When David Wilkie of Smithfield was diagnosed with Stage 4 lung cancer in October 2021, he and his wife, Jessica, didn’t know how they were going to tell their children. “You know they’re going to be scared,” David, 53, said. “Hell, we were scared.”

Shortly after his diagnosis, Hannah Sasser, a certified child life specialist with the Duke Cancer Patient Support Program, reached out. She helped Maxwell, 9, and Eva, 8, understand what their mom and dad were going through. She also connected the family with KidsCan!, a monthly virtual support group for children whose parents have cancer.

“It made it a whole lot easier to talk to the kids about what’s going on,” Jessica said. “The people facilitating KidsCan! are doing a great job answering their questions. It takes a lot of pressure off us.”

Each month, Sasser and her colleagues mail out packets explaining how participants like Max and Eva should prepare for the upcoming meeting. Kids are separated into age-appropriate groups so the child life specialists can engage them in activities like simple science experiments and interactive games. The goal is to educate the kids on their level about difficult topics, such as what cancer is, how its diagnosed and treated, side effects their parents may experience, feelings they may be having, and how their family lives are changing.

“Many times, kids create fantasies if they don’t know all the facts,” Sasser said. “I provide the facts so they can feel confident in their role in the family.”

The sessions are about more than education. Meeting kids going through the same experiences gives the children important social and emotional support too. “At school, they may not know a family whose parent has cancer,” Sasser said, “but in KidsCan! they do.”

To read the full Duke Health blog article, visit https://duke.is/4ew97.
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 help identify and evaluate barriers to timely diagnosis and treatment of cancer. We focus on patients who are faced with multiple barriers such as transportation, housing, and financial concerns. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care.

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. To learn more, visit DukeCancerInstitute.org/Therapy-and-Support-Groups.

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 (eg, 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 4–12 years) meets virtually on the second Monday of the month, September 12 at 6:30pm. KidsCan! Teens (ages 13–18 years) meets virtually on the third Monday of the month, September 19 at 6:30. To learn more or to register, call 919.684.4497, or email CancerSupport@duke.edu.

Blood and Marrow Transplant Survivorship Support Group
Wednesday :: September 21
4 to 5:30 p.m.
Third Wednesday of the month
The group is for individuals who have completed their transplant. To register, visit duke.is/mhc7m.

Caregiver Support Group
Thursday :: September 15
6 to 7 p.m.
Third Thursday of the month
To register, visit duke.is/mhc7m.

Prostate Cancer
Monday :: September 26
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 :: September 1
5:30 to 6:30 p.m.
First Thursday of the month
The group is for patients only. To register, visit duke.is/mhc7m.

Metastatic Cancer Support Group for Women
Wednesday :: September 21
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 :: September 13
5:30 to 7 p.m.
Second Tuesday of the month
The group is for patients only. To register, visit duke.is/mhc7m.

dukecancerinstitute.org

General Cancer Support
Thursday :: September 15
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
Wednesday :: September 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.

TYAO
Teen and Young Adult Oncology Program
Join us for TYAO virtual meetups this month on Tuesday, September 27, from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Thursday, September 22, from 6:30 to 7:30 p.m. for teens (15–17 years old).
The Duke Cancer Patient Support Program provides services and resources to help support patients and their loved ones. For a list of complimentary services, visit dukecancerinstitute.org/supportivecare or call 919.684.4497.

To help ensure the continuation of these vital programs and services, please get involved by visiting DukeCancerInstitute.org/SurvivorshipDay/Get-Involved-With-DCI.

Virtual Tai Chi for Cancer
Friday :: September 16 & 30
2:30 to 3:15 p.m.
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 :: September 13 & 27
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 :: September 14 & 28
12:45 to 1:30 p.m.
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 :: September 12 & 26
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.

The Duke Cancer Patient Support Program provides services and resources to help support patients and their loved ones. For a list of complimentary services, visit dukecancerinstitute.org/supportivecare or call 919.684.4497.

To help ensure the continuation of these vital programs and services, please get involved by visiting DukeCancerInstitute.org/SurvivorshipDay/Get-Involved-With-DCI.

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

### September 2022

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>For more information and to register, contact: 919.684.4497 DukeCancerInstitute.org/SupportiveCare</td>
<td></td>
<td></td>
<td>1 Fertility Support Group for Women</td>
<td>2</td>
</tr>
<tr>
<td>To make a gift, visit gifts.duke.edu/cancersupport</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 Labor Day</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>12 Explore the Power of Voice KidsCan! (4–12)</td>
<td>13 Breast &amp; GYN Cancer Support Yoga for Cancer</td>
<td>14 Mind/Body Coping with Cancer</td>
<td>15 General Cancer Support Caregiver Support</td>
<td>16 Tai Chi for Cancer</td>
</tr>
<tr>
<td>19 KidsCan! (13–18)</td>
<td>20 Parenting with Cancer Meetup</td>
<td>21 BMT Survivorship Support Women’s Metastatic Cancer Support</td>
<td>22 TYAO Teen Meetup (15–17)</td>
<td>23</td>
</tr>
<tr>
<td>26 Explore the Power of Voice Prostate Cancer Support</td>
<td>27 TYAO Young Adult Meetup (18–39) Yoga for Cancer</td>
<td>28 Mind/Body Coping with Cancer LGBTQIA+ Cancer Support Group</td>
<td>29</td>
<td>30 Tai Chi for Cancer</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
</tbody>
</table>