



Cancer Care

DECEMBER 2025

Chaundrea Mason with her children and members of the Cancer Patient Support team, Patrick Plumeri, MS, LMFT and Micah Sedillos, CCLS.

Support During a Difficult Time for Mom with Breast Cancer

By D'Ann George

This December, the Tree of Hope, hosted by the Patient Support Program, will shimmer with the light of care and compassion during difficult times. Chaundrea Mason, currently undergoing treatment for triple-negative breast cancer, will address the audience as the featured speaker, her young twins by her side.

Mason is a busy professional, having recently finished a graduate program in mental health counseling at NCCU. Following that accomplishment, she launched a career mentoring low-income young people who have set their sights on higher education, work that she continues.

While undergoing treatment, Mason found friends and admirers among her care team and fellow patients at Duke Cancer Institute.

Among the first people Mason met was Felicia D. Harris, MS, LMFT, a medical family therapist. "With Felicia, I could focus on the cancer journey. She made me feel safe," said Mason.

"And she introduced me to support groups and resources that made all the difference."

Mason attended the Breast-Gyn Cancer Patient Support group and the Parenting with Cancer group, both part of a comprehensive Cancer Patient Support Program offering many services.

"It was amazing just to be around so many women who share the same diagnosis, but each of our stories were different," she said. "Any support group that will help make me more resilient so that I can still be a strong mom for my kids — I really appreciate those things."

With the help of others in her support groups and her care team, Mason stayed focused on her twins, Devin and Kali McLeon, aged eight.

"The first thing that went through my mind was, how was I going to share the news with my kids? I knew that they would feel what mama was feeling, and I didn't really want that," she said.

Continued on page 2



Duke Cancer Institute

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Cancer Support Services

Continued from page 1

She turned to Micah Sedillos, CCLS, a child and adolescent life specialist at Duke.

“Micah was very welcoming and warm,” said Mason. “Her office was kid friendly. She had a plan of activities for them. I really like the fact that they were able to draw my body, draw what was happening. And they were able to ask their questions. She was there to help me when I didn’t have the words to respond to certain things.”

Meanwhile, Harris counseled Mason herself — and found much to admire in the young woman. “Seeing Chaundrea navigate so many roles — being a mom, working, being a student — showed her resiliency. She made sure her kids received the support they needed. It’s important for patients to have no-cost services; cancer disrupts the family system in so many ways, and this is one less burden to carry.”

To fund services for a family like the Masons, consider lighting a luminary this December.

duke.is/TreeOfHope

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

dukecancerinstitute.org

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.

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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 Gatherings

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 Standard Time.



NEW: Head and Neck Cancer Group

Monday :: Coming January 12
4 to 5 p.m.

[Second Monday of the month](#)

This [group](#) is open to patients and caregivers and is located at Duke Physical Therapy and Sports Medicine in the Center for Living Campus. For more information and to register, visit duke.is/mhc7m.

Art Therapy at Nasher

Wednesday :: December 10
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 :: December 17
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 Support Group

Tuesday :: December 9
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 :: December 18
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 Group

Thursday :: December 18, 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 Group

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 :: December 17, 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 :: December 16, 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 :: December 15, 4 to 6 p.m.

[Typically the 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, December 8 at 6:30 p.m.



KidsCAN! Tweens and Teens (ages 11–18 years) meets virtually on the third Monday of the month, December 15 at 6:30

p.m. Registration is required. For more information, contact us by visiting duke.is/m/wv4y.

TYAO

Teen and Young Adult
Oncology Program

Join us for an in-person Paint and Sip meetup for young adults (18 – 39 years old) on Thursday, December 4th from 7:30 – 9:30 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 :: December 5 & 19, 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 :: December 9 & 23, 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 :: December 9 & 30, Noon to 1 p.m.

Second and Fourth Tuesday of the month (Returning to the first and third Tuesday in January)

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 :: December 1 & 15, 10:30 to 11:30 a.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 Wednesday :: December 17 10 a.m. to 3 p.m.

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

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Duke Cancer Institute Virtual Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
1 Explore the Power of Voice	2	3	4 TYAO Young Adult Meetup Tree of Hope	5 Tai Chi
8 KidsCAN! (4–10)	9 Mind/Body Approaches Coping with Cancer Breast & GYN Cancer Support Yoga	10 Art Therapy at Nasher	11	12
15 Explore the Power of Voice KidsCAN! Tweens and Teens Prostate Cancer Support	16 Parenting with Cancer Meetup	17 Women's Metastatic Cancer Support BMT Survivorship Support	18 Caregiver Support Group General Cancer Support Group	19 Tai Chi
22	23 Yoga	24	25 Christmas Day	26
29	30 Mind/Body Approaches Coping with Cancer	31	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	