You Are Invited: 33rd Annual Tree of Hope Ceremony

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, family, friends, and healthcare members whose lives have been touched by cancer. The lights on this beautiful tree represent and illuminate HOPE that outshines the surrounding darkness.

On December 7, we invite you to hear a shared message of hope from patients 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 5:30 p.m. If you are unable to make it, 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 make a gift or purchase *luminaries in honor or memory of loved ones or a member of your care team. Visit DCI-TreeOfHope.com to learn more.

*The electric luminaries will remain lit at the Duke Cancer Patient Support Program’s Garden of Tranquility through December 31. Luminaries will display the name of your honoree.

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.

dukehealth.org
Cancer Support Services

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

The DCI Teen & Young Adult Oncology Program invites you and a guest to the Triangle Rock Club of Durham on Sunday, November 5 for a young adult meetup (ages 18 to 39) from 6 to 8 p.m. No climbing experience needed. We will have something for everyone. To register, visit duke.is/8/a4wd.

ENJOY
- Rock Climbing
- Friendly Taco Truck
- Lawn Games
- Henna
- DJ

Patient and Nurse Navigation
Navigators support patients, families, and caregivers through their cancer care. They make sure you have information to make decisions and advocate for your needs. They identify barriers to care and connect you with available resources, as needed. Our navigators support you all the way from diagnosis to end of treatment. If you are interested in learning more, contact your healthcare team and ask what Navigation services are available to you.

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. They work 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, contact your healthcare team and ask about Clinical Social Work services.

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.

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, all at no cost. 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.

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.
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
They 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/Survivorship-Services.

Teen and Young Adult Oncology Program
They provide 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
They 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.

Child and Adolescent Life Services
They focus on supporting the emotional and developmental needs of children and teens in families who are facing cancer. They hold individual education sessions with families to support parents taking the lead in helping their children understand and talk about the cancer diagnosis, treatment, side effects, and changes in their family life. To learn more, visit DukeCancerInstitute.org/SupportiveCare/Child-Life.

Available Legal Resources
Duke Law School's Health Care Planning Project offers free legal assistance to prepare important health care documents (Healthcare Power of Attorney; Durable Power of Attorney; Advanced Directive) for DCI patients. Law student volunteers working under attorney supervision meet with clients in person. Appointments typically take 2 hours. Please note that all applicants are screened for eligibility, which includes questions about annual income. To learn more or to schedule an appointment to visit us at Duke Cancer Center on Friday, November 10 from 11 a.m. to 3 p.m., email xinyan.cheng@duke.edu or call 919.908.3508.
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. Scan the code to register for support groups.

Art Therapy at Nasher
Returning December 13
2 to 3:30 p.m.
Second Wednesday of the month
This group is open to patients and caregivers and is located at the Nasher Museum of Art in Durham. No art experience is needed. For more information and to register, visit duke.is/nn4gr.

General Cancer Support
Thursday :: November 16
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 January 24
5:30 to 6:30 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 15
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 14
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 15
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 16
6 to 7 p.m.
Third Thursday of the month
The group is for caregivers. To register, visit duke.is/mhc7m.

Prostate Cancer
Monday :: November 27
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 2
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 21
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.

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 13, at 6:30 p.m. KidsCan! Tweens and teens (ages 11–18 years) meets virtually on the third Monday of the month, November 20, at 6:30 p.m. To learn more or to register, call 919.684.4497, or email CancerSupport@duke.edu.

TYAO
Teen and Young Adult Oncology Program
Join us for a TYAO in-person meetup at Triangle Rock Club of Durham on Sunday, November 5, from 6:00 to 8:00 p.m. for young adults (18–39 years old). To register, visit duke.is/8/a4wd.
Our virtual meetup on for teens (15–17 years old), will be held and Thursday, November 30, from 6:30 to 7:30 p.m. Scan the QR code to learn more or email TYAO@Duke.edu.
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.

Virtual Tai Chi for Cancer
Fridays :: November 3 & 17 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/7igt3 to learn more and to register.

Mind-Body Approaches to Coping with Cancer
Wednesday November 8 12:45 to 1:30 p.m.
Mindfulness can be a powerful tool to manage the stress that can accompany living with and 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
Mondays :: November 6 & 20, 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.

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Exercise Consultations
Mondays :: 2 to 4 p.m.
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.

Salon Services
Mondays :: November 6 & 13
First and second Monday of the month
Our volunteer team of expert hair stylists provide private consultations at the Belk Boutique in Durham at no cost. They offer dry cuts for your hair or a head shave. Our stylists can also assist with wig styling, cutting, and general wig care. Call 919.613.1906 to reserve your time slot.

Visit DCI-TreeOfHope.com to learn how to honor a loved one or a member of your care team who has made an impact on your life.
### Duke Cancer Institute Virtual Support and Activity Groups

**NOVEMBER 2023**

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