30pm Every Thursday 2:00 – 3:00pm	Cowell Family Cancer Center 217 S. Madison St. 2 nd Floor Health/Wellness Suite Meditation Room Traverse City		Kirt J. Baab LMSW Integrative Team (231) 392-8492 or (231) 944-0407

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Breast Cancer Support Group The mission of the support group is to provide a forum for breast cancer survivors to off and receive support & education, and allow for connection to the Breast Cancer Survivor Navigators.	2 nd Tuesday of the month, 6:00 pm – 7:30 pm	Cowell Family Cancer Center 217 S. Madison St. 3 rd Floor Room 3002 Traverse City		Linda Meyer, RN, Breast Cancer Navigator Nurse (231) 392-8484 or lmeyer@mhc.net Deb Strand, LMSW, OSW-C Oncology Social Work (231) 8494 or dstrand@mhc.net
Caring For Your Whole Self Recovery Support Group Support services for cancer patients who have prior experiences with alcohol or substance abuse and are working through recovery.	2 nd & 4 th Mondays of month 6:00 – 7:30pm	Cowell Family Cancer Center 217 S. Madison St. 1 st floor Biederman Radiation Oncology Suite Traverse City		Kirt J. Baab LMSW Integrative Team (231) 392-8492 or (231) 944-0407
Us, Too Prostate Cancer Support Group 	Last Tuesday of the month, 6:00 – 7:30 pm	MCHC Room A&B Traverse City	No meetings December.	Donna Hollister (231) 392-8528 or (231) 313-8384
“Caring & Connecting” This is a Caregiver support group	Available upon request. Individual caregiver support is also available. (some insurances accepted)	Traverse City		Tara Carroll, LPC/Art Therapist (231) 421-5963
“Connect” A support group for local teens coping with cancer or illness	Available upon request. Individual caregiver support is also available. (some insurances accepted)	Traverse City		Tara Carroll, LPC/Art Therapist (231) 421-5963

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Lunch Brunch Anyone coping with cancer. Enjoy conversation with homemade soup.	Thursday 11am – 1pm	Friends Together Center 105 Prentiss Center (there are 15 ongoing programs) Alpena		Lesslee Dort, BCPA (989) 356-3231 www.friendstogethermi.org
Friends Together Live! – general For anyone touched by cancer	Every Tuesday 6pm			
Guys Like Us Morning coffee crew of men with cancer. Join in discussion or just listen.	Every Wednesday 10am (men only)			<i>These groups are all open to the public and free of charge. They are also provided in a welcoming & confidential environment.</i>
Caregivers Connect Understand caregiver's role & recognize your needs. Share experiences.	1 st & 3 rd Monday 6pm			<i>Need help getting to your cancer treatment, or lodging for an appointment at an out-of-town facility,</i> Contact talktous@friendstogethermi.org Or call (989) 356-3231
Life after Loss – you are not alone	Thursday 6pm			
Women on Wednesdays – women united in the cancer experience for support, sharing, information, & encouragement Support * Joy * Strength	Wednesday 6pm			
Mindful Movement for Healing – Gentle, unique program designed to nourish, inspire, and empower each woman healing & dealing with cancer.	Call for dates.			Facilitated by Desiree Nowaczyk
Touch of Beauty – free program during & after cancer experience. All-natural products used with demonstration.	Call for dates.			Facilitated by Nicole Stark, a licensed esthetician.

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Northport Area Cancer Support Group for Individuals with cancer	1 st Monday, 5:15 - 6:45pm	Trinity Church Northport		Terry (231)386-7715 or Paula Swink (231)256-9724
Support for Family & Friends of Individuals with Cancer	3 rd Thursday, 1:30 – 3pm	Trinity Church Northport Northport		
Gilda's Cancer Support Group For patients and caregivers	3 rd Monday 1:00 – 2:30pm	Susan P. Wheatlake Regional Cancer Center 499 220 th Ave Reed City		Marissa (231) 832-8486
Friends Together North Anyone who has been touch by cancer or know someone who has.	Every other Monday 6pm	Presque Isle District Library Roger City		Nancy Snow (989) 464-4164 Lesslee Dort, Navigator (989) 356-3231
Womens' Cancer Support Group Intended for women in Roscommon, Higgins Lake, Prudenville, Houghton Lake, & St. Helen areas	May & October gatherings	Fred's of Roscommon	Call for Dates & time	Judy Layton (989) 821-6123
Breast Friends of Cadillac A group to offer support through diagnosis, treatment, and survivorship. "Be a thriver".	2 nd Tuesday of the month 5:30pm	Lakeshore Community Counseling Center Cadillac		Robin Mosher Rmoseh03@baker.edu (231) 429-7717
Cancer Support Group For ANYONE affected by Cancer	3 rd Thursday of the month 1:00 – 2:00pm	Charlevoix Hospital Classroom B – lower level Charlevoix		Kris Hoeksema Khoeksema2@mhc.net (231) 547-8569

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Just for Us Cancer Support Group This support group provides a support network and information to help women through the diagnosis and treatment of breast cancer and as a support system for women with other cancers.	1 st Tuesday of the month 6:00 – 8:30 pm	John and Marnie Demmer Wellness Pavilion and Dialysis Center Petoskey		(800) 248-6777
Cancer Patient Support Group	2 nd Thursday of the month 6:00 – 7:30 pm	John and Marnie Demmer Wellness Pavilion and Dialysis Center Petoskey		(800) 248-6777
Cancer and Friends Support Group A support group for patients dealing with cancer, as well as their family and friends. Come with questions. Learning information to help you before, during, and after treatment.	4 th Tuesday of the month 5:30 pm	Trinity Lutheran Church Gaylord Otsego		Karen Darner (989) 217-0144 Elaine Raschke (989) 350-4391
Hope Warriors Cancer Discussion Group	2 nd Tuesday of the month 7:00 pm	444 South Main Street Cheboygan Cheboygan		Juanita (231) 537-2277


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WELL BEING - Program	Date and Time	Location	Registration	Contacts
<p><u>Integrative Therapies:</u></p> <p>Clinical Massage – Aromatherapy – Hand/Foot Massage – Head/Neck Massage – Hot Stone Massage – Oncology Massage – Lymphedema Massage</p> <p>Meditation Programs: Reflection - Affirmation – Guided – Silent – Music – Art</p>	<p>Offered Monday – Friday, 6am – 7pm Call to schedule appointments & cost information.</p>	<p>Cowell Family Cancer Center (CFCC) Health Wellness Suite Traverse City</p>		<p>Call for appointment (231) 392-8492</p>
<p>Music Therapy Harps for Hope Support Group Learn to listen & care for yourself through the strings of the harp. Hands- on experiential, participants given use of small folk harp for time limited group.</p>	<p>Available upon interest of 2 or more participants, limit of 4.</p>	<p>Munson Medical Center (MMC) & Cowell Family Cancer Center 217 S. Madison St. Traverse City</p>		<p>Amy Colombo, MA, LPC (231) 935-5070 voice (231) 318-7868 pager</p>
<p>Music Therapy Intentional use of therapeutic harp music to support healing space.</p>	<p>Limited availability Monday & Friday can be requested before, during, or after treatment. Volunteers can also be available additional days.</p>			



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WELL-BEING Program	Date and Time	Location	Registration	Contacts
The Journey Program Cancer Exercise Wellness Empowering cancer patients to improve their quality of life through exercise @ CFCC.	Anytime during your treatment or survivorship *by appointment* Balance, Posture, Strength class times vary.	Cowell Family Cancer Center 217 S. Madison St. Traverse City *website*	Meet with Fitness Navigator (Free 1 hr consult)	Annemarie Wigton (231) 499-7174 Traverse City
The Journey Program Rural Outreach	<u>10 week program</u> Mondays & Wednesdays 11am – 12noon	Battle Fitness 2692 M-37 Traverse City Body Balance 99 4th St Suttons Bay	Program is FREE Registration & pre-qualification required – no cost	For All classes, you must call (231) 276-2494 Registration can be found online thejourneyprogramtc.com
	<u>10 week program</u> Tuesdays & Thursdays 10am – 11am	Betsie Hosick Health & Fitness Center Frankfort		
Yoga Classes For all levels, including those new to exercise & yoga, and those with less mobility.	Schedules vary Monday through Friday. 6am – 7pm	Schedules vary Monday through Friday. 6am – 7pm		Call for information/registering: (231) 392-8492 Single class passes or a 10-class card are available to purchase.
Yoga Retreats Various Northern Michigan settings for weekend retreats set up by Stephanie Shepard, Owner of Blooming Lotus Yoga & Wellness LLC & yoga instructor @ CFCC.	Ongoing events.	Various Northern Michigan Lodge retreats	Registration required.	Call for information/registering: (231) 392-8492



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Reel to Recovery Fly-fishing retreats for men surviving cancer, national non-profit organization.	Ongoing	Various	Registration required.	Reg Tidball, State Coordinator Michigan (810)877-0199 regtidball@att.net
Reeling and Healing Midwest Fly fishing wellness retreats for women surviving cancer.	Multiple 3 day events per year for new participants and reunion retreats	Varies throughout Michigan	Registration required	Cathy Sero (616) 855-4017 info@FishOn.org
PEACE Ranch EAGALA Model quine assisted psychotherapy(EAP) with horses.	Ongoing		Registration required.	For more information contact: Jackie Kaschel peaceranchtc@gmail.com
Camp Catch-A-Rainbow Residential weekly camp for kids ages 7-15 who are in remission from their cancer. Day camp for 4-6 year olds. Free of charge in Jackson MI.	Summer – early sign up.	Jacksonville MI	Registration required. Physician approval.	Katie Wilson (248) 302-8985 kwilson@ymcastorecamps.org . http://www.ymcastorecamps.org/ccar/camp-catch-a-rainbow/
 Camp Kesem Camp for children dealing with a parent who had or has cancer or lost a parent from cancer.	Summer – applications open in January (first come-first serve)	Visit “ Find a Camp ” Page on the website	Registration required	MSU@campkesem.org email (502) 430-2267 www.campkesem.org/msu website



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RESOURCES - Program	Contacts
Financial Navigator Program for Oncology Patients Navigator companions are specially trained to guide and support you with financial needs, including the Health Insurance Market Place.	Lisa Blaine or Scott Legleitner CFCC (231) 392-8400
Navigator Program for Breast Cancer Patients Navigator companions are specially trained and have personally experienced breast cancer. They are ready to support and guide you should you need help.	Linda Meyer, RN (231) 392-8484
Registered Oncology Dietitian Support Consults with you during your treatment and beyond to give recommendations aimed at providing you with healthy living choices. She can offer recipes to help deal with nausea, weight loss & gain, and other side effects of cancer and cancer treatments. These can coincide with your other cancer treatment appointments.	Madelyn Drumm, Oncology Dietitian @ CFCC (231) 392-8495 mdrumm@mhc.net
Oncology Social Worker Support ONCOLOGY Social Workers have expertise in psychosocial and emotional needs. They are specially trained on the impact of emotional trauma and understanding the unique needs of cancer patients. Their role is to provide counseling and other support services which help reduce stress for you and your family through all phases of your cancer journey.	Deborah Strand, LMSW, OSW-C Oncology Social Worker Cowell Family Cancer Center 217 Madison Street Traverse City MI 49684 231-392-8494 dstrand@mhc.net
Oncology Patient Educator Munson Medical Center Oncology Educator	Tracey Dilas RN, MSN, OCN (231) 935-6921
 <div> LEUKEMIA & LYMPHOMA SOCIETY® fighting blood cancers </div>	1421E. 12 Mile Rd. Madison Heights, MI (248) 582-2900 OR (800) 456-5413
American Cancer Society, Inc. North Central Region 1755 Abbey Rd East Lansing, MI 48823 cancer.org 1.800.227.2345	 Mike Megyesi Mike.Megyesi@cancer.org or Cancer Survivors Network www.cancer.org




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RESOURCES - Services	Date and time	Location	Registration	Contacts
<p>The American Cancer Society offers free wigs through community partners or through gift certificates that can be used through the TLC catalog.</p>  <p>Free Wig Program</p> <p>One free new wig for patients in active treatment. Call 1-800-227-2345 for more information or to schedule an appointment.</p> 	By appointment.	<p>Cowell Family Cancer Center – Essentials Boutique on 2nd floor</p> <p>Alpena – M3 Salon</p> <p>Cadillac – New Image Hair Salon & Salon 108</p> <p>Cheboygan – Bella Mia Salon</p> <p>Gaylord – Allure Hair Salon Spa</p> <p>Grayling – Salon Rue</p> <p>Manistee – Pretty in Pink Salon</p> <p>Petoskey – Salon Nouveau Vous</p> <p>Sault Ste Marie – Salon C</p> <p>St. Ignace – Rosemarry's Hair Gallery</p>	Please call ahead if scheduling an appointment at wig salon.	<p>Kristen Wilk in Essentials Boutique (231) 213-0508</p> <p>175 N. State St. Suite M (989)356-4664</p> <p>309 N Mitchell St. (231)775-6152</p> <p>108 Beech St. (231)775-3810 (231)627-3176</p> <p>720 S Otsego Ave. (989)448-8882</p> <p>402 James St. (989)348-8555</p> <p>342 River St. (231)510-7465</p> <p>438 East Lake St. (231)487-1991 (906)635-3964</p> <p>444 N. State St. (906)643-9555</p>

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Look Good Feel Better Foundation Personal Care Products Council Foundation, & National Cosmetology Foundation, is a program to help women experiencing appearance-related side effects from their cancer treatment and help them make the most of their appearance.				transition@lookgoodfeelbetter.org
Compression Garment and Prosthetic Garment Fitting Services @ Essentials Boutique Fitting services and garment ordering services, such as post-surgical garments & lymphedema sleeves, and post-mastectomy bras, bathing suits, tank tops, & forms.	Fittings by appointment. Monday-Friday 9:00am-3:00pm	Cowell Family Cancer Center – Essentials Boutique on 2 nd floor	Appointments needed.	Kristen Wilk in Essentials Boutique (231) 231-0508
Michael's Place Provides support and advocacy for children, teens, and adults grieving the death of a loved one. Also educates community on the impact of grief. 	Call for schedules.	Traverse City		(231)947-6453 GoodGrief@MyMichaelsPlace.net http://www.mymichaelsplace.net/
	Proud to participate in the Cleaning for a Reason Program – providing up to 4 free cleanings to patients undergoing cancer treatment	517 S Union St, Traverse City, MI		Melissa Smith (231)735-1094 cleaning@aysupnorth.com

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 <p>Road To Recovery offers free rides for patients to treatment that would otherwise have difficulty arranging transportation</p>	Dependent upon appointment schedule	Greater Grand Traverse Region	Please call to request transportation. A four day notice is requested.	Contact the American Cancer Society directly at 1.800.227.2345
 <p>MyLifeLine.org This Cancer Foundation provides free personal websites for patients & caregivers to connect with family & friends.</p>				www.mylifeline.org
 <p>Springboard Beyond Cancer Take control of your health and manage the challenges of cancer through self-management.</p>				https://survivorship.cancer.gov/

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Any questions, please contact:

Ann Bacon, MSN, RN, CPHQ @ CFCC
(231)392-8461
abacon@mhc.net

or

Deb Strand, LMSW @ CFCC
(231) 392-8494
dstrand@mhc.net

We hope these programs will help meet your needs and those of your family and friends.

9/26/2019

