



Meditation partners enjoy a moment outside of their class with Hannah Fisher, PhD, clinical psychologist. (L to R) Mary Hartzell, Budd Berro, and Fisher.

Finding Inner Calm in Uncertain Times

By D'Ann George

Cancer-related worries crowd Mary Hartzell's thoughts at times. "I feel kind of scattered and erratic in my thoughts and emotions," she said. At these moments, it's hard not to catastrophize about her metastatic ovarian cancer diagnosis, she said.

There are two things that help her: the mindfulness practice that she has developed over many years, and the other cancer survivors who practice alongside her in a virtual class offered, cost-free, through Duke Cancer Patient Support Program.

The virtual class, called [Mind-Body Approaches to Coping with Cancer](#), takes place on the first and third Tuesdays, at noon.

Hannah Fisher, PhD, a clinical health psychologist, leads the participants in guided discussions and meditation exercises. The exercises teach practical tools that people can use to help them cope with anxiety, stress, pain, and uncertainty.

"The tools are really basic," said Hartzell. "Focus on your breath.

Stay in the present moment. Keep your mind from wandering and forgive yourself if it does. Basic, but not easy."

Those practices have become a reliable source of comfort during difficult periods. When she feels overwhelmed by thoughts and emotions, mindfulness offers a way to regain her footing.

"I think more than anything, mindfulness has accelerated my acceptance of a cancer diagnosis," she said. "I have metastatic disease, and I have to accept everything that comes with that, including a tremendous amount of loss and grief."

While mindfulness practices are valuable, Hartzell says the support of fellow participants is equally important.

"It's heartening to know that there are other people who are going through the same thing," she said.

Participants begin each session with a brief check-in before discussing a mindfulness principle such as acceptance, trust or

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Duke Cancer Institute

dukehealth.org

Cancer Support Services

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non-judgment. Fisher then guides the group through a meditation related to that topic.

The group atmosphere helps participants connect through shared experiences without focusing solely on medical details.

“Being able to meet with people to whom I don’t have to tell my entire backstory is helpful,” Hartzell said. “Everybody’s journey is unique, but as a cancer patient, you understand what it means to have surgery, treatment and all the things that go along with that.”

Fisher encourages anyone who is curious about mindfulness to give the class a try.

“It’s okay to come just one time,” she said. “There’s no agenda, no expectation. You can simply drop in and see whether it’s helpful for you.”

To learn more and to register for the class on July 7 or 21, at noon, visit duke.is/g/sea4.

Fisher will also lead an in-person mindfulness session at an educational event on Saturday, September 19 for people living with prostate, bladder and kidney cancers. To register and learn more visit duke.is/GUCommunityEducationEvent.

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, visit 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.

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, visit 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.

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.



Scan to learn more or visit 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 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 :: July 8

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 :: July 14

5:30 to 7 p.m.

[Second Tuesday of the month](#)

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

Caregiver Support Group

Thursday :: July 16

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 :: July 16, 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](#).

Head and Neck Cancer Group

Monday :: July 13, 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 :: July 17

4 to 5:30 p.m.

[Third Wednesday of the month](#)

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

LGBTQIA+ Cancer Support Group

Wednesday :: July 22

5:30 to 6:30 p.m.

[Fourth Wednesday of the month](#)

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

Metastatic Cancer Support Group for Women

Wednesday :: July 15

3 to 4:30 p.m.

[Third Wednesday of the month](#)

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

Parenting with Cancer Meetup

Tuesday :: July 21, 7:30 to 8:30 p.m.

[Third Tuesday of the month](#)

This [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 :: July 27, 4 to 6 p.m.

[Fourth Monday of the month](#)

This [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) typically meets virtually on the third Monday of the month, at 6:30 p.m. KidsCAN! Middle School typically meets virtually on the third Monday of the month, at 6:30 p.m. For the month of July, KidsCAN! (ages 4 through Middle School) will meet in-person on Sunday, July 26 at Marbles Museum. Access to the Museum and the IMAX Theater is included. 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 cooking demonstration meetup for young adults (18-39 years old) on Tuesday, July 28 from 6:30 – 8:30 p.m. One of our clinical dietitians will be leading the cooking demonstration followed by an open discussion of nutrition-based topics. 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 :: July 10 & 24,
2:30 to 3:15 p.m.

Typically the 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 to learn more and to register.

Virtual Yoga
Tuesdays :: July 7 & 28,
Noon to 1 p.m.

Typically the Second and Fourth Tuesday
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 :: July 14 & 28,
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.

Explore the Power of Your Voice for Healing
Wednesdays :: July 1 & 15,
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 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 :: July 15
Monday :: July 27
10 a.m. to 3 p.m.

Third Wednesday and fourth 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. To learn more, visit duke.is/n/8mu6.



Helping cancer survivors live a healthy, full life while navigating their unique needs.

Cancer Survivorship Services



Learn more or schedule a visit:

919.668.2122 or [Cancer Survivorship Services](#)



Duke Cancer Institute

JULY 2026

Duke Cancer Institute 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		1 Explore the Power of Voice		2		3	
6		7 Mind/Body Approaches Coping with Cancer Yoga		8 Art Therapy at Nasher		9		10 Tai Chi	
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