

# STRATEGIES FOR LIVING WITH CANCER

Support and Education for Anyone Touched by Cancer — Summer 2009

Rocky Mountain Cancer Centers



*Advancing Cancer Care. Inspiring Hope.*

## Aurora

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*For information about ongoing support and programs contact Thomas Stephansky, LCSW: 303-418-7600*

### Women's Cancer Support Group

**Wednesdays: 6:00-7:00 p.m.**

*Facilitator: Jean Schleski, MA, NCC*

A weekly support group for women who have cancer.

### Coping with Cancer Support Group

**Thursdays: 5:00-6:30 p.m.**

*Facilitators: Eileen Warphen, MSW and Jan Hemingway, RN*

This group focuses upon hope, caring, friendship, and education during and post-treatment. Patients and caregivers/supporters are welcome to attend.

### Integrative Care Educational Seminars

**Second Monday of every month**

Integrative medicine is a healing-oriented medicine that takes account of the whole person (body, mind and spirit). It emphasizes the therapeutic relationship and makes use of all appropriate therapies, both conventional and alternative. These programs feature speakers who address a variety of topics related to integrative care. *Contact Thomas Stephansky for class schedule and information.*

## Boulder

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*For information about ongoing support and programs contact Jill Mitchell, PhD, MSW: 303-385-2003*

### The Seven Levels of Healing Program®

The Seven Levels of Healing Program® is a seven-week educational and support program to help patients, family members, and loved ones navigate the journey through cancer as skillfully and effectively as possible. The program is free and is open to any adults in the community who have been touched by cancer. Programs run throughout the year. *Please call Jill for more information and to sign up for an introductory session.*

### Living with Cancer

**Wednesdays: 10:00 a.m.–12:00 p.m.**

*Facilitator: Joe Gillan, LPC*

This is an open-ended, drop-in, weekly support group for people living with any stage, any kind, of cancer. *Please contact Joe to inquire about the group: 720-270-1505.*

### Additional Support and Educational Groups

In partnership with Boulder Community Hospital, several additional programs are offered at our Center. *Please contact Jill to inquire about these support and educational programs.*

## Colorado Springs—Circle Drive

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*For information about ongoing support and programs contact Carol Forsberg, LSW: 719-577-2555*

### Living Well with Metastatic or Recurrent Disease

**Second Monday of the month: 10:00-11:30 a.m.**

The challenges faced by those with recurrent and/or metastatic cancer may often be overwhelming. This monthly group focuses upon supporting one another, sharing helpful strategies, and developing coping skills for the journey. *Please contact Carol Forsberg to register or for additional information.*

### Creating a Path with Hope

**Second Tuesday of the month (June 2-July 7, 2009): 3:00-4:30 p.m.**

Once no longer in treatment, emerging challenges include re-establishing and re-defining a multitude of roles and relationships that have had to be modified. This six week series takes a close look at the continuing journey of cancer survivors. *Please contact Carol Forsberg to register or for additional information.*

### My Choices, My Wishes: Advance Care Planning

The focus of this discussion will be to reflect upon challenges surrounding advance care planning. We will also explore shared concerns by patients, family members, and professional caregivers. Strategies for approaching advance care planning discussions, identifying goals and preferences, and communication options, will also be included. **Presentation on August 27 from 1:30-3:00 p.m.** *Please contact Carol Forsberg to register or for additional information.*

### The Seven Levels of Healing Program®

The Seven Levels of Healing Program® is coming soon to Circle Drive. *Please call Carol for more information and to sign up for an introductory session.*

## Denver—Blood and Marrow Transplant Program

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*For information about ongoing support and programs contact Teri Simoneau, PhD or Janey Alpert, LCSW: 303-388-4876*

### BMT Caregiver Group

**Tuesdays: 10:00-11:00 a.m.**

*Facilitator: Athena Baca-Chieza, PsyD and Terra Rea, PsyD*

Location: P/SL – 3<sup>rd</sup> Floor Oncology, Administrative Conference Room  
This weekly caregiver support group is tailored to the needs of those caring for a BMT patient. Registration not required. *Call Dr. Baca-Chieza for more information: 303-839-6927.*

## Denver—Midtown

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*For information about ongoing support and programs contact Susan Ash-Lee, LCSW: 303-285-5076*

### **Learn How to Stop Smoking—Your Way!**

**Tuesdays (June 23-August 4, 2009): 12:30-2:00 p.m.**

*Facilitators: Terra Rea, PsyD and Janet Spradley, LSW*

When it comes to becoming a non-smoker, one size does not fit all. This group will allow you to set a goal that is right for you. Whether you're ready to stop for good or if you want to cut your intake in preparation for stopping later, this group has something to offer. Open to patients and their family members. *Contact Janet (303-285-5090) or Terra (303-336-2196).*

## Denver—Rose Medical Center Campus

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*For information about ongoing support and programs contact Linda Cooper, LCSW: 303-370-7902*

### **Breast Cancer Network of Strength**

**Third Wednesday of the month: 11:00 a.m.-12:30 p.m.**

*Facilitators: Breast Cancer Survivor Marti Ostrowski and Linda Cooper, LCSW*

The monthly drop-in support group is cosponsored by the Breast Cancer Network of Strength organization and focuses on the many issues faced by women with breast cancer.

### **The Seven Levels of Healing Program®**

The Seven Levels of Healing Program® is coming soon to our Rose clinic. *Please call Linda for more information and to sign up for an introductory session.*

## Lakewood

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*For information about ongoing support and programs contact Amy Bernard, MSW: 303-328-8246*

### **Survivorship: What Does that Mean?**

**June 4, 2009: 10:00-11:00 a.m.**

*RSVP to Amy: 303-328-8246.*

### **Caring for the Caregiver**

**July 17, 2009: 10:00-11:00 a.m.**

*RSVP to Amy: 303-328-8246.*

### **Advance Care Planning, Educational Seminar**

**August 20, 2009: 1:00-2:30 p.m.**

*RSVP to Amy: 303-328-8246.*

### **Nutrition and Wellness**

**September 25, 2009, 10:00-11:00 a.m.**

*RSVP to Amy: 303-328-8246.*

## Littleton

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*For information about ongoing support and programs contact Amy Bernard, MSW: 303-328-8246*

### **Survivorship: What Does that Mean?**

**June 5, 2009: 2:00-3:00 p.m.**

*RSVP to Amy: 303-328-8246.*

### **Caring for the Caregiver**

**July 15, 2009: 2:00-3:00**

*RSVP to Amy: 303-328-8246.*

### **Nutrition and Wellness**

**August 19: 2:00-3:00 p.m.**

*RSVP to Amy: 303-328-8246.*

### **Coping through Painting and Writing**

**September 23, 2009: 2:00-3:00 p.m.**

*RSVP to Amy: 303-328-8246.*

## Lone Tree—Sky Ridge Medical Center Campus

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*For information about ongoing support and programs contact Susan Ash-Lee, LCSW: 303-285-5076*

## Thornton

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*For information about ongoing support and programs contact Amy Bernard, MSW: 303-328-8246*

### **Survivorship: What Does that Mean?**

**June 2, 2009: 11:00 a.m.-12:00 p.m.**

*RSVP to Amy: 303-328-8246.*

### **Advance Care Planning, Educational Seminar**

**July 16, 2009: 1:00-2:30 p.m.**

*RSVP to Amy: 303-328-8246.*

### **Caring for the Caregiver**

**August 17, 2009: 11:00 a.m.-12:00 p.m.**

*RSVP to Amy: 303-328-8246.*

### **Nutrition and Wellness**

**September 21, 2009: 11:00 a.m.-12:00 p.m.**

*RSVP to Amy: 303-328-8246.*

