

Ongoing Activities



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www.cancercareservices.org

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| Call Cindy Vasquez at 817-921-0653 for information | Reflexology Naomi Cassaday, Health Practitioner | Reflexology helps relieve tension, improve circulation and ease pain reflexes on the hands and feet. <i>Due to high demand, you will need to reserve a space months in advance. We appreciate your patience.</i> |
| Primero & Tercero Jueves de cada mes 6:00 — 7:30 p.m. | El Grupo de Apoyo en Español Petra Kelley, Manegadora de Casos Elia Saenz, LBSW | Este grupo es para individuos y familias que hablan Español. Una terapeuta para los niños estará presente también. |
| 1st & 3rd Thursday of every month 6:00 — 7:30 p.m. | Play Expression <i>Please call prior to bringing children for registration information.</i> | Play expression allows children ages 5-12 to communicate their feelings through play under the guidance of a therapist. Play expression is for children diagnosed with or affected by cancer through a parent or caregiver. |
| Wednesdays 2:00 — 3:30 p.m. | Survivors Group | This group is for anyone affected by cancer. It is open to patients, caregivers, family members and friends. |
| 1st Tuesday of every month 6:00 — 8:00 p.m. | Young Survivors of Tarrant County Breast Cancer Support Group* <i>*This group is not a Cancer Care Services support group.</i> | Young women experiencing breast cancer may find themselves facing issues unlike anyone else. Experience a group that regularly discusses the challenges breast cancer has on life. Contact Rachel Terranova at 817-938-7633. |
| 2nd & 4th Tuesday of every month 6:45 — 8:00 p.m. | Koinonia Cancer Support Group Dr. Randy Rudisell, chaplain | Join chaplain, Dr. Randy Rudisell in a long-standing Christian support group that offers prayer and discussion for patients, family and friends after a cancer diagnosis has been made. |
| Mondays 1:00 — 2:30 p.m. | Art of Healing for Adults Jennifer Sublett, LPC Intern Fran Seymore, LPC | Encourage healing and wellness through art in an afternoon of hands-on creativity and expression. Individuals diagnosed with cancer and their caregivers can attend. All materials are provided. No prior artistic training required. |
| 2nd Tuesday of every month 5:30-6:30 p.m. | Grief & Loss Support Group Dr. Randy Rudisell, chaplain | Grief may be experienced in response to various losses, such as death or loss of a job. Taking advantage of a grief and loss support group could make a significant difference in your life. |
| Call 817-372-8998 To make an appointment | Shine Therapy Massage Licensed Massage Therapists Prescription required | Individuals in treatment or who have recently completed cancer treatment are invited to enjoy a full body massage by a licensed, professional massage therapist. Massage can reduce stress, pain and muscle stiffness. |
| Wednesdays 12:00 noon — 12:50 p.m. | Bible Care Dr. Randy Rudisell, chaplain | Join a weekly Bible study to learn how to cope with life situations. Cancer patients, survivors and caregivers are invited to attend. <i>Lunch is provided.</i> |
| Call 817-921-0653 To make an appointment | Short-term Counseling Jane Oderberg, LMSW Annie Presley, LMSW | Counseling can be an effective way to voice emotions surrounding cancer and the changes it can bring about. Cancer-related individual or family counseling is available free of charge. Sessions can take place at Cancer Care Services or in the home. |
| 2nd Thursday of every month 5:30 — 7:00 pm | Non-Hodgkins Lymphoma (NHL) Support Group | This group is for clients, caregivers, family members and friends that have been affected by a diagnosis of Non-Hodgkins Lymphoma. |
| 1st Saturday of every month 11:00 am — 1:00 pm | African American Women Breast Cancer Support Group | This group is for female African American clients, caregivers, family members and friends that have been affected by a diagnosis of breast cancer. |
| 2nd & 4th Wednesday of every month 1:00 — 2:00 p.m. | Meditation & Relaxation Workshop Anne Low | Meditating can help start the healing process by lowering your stress level and boosting your immune system. Become aware of your harmful mental habits and replace them with positive ones. |
| 3rd Tuesday of every month 5:30 — 7:00 p.m. | Myleoma Support Group | This group is for clients, caregivers, family members and friends that have been affected by a diagnosis of Myleoma. |
| Mondays 5:30-6:30 p.m. Starting June 8 | Yoga Sherrie Weiser | Gentle yoga movements have been found to ease symptoms of cancer treatment including fatigue, pain and loss of strength or mobility. Classes are FREE for patients and caregivers. Doctor's note required. |