

## Counseling and Support Services

### Bone Marrow & Cancer Foundation

Clinical Care Counseling provides free individual supportive therapy as well as financial and resource guidance. Patients and families are under a tremendous amount of stress when faced with a cancer diagnosis or needing a bone marrow or hematopoietic cell transplantation (HTC) transplant. This program empowers patients to advocate for themselves and to receive the best support possible.

**Who:** Patients and families impacted by bone marrow cancers or HTC transplants

**When:** Please visit site to schedule an appointment

**Where:** Telehealth

**Facilitators:** Free licensed therapists and resource counselors are available for emotional support and logistical guidance.

Learn more at [www.bonemarrow.org/support-and-financial-aid/support/clinical-care-counseling](http://www.bonemarrow.org/support-and-financial-aid/support/clinical-care-counseling).

### Hannah Cassedy, Ph.D., PLLC, Psychologist

“As a psychologist with specialty training in psycho-oncology, or therapy for the specific challenges that cancer patients face, I understand that every step of cancer recovery comes with its own challenges. I offer therapy for cancer patients, survivors, and caregivers to help with emotional healing at all stages of the illness.”

**Who:** Cancer patients

**When:** Please go online to schedule an appointment, call 972-730-1155, or email [hcassedy@hannahcassedyphd.com](mailto:hcassedy@hannahcassedyphd.com) for more information.

**Where:** 12700 Hillcrest Rd., Suite 176, Dallas, TX 75230

**Facilitator:** Hannah Cassedy, Ph.D., PLLC, Psychologist

### **Brain Tumor Support Group: UTSWMed**

**Who:** Patients with any type of brain tumor, including those with metastatic disease or benign tumors, are welcome. Family and caregivers are also welcome.

**When:** 5:30 – 7 p.m. (on hold until further notice)

**Where:** 8<sup>th</sup> Floor, Seay Building, 2201 Inwood Rd., Dallas, TX 75390

**Facilitator:** Dinah Foster, LCSW ([dinah.foster@utsouthwestern.edu](mailto:dinah.foster@utsouthwestern.edu))

### **Early Stage Breast Cancer Support Group: UTSWMed**

We know a cancer diagnosis can bring many emotions. Please join us for a time of discussion, encouragement, and sharing with other patients. This group is led by Hailey Wilshire, LMSW, and Kim Keely, LMSW. Please RSVP at least 2 days in advance with your full name and phone number.

**Who:** Patients in active treatment for early-stage breast cancer and patients in active treatment (surgery, chemotherapy, or radiation) for breast cancer stages I-III

**When:** 2<sup>nd</sup> Thursday of each month, April-September 2021; Noon – 1 p.m.

**Where:** Zoom online platform. The meeting information will be sent when you register with our staff below.

**Facilitator:** Hailey Wilshire, LMSW (email [hailey.wilshire@utsouthwestern.edu](mailto:hailey.wilshire@utsouthwestern.edu) or call 817-288-9829)

### **Breast Cancer Survivorship Group: UTSWMed**

This is an online program available with ongoing enrollment to help address the topics patients encounter after they finish active treatment. This series of 6 classes aims to help you with your breast cancer survivorship and future health. Topics include understanding your personalized survivorship plan, nutrition, physical activity,

integrative medicine, stress management, sexual functioning after treatment, and fear of recurrence.

**Who:** This class is designed for patients who were diagnosed with breast cancer (stages I-III) in the last 2 years.

**When:** 3<sup>rd</sup> Wednesday of each month, March-August 2021; 6 – 7:30 p.m.

**Where:** Zoom online platform. Meeting invitation and further details will be provided with registration.

**Facilitators:** Groups are led by breast team social worker Kim Keely, LMSW, and nurse navigators, Judy Herrick, RN, BSN, and Jennifer Speas, RN, BSN, with expert guest speakers.

For more information or to register, please contact Kim Keely at 214-645-7757 or [kim.keely@utsouthwestern.edu](mailto:kim.keely@utsouthwestern.edu).

### **Life After Transplant: UTSWMed**

Come together to share your journey and learn from others as you navigate survivorship.

**Who:** Autologous and allogeneic transplant patients

**When:** 3<sup>rd</sup> Friday of each month; 11:30 a.m. – 1 p.m.

**Where:** These events will meet virtually.

**Facilitator:** If interested, please email Sharon Tavenner, LCSW, at [sharon.tavenner@utsouthwestern.edu](mailto:sharon.tavenner@utsouthwestern.edu) or call 214-645-2821.

### **New Patient Connections Class for Breast Cancer: UTSWMed**

This orientation class serves to introduce newly diagnosed breast cancer patients to the comprehensive care of Simmons Comprehensive Cancer Center's (SCCC) Supportive Services team. Patients are educated on how each member may be helpful during treatment, as well as what to expect in the first few weeks or month of care. Patients are referred to this orientation by their nurse navigator.

**Who:** Patients who are newly diagnosed with breast cancer or who have come to the clinic for a second opinion

**When:** Twice monthly (dates vary); Noon – 1 p.m. with 6 – 7 p.m. option available

**Where:** These events will meet virtually; new patients will need to be registered to attend.

**Facilitator:** For more information or to register, please contact Kim Keely at 214-645-7757 or [kim.keely@utsouthwestern.edu](mailto:kim.keely@utsouthwestern.edu).

### **Pancreatic Pre-Surgery Class: UTSWMed**

This class covers commonly asked questions around pancreatic surgery and includes nutrition and exercise recommendations, as well as available spiritual and emotional support. Members of the supportive services team, including a social worker, chaplain, dietitian, and a cancer exercise trainer, will be available during this virtual class. Your surgical team will refer you to this class.

**Who:** Patients with a scheduled pancreatic surgery

**When:** Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month; 11 a.m. – noon

**Where:** These events will meet virtually; patients will need to be scheduled to attend

**Facilitator:** Jack Hamilton, LCSW, OSW-C (email [jack.hamilton@utsouthwestern.edu](mailto:jack.hamilton@utsouthwestern.edu) or call 214-648-9045)

### **Pancreatic Support Meeting: UTSWMed**

This orientation lunch serves to introduce newly diagnosed pancreatic cancer patients to the comprehensive care of SCCC's Supportive Services team. Patients are educated on how each service may be helpful during treatment; these include social work, dietitian, music therapy, and chaplain services. Patients are referred to this orientation by their nurse navigator.

**Who:** Patients who are newly diagnosed with pancreatic cancer or who have come to the clinic for a second opinion

**When:** Every Thursday; 12:15 – 1 p.m.

**Where:** These events will meet virtually; new patients will need to be scheduled to attend.

**Facilitator:** Jack Hamilton, LCSW, OSW-C (email [jack.hamilton@utsouthwestern.edu](mailto:jack.hamilton@utsouthwestern.edu) or call 214-648-9045)

### **Spiritual Support & Community Gathering: UTSWMed**

Join board-certified chaplains, Tammy Wynn and Sylvia Artiles, for coffee and casual conversation. Persons of all faiths – and no faith – are welcome. We encourage open sharing and do not endorse any specific faith, institution, or cause.

**Who:** Open to all SCCC patients and caregivers

**When:** 4<sup>th</sup> Friday of each month; 10 – 11 a.m.

**Where:** These events will meet virtually.

**Facilitator:** Please email [SimmonsSpiritualSupport@utsouthwestern.edu](mailto:SimmonsSpiritualSupport@utsouthwestern.edu) if you are interested in participating.

### **Young Adult Support: UTSWMed**

**Who:** Social and supportive meetup for young adult cancer survivors ages 18-39

**When:** Last Tuesday of every month; 7 – 8:30 p.m.

**Where:** These events will meet virtually.

**Facilitators:** Please RSVP to Alex Huffman, LCSW, OSW-C, at [youngadults@utsouthwestern.edu](mailto:youngadults@utsouthwestern.edu)

### **Peer-To-Peer Support: Leukemia & Lymphoma Society**

*First Connection* peer volunteers are in a unique position to provide support and community resource information to others facing a similar cancer diagnosis. Patients and their family members are matched with peer volunteers based on diagnosis, age, gender, and other factors that might create a mutual understanding and ease of communication. Peer volunteers are trained in basic counseling skills, are regularly updated about LLS and community resources, and are committed to confidentiality.

**Who:** Patients and family members affected by a blood cancer

**When:** A meeting must be scheduled.

**Where:** Online

**Facilitator:** Peer volunteers; contact 1-800-955-4572 or complete an online form at [www.lls.org/support/peer-to-peer-support](http://www.lls.org/support/peer-to-peer-support).

## Online Support Groups

Online support groups take place using a password-protected message board format (not live chat) and are led by professional oncology social workers who offer support and guidance. Groups are held for 15 weeks at a time and group members must register to join. After completing the registration process, which can take up to 2-3 business days, members can participate by posting in the groups 24 hours a day, 7 days a week. These groups are open to anyone in the United States, Puerto Rico, and U.S. Territories.

*Each support group below can be found here: [www.cancerca.org/support\\_groups](http://www.cancerca.org/support_groups)*

## Support Groups for Breast Cancer

### Patients

African American Triple-Negative Breast Cancer Patient Support Group

Breast Cancer Patient Support Group

Breast Cancer Post-Treatment Survivorship Support Group

Metastatic Breast Cancer Patient Support Group

Triple-Negative Breast Cancer Patient Support Group

### Caregivers

Triple-Negative Breast Cancer Patient Support Group

## Support Groups for Lymphoma

### Patients

Blood Cancers Patient Support Group

## **Support Groups for Gynecologic Cancers**

### **Patients**

Gynecologic Cancers Patient Support Group

Ovarian Cancer Patient Support Group

## **Support Groups for Genitourinary Cancers**

### **Patients**

Prostate Cancer Patient Support Group

## **Support Groups for Central Nervous System Cancers**

### **Patients**

Carcinoid and Neuroendocrine Tumor Patient Support Group

Brain Tumor Patient Support Group

### **Caregivers**

Brain Tumor Caregiver Support Group

Young Adult Brain Tumor Caregiver Support Group

## **Support Groups for Lung Cancers**

### **Patients**

Carcinoid and Neuroendocrine Tumor Patient Support Group

Lung Cancer Patient Support Group

### **Caregivers**

Lung Cancer Caregiver Support Group

## **Support Groups for Gastrointestinal Cancers**

## **Patients**

Colorectal Cancer Patient Support Group

## **Support Groups for Skin Cancers**

### **Patients**

Melanoma Patient Support Group

## **Bereavement Support Groups**

Loss of a Parent Support Group

Loss of an Adult Child Support Group

Spouse/Partner's Bereavement Support Group

Young Adults Who Have Lost a Loved One Support Group

Young and Middle Adult Loss of a Spouse/Partner

## **Support Classes**

### **EMBRACE Survivorship Symposium: UTSWMed**

**EMBRACE: Energy Mind Body Relationships Active Nutrition Creative Expression**

EMBRACE is a series of workshops facilitated by your Support Services team that addresses physical, emotional, and practical issues that can arise during and after your treatment. Topics will include:

### **Cancer and Nutrition: UTSWMed**

Lymphedema and Physical Activity During and After Cancer Treatment

Caring for the Caregiver

Huddle Up: A Team Approach to Your Cancer Care Journey

Knowledge Is Power: Advance Care Planning 101



## Managing Stress and Anxiety Through Music and Mindfulness

*Virtual sessions take place from noon to 1:30 p.m. every Tuesday through August 27 via Zoom. Reservations are required to receive the Zoom link.*

*Please RSVP to Alex Huffman, Manager of Support Services, at 214-645-2742 or [SCCCSupport@utsouthwestern.edu](mailto:SCCCSupport@utsouthwestern.edu).*

## Healthy Eating: UTSWMed

In this 6-week workshop, board-certified dietitians at SCCC will share evidence-based nutrition strategies and provide the knowledge and tools to optimize health through diet. Come learn how healthy eating can be stress-free and can help facilitate weight management to reduce cancer risk or recurrence.

**When:** Tuesday, October 26 through Tuesday, November 30; Noon – 1 p.m.

**Where:** This series will take place via Zoom

*Please email Michelle Hamilton at [michelle.hamilton@utsouthwestern.edu](mailto:michelle.hamilton@utsouthwestern.edu) to register.*

## Low-Impact Cardio and Gentle Yoga: UTSWMed

Join Lisa Ross for a 6-week, virtual fitness class that includes low-impact cardio and gentle yoga to support physical and mental wellness for cancer survivors. Lisa will combine seated and standing exercises and poses in a class for all ability levels. This class is open to survivors in active treatment or at any stage beyond.

**When:** Every Wednesday, August 25 through September 29; 9:15 – 10 a.m.

**Where:** This series will take place via Zoom

*To receive Zoom link , please RSVP by emailing [SCCCSupport@utsouthwestern.edu](mailto:SCCCSupport@utsouthwestern.edu). You may also call Alex Huffman at 214-645-2742 if you have any questions.*

*Some of these support classes and groups may be seasonal. For more information on these and other courses, visit the UT Southwestern Support Service website at [utswmed.org/cancer/support-services/support-groups/](http://utswmed.org/cancer/support-services/support-groups/)*