



# Support Groups & Educational Classes

September - December 2020

|   | Sept  | Oct             | Nov             | Dec            |
|---|---|-----------------|-----------------|----------------|
| <p><b>I Can Cope</b><br/> <b>Cancer Nutrition During and After Cancer Treatment</b><br/>                     Learn about special nutritional needs from a Registered Dietician.<br/>                     Fourth Thursday, 10:00 am - 12:00 pm • Online/WebEx<br/>                     Call 691-8984</p> | 24  | 22              | 19              | 17             |
| <p><b>Caregiver Support Group</b><br/>                     Supports the needs of care givers to help them keep a balanced life style.<br/>                     Third Wednesday, 10:30 - 11:30 am • Call 691-8984 for more information<br/>                     Online/WebEx</p>                         | 16  | 21              | 18              | 16             |
| <p><b>Head &amp; Neck Support Group</b><br/>                     Warriors battling cancer of the brain, mouth, throat, thyroid, &amp; esophagus.<br/>                     Third Wednesday, 11:00 am - 12:30 pm • Online/WebEx</p>   | 16  | 21              | 18              | 16             |
| <p><b>Breast Cancer Support</b><br/>                     A forum for women to discuss and share issues related to breast cancer.<br/>                     Third Thursday, 11:00 am - 12:00 pm • Online/WebEx</p>  | 17  | 15              | 19              | 17             |
| <p><b>Lung Cancer Support</b><br/>                     Survivors share and help one another cope with the difficulties the disease can cause. Fourth Monday, 10:00 - 11:00 am • Online/WebEx</p>  | 28  | 26              | 23              | 28             |
| <p><b>GI Cancer Support</b><br/>                     A support group for patients with gastrointestinal cancer.<br/>                     First Thursday, 11:30 am - 12:30 pm • Online/WebEx</p>   | 3   | 1               | 5               | 3              |
| <p><b>Healing Through Art</b><br/>                     Art therapy for all cancer survivors and their caregiver.<br/>                     Every Tuesday from 10:00 am - 12:00 pm • Online/WebEx</p>   | 8, 15<br>22, 29   | 6, 13<br>20, 27 | 3, 10<br>17, 24 | 1, 8<br>15, 22 |
| <p><b>Look Good Feel Better</b><br/>                     Beauty professionals help with make-up, skin, nail, and hair care for women facing cancer.</p>   | <p>By appointment only. Register at:<br/> <a href="http://lookgoodfeelbetter.org/alliance-partner-virtual-workshops">lookgoodfeelbetter.org/alliance-partner-virtual-workshops</a></p>                              |                 |                 |                |
| <p><b>Lymphedema Screening Clinic</b><br/>                     For all cancer patients - Breast cancer patients &amp; their families<br/>                     Women's Health Center • Call for initial assessment<br/>                     For information call 691-5140.</p>                           | <p>1st Thursday of each month;<br/>                     1:00 pm-2:00 pm<br/>                     To register call 691-7117 or visit us at<br/> <a href="http://www.queens.org/events">www.queens.org/events</a></p> |                 |                 |                |
| <p><b>Acupuncture</b><br/>                     For pain or side effects from cancer treatments.<br/>                     Treatments for non cancer patients also available • Women's Health Center</p>  | <p>Tuesdays, Wednesday &amp; Fridays;<br/>                     1:00 pm - 5:00 pm<br/>                     Call 664-3739 for info<br/>                     or to schedule an appointment.</p>                        |                 |                 |                |



**October 11** ▶ **Susan G Komen Hawaii - Virtual Opening Ceremony**  
**October 24** ▶ **Making Strides for Breast Cancer**  
**American Cancer Society**

At Queen's, our focus is keeping our patients, visitors, staff and providers healthy and safe. As a precaution addressing influenza and COVID-19 concerns, all oncology support groups, classes and events previously on-site have been cancelled until further notice.

***As an option, we will be offering support group meetings via WebEx.***

Call 691-8984 or more information on programs and services  
 or to be added to the email list for virtual meetings