As the season of goodwill approaches, the night sky will once again glow with light from the Tree of Hope at Duke Cancer Center. The Tree of Hope honors and remembers loved ones, patients, staff, family, and friends whose lives have been touched by cancer. The lights on these beautiful trees represent and illuminate HOPE that outshines the surrounding darkness.

On December 1, we invite you to hear a shared message of hope from patients and their families, and from the staff who provide unwavering compassionate care throughout the challenges of cancer. Our in-person event at Duke Cancer Center will begin at 6:00 p.m. For the first time ever, there is an option to join the live event virtually. To register or for more information, visit DCI-TreeOfHope.com or call 919.684.4497.

You can purchase *luminaries or tribute cards in honor or memory of loved ones, patients, staff, family, and friends. Visit www.dci-treeofhope.com to learn more. *The electric luminaries will be installed on November 7 and will remain lit at the Duke Cancer Center’s Garden of Tranquility through December 31. After your purchase, we will place the name of your honoree on the luminary.

All proceeds benefit the Duke Cancer Patient Support Program and will help us to continue our mission of providing support services to patients and their families at no cost.
Cancer Support Services

Duke Cancer Institute offers a variety of support services and resources for patients and their loved ones to assist with navigating life during and after cancer treatment. In honor of this year’s Survivorship Day, the Supportive Care and Survivorship Center created DukeCancerInstitute.org/SurvivorshipDay—a site featuring videos that highlight each of the services listed in this calendar.

We encourage you to visit these sites to hear directly from our providers who strive to make the cancer experience better for everyone we serve.

Patient and Nurse Navigation
Navigators support patients, families, and caregivers through their cancer care. We make sure you have information to make decisions. We advocate for your needs. We identify barriers to care and connect you with available resources, as needed. We support you all the way from diagnosis to end of treatment. We have a team of navigators across our Duke Cancer Institute locations with expertise, including nursing backgrounds, to help you and your loved ones. If you are interested in learning more, contact your healthcare team and ask about Navigation services.

Clinical Social Work
Oncology and palliative care social workers help patients and their loved ones cope with the emotional and practical concerns that accompany the diagnosis and treatment of cancer. Individuals and family members are assessed to identify and address specific needs. We work together to establish interventions to help you alleviate stressors and financial burdens associated with a cancer diagnosis. We can connect you and your loved ones to resources such as disability, home health/ hospice, advance directives and end-of-life care. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care/Social-Work.

Chaplain Services & Education
Duke chaplains are on site seven days a week to offer spiritual support to you and your loved ones. When requested, they connect you with faith-specific representatives from the community. To learn more, contact Chaplain Services & Education at Duke Cancer Institute locations. In Raleigh, call 919.812.7972; for Duke Cancer Center in Durham, 919.684.3586; or Duke Cancer Center North Durham, 919.470.5363. DukeCancerInstitute.org/SurvivorshipDay/Emotional-Health-and-Well-Being/Therapy-and-Counseling-Services.

Therapy and Counseling
Our medical family therapists provide individual, couples, and family therapy. They help you and your loved ones cope with the impact of cancer. Psychiatry and psychology services are also available and offered as part of our treatment for emotional, psychological, and relational issues associated with a cancer diagnosis.

The Great American Smokeout®
Stopping tobacco or even cutting down is a journey with successes and setbacks—and we want to walk with you on that journey. It takes time. And a plan. You don’t have to stop in one day. Start with day one. Join Quit at Duke and the American Cancer Society for The Great American Smokeout® on Thursday, November 17, along with thousands of others to take a step toward becoming tobacco free. Visit DukeHealth.org/Quit to learn more about Quit at Duke services available to you.

Support services are offered both in-person and remotely. Please call 919.684.4497 for more information.

dukecancerinstitute.org
Sexual Health Services
Sexual health services provide education on the impact cancer treatments have on sexual health and intimacy, and therapy services that address concerns surrounding sexual function, sexual feelings, intimacy, and changes in sexual health. To learn more, visit DukeCancerInstitute.org/SupportiveCare/Sexual-Health-Intimacy.

Quit at Duke
Quit at Duke is a program designed to help people quit using tobacco products. Services are provided by tobacco treatment specialists and behavioral medicine clinicians. For more information or to schedule an appointment, please call 919.613.QUIT (7848). To learn more, visit DukeHealth.org/Quit.

Survivorship Services
Our cancer survivorship initiative focuses on the design and delivery of high-quality survivorship care. We partner with you and your loved ones to achieve healthy, fulfilling lives beyond cancer. Areas of care that are addressed include assessment and management of both physical and emotional needs that may result from the cancer experience, cancer screenings and monitoring, and counseling related to prevention and health promotion. We offer a number of clinical and supportive services. For more information, call 919.668.2122. To learn more, visit DukeHealth.org/Treatments/Cancer/Cancer-Survivorship-Services.

Teen and Young Adult Oncology Program
Duke Cancer Institute’s Teen and Young Adult Oncology Program provides teen and young adult patients (ages 15 to 29) and their loved ones with support and community during a cancer diagnosis, treatment, and survivorship. The program offers specialized medical care; individual, couples and family therapy; peer connection; and activity-based groups, both in the medical center and in the community. To learn more, visit DukeCancerInstitute.org/TYAO.

Palliative Care
Duke’s palliative care experts help with symptoms such as shortness of breath, pain, nausea, constipation, fatigue, anxiety, depression, trouble sleeping, and other experiences keeping you from feeling your best. Palliative care works closely with you and your doctors to ensure that every choice about your medical care has you at the center and is consistent with your values, while planning for the future. To schedule an appointment, call 919.668.6688, option #7. To learn more, visit DukeHealth.org/Treatments/Palliative-Care.

Self-Image Services
Our self-image consultants offer a variety of services and products to assist individuals with changes in body-image experienced during cancer treatment and survivorship. If you are interested in a self-image consultation, call 919.613.1906 or email cancersupport@duke.edu. To learn more, visit DukeCancerInstitute.org/Self-Image-Services.

Available Legal Resources
Duke Law School’s Health Care Planning Project offers legal assistance to prepare important documents (e.g., Health Care Power of Attorney, Living Will, Durable Power of Attorney) at no cost for DCI patients. Law student volunteers and supervising attorneys meet with clients over video or phone. To learn more or schedule an appointment, please email HealthCarePlanning@law.duke.edu or call 919.613.7169.
Support Groups

Duke Cancer Patient Support Program’s virtual support groups are professionally facilitated. Attendees have an opportunity to meet people in a similar situation, share their experience and get support, tips, and ideas from those who understand what you’re going through. Registration is required. To learn more, please call 919.684.4497 or visit DukeCancerInstitute.org/Therapy-and-Support-Groups.

**KidsCan!**
KidsCan! is a program designed to support children and teens, ages 4 to 18, who have a parent or significant caregiver living with a diagnosis of cancer. Monthly meetups focus on issues such as understanding cancer, changes in the family life, feelings, self-care, memories, cooperation, love and family. KidsCan! (ages 4–10 years) meets virtually on the second Monday of the month, November 14 at 6:30pm. KidsCan! Tweens and teens (ages 11–18 years) meets virtually on the third Monday of the month, November 21 at 6:30. To learn more or to register, call 919.684.4497, or email CancerSupport@duke.edu.

**General Cancer Support**
Thursday :: November 17
5 to 6 p.m.
Third Thursday of the month
Patient and caregiver groups are held separately. Topics typically include communicating, finding information, making decisions, solving problems negotiating, and standing up for your rights. To register, visit duke.is/mhc7m.

**LGBTQIA+ Cancer Support**
Returning December 28
5:30 to 7 p.m.
Fourth Wednesday of the month
The group is for patients and caregivers. To register, visit duke.is/mhc7m.

**Metastatic Cancer Support Group for Women**
Wednesday :: November 16
3 to 4:30 p.m.
Third Wednesday of the month
The group is for patients only. To register, visit duke.is/mhc7m.

**Breast & GYN Cancers**
Tuesday :: November 8
5:30 to 7 p.m.
Second Tuesday of the month
The group is for patients only. To register, visit duke.is/mhc7m.

**Blood and Marrow Transplant Survivorship Support Group**
Wednesday :: November 16
4 to 5:30 p.m.
Third Wednesday of the month
The group is for patients and caregivers. To register, visit duke.is/mhc7m.

**Caregiver Support Group**
Thursday :: November 17
6 to 7 p.m.
Third Thursday of the month
To register, visit duke.is/mhc7m.

**Prostate Cancer**
Monday :: November 28
4 to 6 p.m.
Fourth Monday of the month
The group is for patients and caregivers. To register, visit duke.is/mhc7m.

**Fertility Support Group for Women**
Thursday :: November 3
5:30 to 6:30 p.m.
First Thursday of the month
The group is for patients only. To register, visit duke.is/mhc7m.

**Parenting with Cancer Meetup**
Tuesday :: November 15
7:30 to 8:30 p.m.
Third Tuesday of the month
The group is for parents with cancer and their caregivers, who have young children and/or teens. To register, visit duke.is/mhc7m.

TYAO
Teen and Young Adult Oncology Program
Join us for the TYAO virtual meetup this month on Tuesday, November 22, from 6:30 to 7:30 p.m. for young adults (18–39 years old). The teens (15–17 years old) meetup will return in January.

*An in-person meetup will be held December 1.
Virtual Tai Chi for Cancer
Friday :: November 4 & 18
2:30 to 3:15 p.m.
First and third Friday of the month
Join Dr. Jay Dunbar, founder and director of The Magic Tortoise Taijiquan School, in a virtual Tai Chi class for cancer patients and survivors. Visit duke.is/8mues to learn more and to register.

Virtual Yoga for Cancer
Tuesday :: November 8 & 22
12 to 1 p.m.
Second and fourth Tuesday of the month
Join certified Yoga for Cancer instructor Laura Woodall in a class designed specifically for cancer patients and survivors. Visit duke.is/7jgt3 to learn more and to register.

Mind-Body Approaches to Coping with Cancer
Wednesday :: November 9
12:45 to 1:30 p.m.
Typically held the second and fourth Wednesday of the month
Mindfulness can be a powerful tool to manage the stress that can accompany living with and life after cancer. These virtual sessions teach mind and body approaches to coping with cancer. Through the focus on the breath and the present moment, patients and their caregivers will learn to discover the ability to respond rather than react to life’s stressors. For more information and to register, visit duke.is/gzsvt.

Explore the Power of Your Voice for Healing
Monday :: November 7 & 21
Noon to 1 p.m.
First and third Monday of the month
In this workshop you will explore breathing techniques, vocal toning, and chanting. These tools and techniques, when used daily, will help you pay mindful attention to your heart and voice while experiencing the health benefits of sound, vibration, and self-expression. Visit duke.is/mn7m9 to learn more and to register.

Exercise Consultations
Mondays :: 2 to 4 p.m.
Wednesdays :: 8:30 to 11:30 a.m.
Supportive Care & Survivorship Center offers exercise consultations by exercise physiologists. These personalized sessions are available to oncology patients and survivors at no cost. Video chat or phone sessions are available on Mondays between 2:00 and 4:00 p.m. and Wednesdays between 8:30 and 11:30 a.m.

To learn more or to register email DHFCCancerExercise@dm.duke.edu or visit duke.is/82cne.

Bridging the gap between cancer treatment and life after treatment.
Cancer Survivorship Services

Watch our video at duke.is/p9nn2 to learn more.
# Duke Cancer Institute Virtual Support and Activity Groups

**NOVEMBER 2022**

### Duke Cancer Institute Virtual Support and Activity Groups

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For more information and to register, visit [DukeCancerInstitute.org/SupportiveCare](http://DukeCancerInstitute.org/SupportiveCare) or call 919.684.4497

To make a gift to support our no charge services, visit [gifts.duke.edu/cancersupport](http://gifts.duke.edu/cancersupport)