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# Cancer Care JUNE 2026

Cancer survivor and dedicated volunteer Linda Simpson connects with patients during Survivorship Month, encouraging others to find healing, community, and joy along the way.

## Long-time Volunteer Brings Heart to Survivorship Month

By D'Ann George

For Linda Simpson, [Survivorship Month](#) at Duke Cancer Center has never been just a series of events. It's something far more personal — a chance to reflect on her own journey through cancer and on her long, productive life that included management of Laundry Services and procurement of capital equipment for Duke North and years of volunteering.

Over the years, her volunteer work has included encouraging patients and families to explore everything Survivorship Month offers — from creative activities to meetups to small, unexpected moments of fun.

“Do some Thai Chi,” I tell them. “Try out a yoga or mind-body class. Show up in person to meet those people in your support group that up until now, you’ve only seen on Zoom,” she says.

Yet what stands out most to her isn't any single activity — it's what happens when people participate.

“You see the enjoyment in their face,” she says. “They're having fun.”

That sense of enjoyment can be powerful, especially for people in the middle of treatment or adjusting to life after cancer. Linda has watched patients arrive for clinical appointments and then stay afterward to experience an activity, such as a salon services consultation in the Belk Boutique. “Or maybe they pet the therapy dog,” she said,

### Survival Not Always Easy to Embrace

Simpson also understands that survival is not always easy to embrace. Seeing others who are facing the same journey can be emotional and affirming.

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“I remember when I didn’t want to accept my own diagnosis. I didn’t really believe that I had cancer,” she said. “But it helped me to see other women come in, facing the same thing. It helped me to participate in survivorship activities.”

“I had 15 radiation treatments the first time, and the second time, I had five. I finished right before the pandemic hit,” she said.

During her treatment, Simpson began seeing a therapist through the Duke Cancer Patient Support Program who helped her cope with her diagnosis.

After decades of long workdays and raising a family, she now channels that same energy into volunteering and staying active.

“It just makes me feel good, that I can talk to people, that I can volunteer my time,” she said. “It’s just my way of giving back.”

Recently, Duke University awarded Simpson the Presidential Award for Lifetime Achievement. The award recognizes her 4,000 hours of volunteer service for the Duke Health system.

To learn more about volunteering visit [dukehealth.org/volunteer-services](https://dukehealth.org/volunteer-services) or call Kevlin Swepston at 919.684.0384.

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

[dukecancerinstitute.org](https://dukecancerinstitute.org)

# June Survivorship Month Events

## June is National Cancer Survivorship Month

Survivorship Month celebrates and supports you and your loved ones, during treatment and beyond.

Join us for our 18th annual survivorship festivities, featuring both in-person and virtual events.

### Register Now

To learn more about specific event locations and times, and to register for an event, visit our Survivorship Day 2026 portal at [duke.is/SurvivorshipMonth](https://duke.is/SurvivorshipMonth).



physical fitness, sexual health, relationships, and parenting to talk honestly about what recovery can really look like. To learn more and to register, visit [duke.is/m/gz6q](https://duke.is/m/gz6q).

1:30 to 2:30 p.m.

### Explore the Power of Your Voice for Healing

VIRTUAL

To learn more and to register, visit [duke.is/w/5by2](https://duke.is/w/5by2).

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## THURSDAY, JUNE 4

5:30 to 7 p.m.

### Caregiver Cancer Support Group

IN-PERSON

Located at Duke Cancer Center. To learn more and to register, visit [duke.is/9/rbtt](https://duke.is/9/rbtt).

5:30 to 7 p.m.

### General Cancer Support Group

IN-PERSON

Located at Duke Cancer Center.

To learn more and to register, visit [duke.is/4/2e85](https://duke.is/4/2e85).

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## MONDAY, JUNE 8

4 to 5 p.m.

### Head and Neck Cancer Support Group

IN-PERSON

Located at Duke Sports Sciences Institute on the Center for Living Campus. To learn more and to register, visit [duke.is/v/5737](https://duke.is/v/5737).

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## TUESDAY, JUNE 2

Noon to 1 p.m.

### Mind-Body Approaches to Coping with Cancer

VIRTUAL

To learn more and to register, visit [duke.is/z/s5tp](https://duke.is/z/s5tp).

5:30 to 7:30 p.m.

### Young Adult Cancer Meetup

IN-PERSON

Join us at Boxcar in Durham for a fun, relaxed meetup welcoming individuals with cancer and their friends, ages 18–39. To register, visit [duke.is/n/7fty](https://duke.is/n/7fty).

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## WEDNESDAY, JUNE 3

Noon to 1:15 p.m.

### Caring for Your Mind and Body Through Cancer (Webinar)

VIRTUAL

This interactive panel brings together experts in mindfulness, nutrition,

6:30 to 7:30 p.m.

## KidsCAN! Ages 4 to 10

**VIRTUAL**

This program is designed to support children who have a parent or significant caregiver living with a diagnosis of cancer. To learn more and to register, visit [duke.is/z/hcfu](https://duke.is/z/hcfu).

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## TUESDAY, JUNE 9

Noon to 1 p.m.

## Gentle Yoga

**VIRTUAL**

To learn more and to register, visit [duke.is/r/vfgz](https://duke.is/r/vfgz).

5:15 to 6:15 p.m.

## Mind-Body Approaches to Coping with Cancer

**IN-PERSON**

Located at Duke Women's Cancer Care Raleigh. To learn more and to register, visit [duke.is/v/z5fa](https://duke.is/v/z5fa).

6 to 7:30 p.m.

## Breast/GYN Support Group

**IN-PERSON**

Located at Duke Women's Cancer Care Raleigh. To learn more and to register, visit [duke.is/v/6zps](https://duke.is/v/6zps).

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## WEDNESDAY, JUNE 10

2 to 3:30 p.m.

## Art Therapy @ Nasher

**IN-PERSON**

Located at Nasher Museum of Art at Duke University. To learn more and to register, visit [duke.is/9/s55c](https://duke.is/9/s55c).

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## FRIDAY, JUNE 12

2:30 to 3:15 p.m.

## Tai Chi

**VIRTUAL**

To learn more and to register, visit [duke.is/r/2zng](https://duke.is/r/2zng).

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## MONDAY, JUNE 15

6:30 to 7:30 p.m.

## KidsCAN! Middle School

**VIRTUAL**

This program is designed to support middle schoolers who have a parent or significant caregiver living with a diagnosis of cancer. To learn more and to register, visit [duke.is/m/8grj](https://duke.is/m/8grj).

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## TUESDAY, JUNE 16

6:30 to 8 p.m.

## Parenting with Cancer Meetup

**IN-PERSON**

Located at Duke Cancer Center Raleigh. To learn more and to register, visit [duke.is/r/a27f](https://duke.is/r/a27f).

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## WEDNESDAY, JUNE 17

1:30 to 2:30 p.m.

## Explore the Power of Your Voice for Healing

**VIRTUAL**

To learn more and to register, visit [duke.is/8/q5km](https://duke.is/8/q5km).

3 to 4:30 p.m.

## Metastatic Cancer Support Group for Women

**IN-PERSON**

Located at Duke Women's Cancer Care Raleigh. To learn more and to register, visit [duke.is/5/tas4](https://duke.is/5/tas4).

4 to 5 p.m.

## Kidney and Bladder Cancer Support Group

**VIRTUAL**

To learn more and to register, visit [duke.is/8/ymvp](https://duke.is/8/ymvp).

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](https://duke.is/n8h92)

## You Are Not Alone

Survivorship doesn't follow a calendar, neither does our care. Even after June ends, our free supportive care services for patients and their families continue year-round.

For a list of complimentary services, visit [dukehealth.org/cancersupport](https://dukehealth.org/cancersupport) or call 919.684.4497.



# June Survivorship Month Events Continued

Duke Cancer Patient Support Program's 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. For a list of available groups by month, visit [duke.is/5/f2nb](https://duke.is/5/f2nb).

For the month of June, in-person support groups and meetups will offer food and beverages.



Scan to learn more or visit [duke.is/5/f2nb](https://duke.is/5/f2nb).

## THURSDAY, JUNE 18

Noon to 1 p.m.

### Food Fight: 3 Diets from Cancer Dieticians (Webinar)

VIRTUAL

This session empowers you with credible, easy-to-understand information so you can make informed choices without guilt, fear, or pressure—focusing on nourishment, balance, and sustainable habits that support long-term health. To learn more and to register, visit [duke.is/8/522r](https://duke.is/8/522r).

## MONDAY, JUNE 22

4 to 6:15 p.m.

### Prostate Cancer Support Group

IN-PERSON

Located at Duke Cancer Center Raleigh. To learn more visit

[duke.is/8/zbdh](https://duke.is/8/zbdh).

## TUESDAY, JUNE 23

Noon to 1 p.m.

### Gentle Yoga

VIRTUAL

To learn more and to register, visit [duke.is/z/sjqj](https://duke.is/z/sjqj).

1 to 2 p.m.

### Mind-Body Approaches to Coping with Cancer

VIRTUAL

To learn more and to register, visit [duke.is/y/rf26](https://duke.is/y/rf26).

## WEDNESDAY, JUNE 24

5:30 to 6:30 p.m.

### LGBTQIA+ Cancer Support Group

VIRTUAL

To learn more and to register, visit [duke.is/g/pgfw](https://duke.is/g/pgfw).

## FRIDAY, JUNE 26

2:30 to 3:15 p.m.

### Tai Chi

VIRTUAL

To learn more and to register, visit [duke.is/2/8z4u](https://duke.is/2/8z4u).

Join us at our Cancer Center locations to meet the Pets at Duke therapy dogs.

## WEDNESDAY, JUNE 3

10 to 11:30 a.m.

Duke Cancer Center Raleigh

## WEDNESDAY, JUNE 3

2 to 3:30 p.m.

Duke Cancer Center, Level 00

## THURSDAY, JUNE 4

10:30 a.m. to noon

Duke Women's Cancer Care Raleigh

## MONDAY, JUNE 8

2 to 3:30 p.m.

Duke Cancer Center, Patient Resource Center

## WEDNESDAY, JUNE 10

10 to 11:30 a.m.

Duke Cancer Center, Level 3

## FRIDAY, JUNE 12

10:30 a.m. to noon

Duke Cancer Center, Level 2

## TUESDAY, JUNE 16

10:30 a.m. to noon

Duke Cancer Center, Level 5

## WEDNESDAY, JUNE 17

10 to 11:30 a.m.

Duke Cancer Center Raleigh

## THURSDAY, JUNE 18

10:30 a.m. to noon

Duke Women's Cancer Care Raleigh

## WEDNESDAY, JUNE 24

10 to 11:30 a.m.

Duke Cancer Center, Patient Resource Center


*Subject to Volunteer availability.*

[dukehealth.org/petsatduke](https://dukehealth.org/petsatduke)



# 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)

