



# Cancer Care

MAY 2026

2025 Survivorship Month participants Chaundrea Masson and Larry “Mo” Johnson with Patrick Plumeri, medical family therapist, and Micah Sedillos, child and adolescent life specialist.

## The Heart of Survivorship Month: Meeting You Where You Are

By D’Ann George

**D**uring National Cancer Survivorship Month this June, we are thrilled to offer you live virtual webinars rooted in the everyday experience of living well while living with cancer. Additional live and virtual offerings will include 13 support groups and meetups; 9 rest, relax and renew sessions; and 10 paws-itive visits with Pets at Duke. See the full schedule at [dukehealth.org/survivorship-month](https://dukehealth.org/survivorship-month).

The first webinar of the month begins with **Caring for Your Mind and Body Through Cancer**, an interactive panel that acknowledges something many survivors know all too well: finishing treatment doesn’t mean everything quickly returns to normal. Instead, this session opens the door to honest discussion about what healing really looks like.

Experts in psychology, nutrition, physical therapy, family dynamics, and more will come together to offer practical strategies for managing fatigue, pain, sleep challenges, and

stress, while also addressing the often-unspoken aspects of survivorship — self-image, intimacy, and relationships.

Participants can expect more than information — they’ll gain tools. How do you rebuild strength safely? What does balanced nutrition mean in a world full of conflicting advice? How do you talk with children or teens about what you’ve been through? This session is designed to help answer those questions with clarity, compassion, and evidence-based guidance, while reinforcing a powerful truth: survivorship is about caring for the whole person.

Later in the month, **Food Fight — 3 Diets from Cancer Dietitians** tackles one of the most confusing parts of life after diagnosis: what to eat. With so much noise surrounding keto, Mediterranean, and plant-forward diets, it’s easy to feel overwhelmed. This engaging session brings three oncology dietitians together to break it all down.

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# Cancer Support Services

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They'll explore what each diet really involves, what the science says for people affected by cancer, and how to cut through misinformation to find an approach that works for your body and your life. Just as importantly, the conversation emphasizes flexibility and sustainability — moving away from rigid rules and toward nourishment, balance, and confidence in your decisions.

Together, these events reflect the heart of Survivorship Month: meeting you where you are, and offering meaningful ways to move forward. Whether you're newly diagnosed, in the midst of treatment, years beyond it, or supporting someone you love, these webinars provide space to learn, reflect, and connect.

This June, take a moment to step into that space. Join a conversation. Ask a question. Discover a new perspective. Survivorship isn't a single milestone — it's an ongoing journey, and this month is designed to walk alongside you — wherever you are on the path.

## Register Now

Please let us know if you plan to attend a webinar or other in-person offerings. We'd love to see you! [dukehealth.org/survivorship-month](https://dukehealth.org/survivorship-month).



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

[dukecancerinstitute.org](https://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, visit [duke.is/Onc-Nutrition](https://duke.is/Onc-Nutrition).

## 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](https://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](https://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, visit [duke.is/sexual-health](https://duke.is/sexual-health).

## 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](http://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/survivorshippervices](http://duke.is/survivorshippervices) 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](http://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](http://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](mailto:cancersupport@duke.edu). To learn more, visit [duke.is/self-image](http://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](http://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](http://duke.is/fertpreservation).

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



Scan to learn more or visit [duke.is/n8h92](http://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](http://duke.is/PADCalendar)



# Support Gatherings

Duke Cancer Patient Support Program's support gatherings 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.



## Art Therapy at Nasher

Wednesday :: May 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](#).

## Breast & GYN Cancers Support Group

Tuesday :: May 12  
5:30 to 7 p.m.

[Second Tuesday of the month](#)

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

## Caregiver Support Group

Thursday :: May 21  
6 to 7 p.m.

[Third Thursday of the month](#)

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

## General Cancer Support Group

Thursday :: May 21, 5 to 6 p.m.

[Third Thursday of the month](#)

This virtual [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](#).

## Head and Neck Cancer Group

Monday :: May 11, 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/g/utqh](#).

## NEW: Kidney and Bladder Cancer Support Group

Wednesday :: May 20  
4 to 5:30 p.m.

[Third Wednesday of the month](#)

This virtual [group](#) is for patients and caregivers. To register, visit [duke.is/mhc7m](#).

## LGBTQIA+ Cancer Support Group

Wednesday :: May 27  
5:30 to 6:30 p.m.

[Fourth Wednesday of the month](#)

This virtual [group](#) is for patients and caregivers. To register, visit [duke.is/mhc7m](#).

## Metastatic Cancer Support Group for Women

Wednesday :: May 20  
3 to 4:30 p.m.

[Third Wednesday of the month](#)

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

## Parenting with Cancer Meetup

Tuesday :: May 19, 7:30 to 8:30 p.m.

[Third Tuesday of the month](#)

This virtual [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 Group

Monday :: May 18, 4 to 6 p.m.

[Typically the fourth Monday of the month](#)

This virtual [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, May 11, at 6:30 p.m. KidsCAN! Tweens and Teens (ages 11–18 years) meets virtually on the third Monday of the



month, May 18, at 6:30 p.m. KidsCAN! will meet in-person for the month of April; this includes ages 4 years old through middle school. The event will be held on Saturday, April 18th. Registration is required. For more information, contact us by visiting [duke.is/m/vv4y](#).

# TYAO

Teen and Young Adult  
Oncology Program

Join us for an in person Young Adult (ages 18–39) meetup on Wednesday, May 6, as we come together to cheer on some college baseball on a private patio! Enjoy the game as Winthrop takes on the Tar Heels at 6:00 p.m. Email [TYAO@Duke.edu](mailto: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](http://dukehealth.org/cancersupport) or call 919.684.4497.



**Virtual Tai Chi**  
Fridays :: May 1 & 15,  
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, for a virtual [Tai Chi class](#) for cancer patients and survivors. Visit [duke.is/8mues](http://duke.is/8mues) to learn more and to register.

**Virtual Yoga**  
Tuesdays :: May 5 & 26,  
Noon to 1 p.m.

Typically the 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](http://duke.is/7jgt3) to learn more and to register.

**Mind-Body Approaches to Coping with Cancer**  
Tuesdays :: May 5 & 19,  
Noon to 1 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](http://duke.is/gzsvt).

**Explore the Power of Your Voice for Healing**  
Wednesdays :: May 6 & 20, Noon to 1 p.m.  
First and Third Wednesday of the month  
In this virtual [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](http://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](mailto:DHFCancerExercise@dm.duke.edu) or visit [duke.is/82cne](http://duke.is/82cne).

**Salon Services**  
Monday :: May 4  
Wednesday :: May 20  
10 a.m. to 3 p.m.  
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](http://duke.is/n/8mu6).

## DCI YOU

June is National Cancer Survivors Month

### Join us!

WHO: Patients who are newly diagnosed, currently undergoing treatment, or have completed treatment. Caregivers always welcome!

WHAT: FREE, in-person & virtual cancer support and survivorship events in June, hosted by the Supportive Care and Survivorship Center.



Scan to learn more & to register or visit [duke.is/SurvivorshipMonth](http://duke.is/SurvivorshipMonth)


# MAY 2026

Duke Cancer Institute Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For more information and to register, visit <a href="https://dukehealth.org/cancersupport">dukehealth.org/cancersupport</a> or call 919.684.4497</p> <p>To make a gift to support our no charge services, visit <a href="https://gifts.duke.edu/cancersupport">gifts.duke.edu/cancersupport</a></p>				<p><b>1</b> <a href="#">Tai Chi</a></p>
<b>4</b>	<p><b>5</b> <a href="#">Mind/Body Approaches   Coping with Cancer</a></p> <p><a href="#">Yoga</a></p>	<p><b>6</b> <a href="#">Explore the Power of Voice</a> <a href="#">TYAO Young Adult Meetup</a></p>	<b>7</b>	<b>8</b>
<p><b>11</b> <a href="#">Head and Neck Cancer Group</a> <a href="#">KidsCan! (4–10)</a></p>	<p><b>12</b> <a href="#">Breast &amp; GYN Cancer Support</a></p>	<p><b>13</b> <a href="#">Art Therapy at Nasher</a></p>	<b>14</b>	<p><b>15</b> <a href="#">Tai Chi</a></p>
<p><b>18</b> <a href="#">KidsCAN! Tweens and Teens</a> <a href="#">Prostate Cancer Support</a></p>	<p><b>19</b> <a href="#">Mind/Body Approaches   Coping with Cancer</a> <a href="#">Parenting with Cancer Meetup</a></p>	<p><b>20</b> <a href="#">Explore the Power of Voice</a> <a href="#">Women’s Metastatic Cancer Support</a> <a href="#">Kidney and Bladder Cancer Support Group</a></p>	<p><b>21</b> <a href="#">General Cancer Support Group</a> <a href="#">General Caregiver Support Group</a></p>	<b>22</b>
<b>25</b>	<p><b>26</b> <a href="#">Yoga</a></p>	<p><b>27</b> <a href="#">LGBTQIA+ Cancer Support Group</a></p>	<b>28</b>	<b>29</b>

# JUNE 2026

Duke Cancer Institute Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>June is Survivorship Month</b>	<b>2</b> <a href="#">Mind/Body Approaches   Coping with Cancer</a> <a href="#">Young Adult Cancer Meetup</a>	<b>3</b> <a href="#">Pets at Duke</a> <a href="#">Caring for Your Body and Mind Through Cancer</a> <a href="#">Explore the Power of Your Voice for Healing</a>	<b>4</b> <a href="#">Pets at Duke</a> <a href="#">General Cancer Support Group</a> <a href="#">Caregiver Cancer Support Group</a>	<b>5</b>
<b>8</b> <a href="#">Pets at Duke</a> <a href="#">Head and Neck Cancer Group</a> <a href="#">KidsCan! Ages 4 to 10)</a>	<b>9</b> <a href="#">Virtual Gentle Yoga</a> <a href="#">Mind/Body Approaches   Coping with Cancer</a> <a href="#">Breast &amp; GYN Cancer Support</a>	<b>10</b> <a href="#">Pets at Duke</a> <a href="#">Art Therapy at Nasher</a>	<b>11</b>	<b>12</b> <a href="#">Pets at Duke</a> <a href="#">Virtual Tai Chi</a>
<b>15</b> <a href="#">KidsCAN! (Middle School)</a>	<b>16</b> <a href="#">Pets at Duke</a> <a href="#">Parenting with Cancer Meetup</a>	<b>17</b> <a href="#">Pets at Duke</a> <a href="#">Explore the Power of Your Voice for Healing</a> <a href="#">Women's Metastatic Cancer Support</a> <a href="#">Kidney and Bladder Cancer Support Group</a>	<b>18</b> <a href="#">Pets at Duke</a> <a href="#">Food Fight: 3 Diets from Cancer Dietitians</a>	<b>19</b>
<b>22</b> <a href="#">Prostate Cancer Support</a>	<b>23</b> <a href="#">Virtual Gentle Yoga</a> <a href="#">Mind/Body Approaches   Coping with Cancer</a>	<b>24</b> <a href="#">Pets at Duke</a> <a href="#">LGBTQIA+ Cancer Support Group</a>	<b>25</b>	<b>26</b> <a href="#">Virtual Tai Chi</a>



Scan to learn more & to register or visit [duke.is/SurvivorshipMonth](https://duke.is/SurvivorshipMonth)

Who is Survivorship Month for?  
 Patients who are newly diagnosed, currently undergoing treatment, or have completed treatment. Caregivers are always welcome!

JUNE

# Survivorship Month



*Presented by: Duke Cancer Institute's Supportive Care and Survivorship Center*

This June, we honor everyone facing cancer and all survivors. Join us for in-person events across Durham and Wake Counties and virtual events on Zoom, featuring Duke Cancer Institute providers and survivors sharing tools to support your health and wellness.

## 30+ free events

- 13 Support Groups and Meetups
- 9 Rest, Relax, Renew Sessions
- 2 Survivorship Webinars
- 10 Pets at Duke Sessions



Learn More and Register:  
[dukehealth.org/survivorship-month](https://dukehealth.org/survivorship-month)

