



YOU'RE INVITED TO
THE NANCY WEAVER EMERSON
35TH ANNUAL
TREE OF HOPE
LIGHTING CEREMONY

Cancer Care **NOVEMBER 2025**

Help Light the Tree of Hope on December 4th

By D'Ann George

We invite you to gather with us to mark one of the oldest traditions at Duke Cancer Institute: the lighting of a living holly tree, the Tree of Hope. The ceremony, hosted by Duke Cancer Patient Support Program, is free and open to the public. The event will begin at 5:30 p.m. inside the Duke Cancer Center in Durham before moving outside to the Garden of Tranquility.

If you come, expect to see physicians, nurses, therapists, survivors, staff and families—all searching for the luminaries bearing their names. Each symbolizes a gift of hope for a loved one, a token of gratitude for that person's care team, or a reminder of someone who will never be forgotten.

At 5:30 pm, Chaundrea Mason, a cancer survivor, will briefly address the crowd with her family at her side, followed by DCI staff members who provided them and others with compassionate care.

Breast Cancer Survival Story

Mason was sitting in church with her 7-year-old twins when her pastor prayed for people in the audience who might have a cancerous tumor forming. At the time, Mason had been ignoring an unusual lump in her breast, mentioning it to no one.

"It really triggered my mind. I thought, 'okay, I need to try to call the doctor's office again and make this appointment,'" she said.

That epiphany began Mason's journey through a diagnosis and successful treatment plan for triple-negative breast cancer. Early on, she decided to seek support for herself and her children.

"I saw the Cancer Care Calendar that comes out every month describing all the services that I could get through the Duke Cancer Patient Support Program," she said.

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Duke Cancer Institute

dukehealth.org

Cancer Support Services


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“Then I went to the website and just started clicking.”

Among her clicks, she signed her kids up for KidsCAN! so they could meet other children whose parents had cancer. She signed herself up for yoga and a virtual support group. She connected her teenaged sister with a child and adolescent life specialist who works with teens and children to understand what happens during cancer treatment.

Luminary lights and tribute cards help to pay for services like the ones that Mason chose. Each displays a name or phrase or your choice. Throughout the month of December, luminaries will light the paths leading to Duke Cancer Center, Durham and Duke Cancer Center, Raleigh.

To purchase, or to register to attend the ceremony at no cost, visit duke.is/TreeOfHope.



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

Duke Cancer Institute offers a variety of cancer support and survivorship services for patients and their loved ones to assist with navigating life during and after cancer treatment. Our goal is to shape the future of cancer survivorship and improve the quality of life throughout treatment.

Patient and Nurse Navigation

Navigators support patients, families, and caregivers throughout cancer care — from diagnosis to the end of treatment. They provide information to guide decisions, advocate for your needs, identify barriers, and connect you with helpful resources. To learn more, ask your healthcare team about available Navigation services.

Clinical Social Work

Oncology and palliative care social workers help patients and families manage emotional and practical challenges. They ease stress, address financial concerns, and connect you with resources like disability support, home health, hospice, and end-of-life planning. Ask your healthcare team about Clinical Social Work services.

Cancer Nutrition

Our registered dietitians specialize in oncology and help to prevent and treat malnutrition, restore digestive health, and minimize the side effects of your cancer treatment. To learn more, contact your healthcare team and ask about cancer nutrition 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 by visiting dukehealth.org/support-services/pastoral-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, 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 duke.is/c/b47z.

Sexual Health Services

Sexual health services explain the impact cancer treatments can have on sexual health and intimacy. They help you address concerns surrounding sexual function, sexual feelings, intimacy, and changes in sexual health. To learn more, contact your healthcare team and ask about sexual health services.

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

We partner with you and your loved ones to support healthy, fulfilling lives beyond cancer. Care includes physical and emotional assessments, screenings, and counseling for prevention and wellness. Learn more at duke.is/survivorshipservices or call 919.668.2122.

Teen and Young Adult Oncology Program

This program supports teens and young adults (ages 15–29) and their loved ones through cancer diagnosis, treatment, and survivorship. Services include specialized medical care, individual and family therapy, peer support, and activity-based groups in both clinical and community settings. Learn more at dukehealth.org/TYAO.

Palliative Care

This team helps manage symptoms like pain, fatigue, nausea, anxiety, and more — improving your comfort and quality of life. They work with you, your loved ones, and your doctors to ensure care aligns with your goals. To schedule, call 919.668.6688 (option #7) or 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, at one of our three locations, call 919.613.1906 or email cancersupport@duke.edu. To learn more, visit duke.is/self-image.

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 to support parents while they take the lead in helping their children understand a cancer diagnosis, treatment, side effects, and changes in their family life. To learn more, visit duke.is/cals.

Onco-Fertility Services

Cancer treatments can impact fertility. If you are interested in a fertility preservation consult, talk to your care team, and a nurse navigator will connect you with specialists — including fertility-trained providers, financial counselors, and therapists, and more. Services are available from diagnosis through survivorship, even if preservation wasn't completed. Call 919-613-4389 to speak with a nurse navigator. To learn more, visit duke.is/fertpreservation.

Do you want to receive this newsletter monthly by email? Scan the QR code to [subscribe](#) today.



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duke.is/n8h92

Pets at Duke

Take a break,
find some calm,
and connect with
a furry friend.

Check the calendar to
plan your visit:
duke.is/PADCalendar



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 they are going through. Registration is required. To learn more, call 919.684.4497. Scan the QR code to register for support groups.

All times listed are in Eastern Daylight Time.



Art Therapy at Nasher

Wednesday :: November 12
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](#).

Blood and Marrow Transplant Survivorship Support Group

Wednesday :: November 19
4 to 5:30 p.m.

[Third Wednesday of the month](#)

The **group** is for patients and caregivers.

To register, visit [duke.is/mhc7m](#).

Breast & GYN Cancers

Tuesday :: November 11
5:30 to 7 p.m.

[Second Tuesday of the month](#)

The **group** is for patients only. To register, visit [duke.is/mhc7m](#).

Caregiver Support Group

Thursday :: November 20
6 to 7 p.m.

[Third Thursday of the month](#)

This **group** is for caregivers only. To register, visit [duke.is/mhc7m](#).

General Cancer Support

Thursday :: November 20, 5 to 6 p.m.

[Third Thursday of the month](#)

This **group** is for patients only. Topics 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 28
5:30 to 6:30 p.m.

[Typically the 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 19, 3 to 4:30 p.m.

[Third Wednesday of the month](#)

The **group** is for women who are diagnosed with stage 4 cancer.

To register, visit [duke.is/mhc7m](#).

Parenting with Cancer Meetup

Tuesday :: November 18, 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](#).

Prostate Cancer Support

Monday :: November 24, 4 to 6 p.m.

[Fourth Monday of the month](#)

The **group** is for patients and caregivers. 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 10 at 6:30 p.m. KidsCAN! Tweens and Teens (ages 11–18 years) meets virtually on the third Monday of the month,



November 17 at 6:30 p.m. Registration is required. For more information, contact us by visiting [duke.is/m/vv4y](#).

TYAO

Teen and Young Adult
Oncology Program

Join us for a virtual **TYAO** meetup for young adults (18–39 years old) on Tuesday, November 25th from 6:30 to 7:30 p.m.

Email TYAO@Duke.edu for more information and to register. Check out our Instagram for updates and upcoming events.



@duketyao

Rest, Relax, Renew

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 dukehealth.org/cancersupport or call 919.684.4497.



Virtual Tai Chi
Fridays :: November 7 & 21, 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, is a virtual [Tai Chi class](#) for cancer patients and survivors. Visit duke.is/8mues to learn more and to register.

Virtual Yoga
Tuesdays :: November 11 & 25, Noon 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
Tuesdays :: November 4 & 18, Noon to 12:45 p.m.
First and Third Tuesday 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 how 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 3 & 17, 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, encourage mindful attention to one's heart and voice. Experience 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 DHFCancerExercise@dm.duke.edu or visit duke.is/82cne.

Salon Services
Mondays :: November 3 & 24; Wednesday :: November 19
10 a.m. to 3 p.m.
First and Fourth Monday of the month; Third Wednesday 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. To learn more, visit duke.is/n/8mu6.

Join us Thursday, December 4 for the 35th annual Tree of Hope Lighting Ceremony.

Visit duke.is/TreeOfHope to register for this free event and to learn more about how you can honor a loved one or a member of your care team who has made an impact on your life.



Duke Cancer Institute

NOVEMBER 2025

Duke Cancer Institute Virtual Support and Activity Groups

Monday

Tuesday

Wednesday

Thursday

Friday

For more information and to register, visit
dukehealth.org/cancersupport or call 919.684.4497

To make a gift to support our no charge services, visit
gifts.duke.edu/cancersupport

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