

Ongoing Activities



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Primero Jueves de cada mes 6 :00— 7:30 p.m.	El Grupo de Apoyo en Español Cris Hinojosa, Manegadora de Casos	Este grupo es para individuos y familias que hablan Español. Una terapeuta para los niños estará presente también.
Wednesdays 1:15 pm – 2:15 p.m.	Survivors Group Client led	This group is for anyone affected by cancer. It is open to patients, caregivers, family members and friends.
Call 817-921-0653 to make an appointment	Short-term Counseling Jane Oderberg, 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.
Fridays 10:30 am-12:00 pm	Knitting Support Group Kris Blackmon	Enjoy an hour and a half of talking together while knitting. Learn to knit or teach someone else. The group is led by an experienced volunteer.
Call 817-372-8998 to make an appointment	Shine Therapy Massage Licensed Massage Therapists Doctor's note 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 noon – 12:50 p.m.	Bible Care Rev. Bob Profitt	Join a weekly Bible study to learn how to cope with life situations. Cancer patients, survivors and caregivers are invited to attend.
Wednesdays 5:30–6:30 p.m. <i>Please check the calendar for possible variations</i>	Yoga Diane Mudge & Hollie Dyer	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.
Meet at different times once a month (TBD)	ClubCARE	This program is for youth ages 6-13 who are living with someone who has cancer. We have activities and events for just the youth and for the whole family. Please look on our website and Facebook page for up-to-date activities. You may also call and request a calendar of events.
1st and 3rd Tuesday 10:00 am - 2:00 pm	Reflexology	Make an appointment to receive comfort and wellness with the amazing Naomi. You will need to call for an appointment and the sessions last 45 minutes.

All activities are free of charge! If there is an activity that you'd like us to offer, give us a call or send an email and we will try to make it happen!