WHILE THERE SEEMS TO BE A MEDICAL TEST FOR ALL THAT AILS, fear or emotional pain can’t be identified by ultrasound or x-ray. Emotions are difficult to measure and oftentimes equally difficult to verbalize. To address the needs of Duke’s cancer patients, several years ago the Duke Cancer Patient Support Program (DCPSP) began offering Art Therapy—a cancer support group utilizing the creative process of art to access and express deep-seated emotions.

“This group uses artmaking as a way to access and express feelings related to a patient’s cancer experience,” said Geoffrey Vaughn, a medical family therapist with the Duke Cancer Institute. “The focus of the work is more on the process of visual expression and less on a final or ‘completed’ art piece.”

Vaughn, a licensed art therapist, enlists various art mediums, supplies and methods, including collage, drawing, painting, photography and sculpture. However, it’s in the process of creating that participants begin to access the emotions associated with the diagnosis and treatment of cancer.

“Art Therapy is one of the gems offered by the Duke Cancer Patient Support Program,” said breast cancer survivor Pat Chieffo. “Geoff is an empathetic therapist. His art therapy group helped me deal with the emotional pain and fear I faced after my diagnosis of cancer.”

Previous art experience is not necessary, and all materials are generously supplied by the Nasher Museum of Art.

“Life is messy,” said Vaughn. “Art-making can also be messy. But as one’s art piece comes into view, so, too, do those feelings that at onetime seemed so completely inaccessible.”

The Art Therapy Group takes place monthly at the Nasher Museum of Art at 2001 Campus Drive in Durham. To register, please call 919.668.4029.
Education

Chemotherapy Education
Duke Cancer Center Raleigh:
Wednesdays :: 11 to Noon
Duke Women’s Cancer Care Raleigh:
Mondays :: 2 to 3 p.m.
Duke Cancer Center Cary:
Tuesdays :: 2 to 3 p.m.

Will you be starting chemotherapy in the near future? Do you have questions about the possible side effects? Or do you just want more information about your treatment? Our Chemotherapy Education Class can address these questions and more. This class is led by a nurse or pharmacist and includes a Q&A time. Registration is not required. Family and friends are welcome.

LiveStrong Exercise
The YMCA offers a 12-week small group exercise program designed for adult cancer survivors. Through the support of the YMCA’s Annual Campaign, the program is offered at no cost to participants. For more information, visit YMCA Triangle.org.

Quit At Duke
Duke Cancer Center Raleigh:
Mondays & Wednesdays
8:30 a.m. to 4:30 p.m.

A certified tobacco treatment specialist nurse discusses techniques and programs to help cancer patients quit smoking. For more information or to schedule an appointment, visit dukehealth.org/quit or call 919.613.QUIT (7848).

FREE Legal Services
Duke Cancer Center Lobby (Durham)
Friday, February 7 and Friday, February 21 :: 10 a.m. to noon and 1 to 3 p.m.

Duke Law in Durham offers free legal services to Duke patients (NC residents only). Services include assistance with legal documents, powers of attorney, living wills and HIPAA releases. To schedule an appointment, please call 919.613.7169.

Oncology Social Work
Oncology Social Workers help patients and their loved ones cope with the emotional and practical concerns that accompany the diagnosis and treatment of cancer. Individual, family and group consultations are available. For more information or to schedule an appointment, please call 919.862.5400.

Our Patient Resource Centers offer information on cancer risk reduction, specific diseases, nutrition, treatment and side effects, coping strategies, children’s care, palliative care and grief management.

For more information on our Patient Resource Center, call 919.684.4497

dukecancerinstitute.org
Support Groups

Kids Can!

KidsCan! is designed to support children and teens, ages 4 to 18, who have a parent or significant caregiver living with cancer.

Kids and teen groups focus on issues such as understanding cancer, changes in the family life, feelings, self-care, memories, cooperation, love and family. A simultaneous group is also available for parents. KidsCan! will be held at Duke Cancer Center Raleigh on Thursday, February 20.

Registration is required. To register call Hannah Sasser at 919.954.4117 or email her at hes15@duke.edu.

Breast & GYN Cancers

Duke Women’s Cancer Care Raleigh
Clinic Conference Room
Tuesday, February 11 :: 5 to 7 p.m.
Thursday, February 13 :: 2:30 to 4 p.m.

This group is for patients only. For more information, email cancersupport@duke.edu.

Prostate Cancer

Duke Cancer Center Raleigh
Lower Level, Level 0
Thursday, February 27 :: 5:30 to 7 p.m.

For more information, email at cancersupport@duke.edu.

General Cancer Support

These groups provide support to help patients and their families cope with the impact of cancer on their lives. For more information, email at cancersupport@duke.edu.

Duke Cancer Center Cary Radiation Oncology
Clinic Conference Room
Tuesday, February 18 :: Noon to 1:30 p.m.

Art Therapy

Nasher Museum of Art
Wednesday, February 19 :: 2 to 4 p.m.

This group is for patients who are interested in exploring, processing and expressing feelings through art making. No art experience is needed. To register, call 919.668.4029.

PATIENT RESOURCE FAIR

Join us quarterly for our Wake County Patient Resource Fair at Duke Women's Cancer Care Raleigh. The event is free for patients with cancer and their caregivers.

Participants are introduced to nutritionists, exercise specialists, medical family therapists, clinical social workers, legal counselors, smoking cessation consultants, research specialists, patient navigators and community resources.

Keep an eye out for the next Cancer Care Calendar for additional information including the date.

dukecancerinstitute.org
Pets At Duke

Tuesdays, Wednesdays, Thursdays & Fridays
Pets at Duke is available at Duke Cancer Center Raleigh and Duke Women's Cancer Care Raleigh and NOW in Radiation Oncology at Duke Cancer Center Raleigh. Pets at Duke will be at Duke Cancer Center Raleigh on Wednesdays, February 5, 12, 19 and 26. Pets at Duke will be at Duke Cancer Center Raleigh Radiation Oncology on Fridays, February 7, 14, 21 and 28. Pets at Duke will be at Duke Women's Cancer Care Raleigh on Tuesdays and Thursdays, February 11, 20 and 25.

Tai Chi :: Quiet Room

Duke Cancer Center (Durham)
Fridays (seated: 2 to 3 p.m. & standing: 3 to 3:45 p.m.)
Tai Chi is a holistic health practice that brings the mind and body together with slow, graceful, flowing movements performed in a meditative manner. Registration is not required. Drop-ins are welcome. For more information, email John Hillson, R.N., at cancersupport@duke.edu.

ACS Partners With Extended Stay America

The American Cancer Society is donating 50,000 rooms each year for the next two years. Of those 50,000 rooms nationwide, 10,000 are free, 20,000 are available at a reduced rate of $19 per night and another 20,000 rooms are available at an ACS patient rate of 25 percent off market value. For more information or to reserve a room, call 800.ACS.2345.

Quit At Duke!

Duke Cancer Institute offers Quit At Duke, a smoking cessation program to help smokers who want to quit but who do not respond to standard methods. For more information or to schedule an appointment, visit dukehealth.org/quit or call 919.613.QUIT (7848).

Shop DCI Merchandise

Duke Cancer Institute merchandise is now for sale at the Duke Cancer Center Raleigh boutique. Items include DCI-branded awareness bands, phone fans, water bottles, socks, fleece blankets, fleece beanies, baseball caps, short sleeve and long sleeve t-shirts, journals, and a variety of insulated drink tumblers. Prices range from $2 to $25. The Duke Cancer Center Raleigh boutique is open Monday through Friday, from 9 a.m. to 4 p.m. For more information, call 919.954.3132.

dukehealth.org
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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tr>
<td>Education Groups</td>
<td>Support Groups</td>
<td>Rest, Renew, Relax</td>
<td>Boutique Services</td>
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<tr>
<td>&amp;= Duke Women’s Cancer Care</td>
<td>+= Duke Cancer Center Cary</td>
<td>+++) Duke Cancer Center Cary Radiation Oncology</td>
<td>For complete details about featured events, programs and services, and support groups, please refer to the various sections of the publication.</td>
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<td>3 Chemotherapy Ed+ :: 2–3 pm Smoking Cessation :: 8:30 am–4:30 pm</td>
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<td>7 Pet Therapy :: 9:30–11 am</td>
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<td>10 Hair Salon Services :: 10 am–3 pm Chemotherapy Ed+ :: 2–3 pm Smoking Cessation :: 8:30 am–4:30 pm</td>
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**KidsCan!**

provided by the Duke Cancer Patient Support Program, is for families with children and teens who have a parent or caregiver diagnosed with cancer. For more information or to register, call **919.954.4117**.

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**Tai Chi**

Fridays

Duke Cancer Center, Quiet Room
Every Friday
Seated 2 pm & Standing 3 pm

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**Art Therapy @ NASHER**

MUSEUM OF ART AT DUKE UNIVERSITY

Explore, process, and express feelings through art making.

3rd Wednesday each month, 2:00 to 4:00 p.m.

For more information or to register, call **919.668.4029**

Provided through: Duke Cancer Patient Support Program

dukehealth.org/cancersupport

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**Self-Image Boutiques**

919.954.3132

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**Duke Cancer Center**
20 Duke Medicine Circle, Durham

Duke Cancer Center Raleigh
3404 Wake Forest Road, Raleigh

Duke Women’s Cancer Care Raleigh
4101 Macon Pond Road, Raleigh

To learn more about Duke Cancer Patient Support Program services, visit dukecancerinstitute.org/supportivecare