



**DECEMBER 2011
CALENDAR**

Life with Cancer®

Experience a Community of Hope

DECEMBER HIGHLIGHTS

About Life with Cancer®

Life with Cancer is part of Inova Health System, a not-for-profit healthcare system. Our mission is to enhance the quality of life of those affected by cancer by providing information, education and support. Our programs and services are offered through out Northern Virginia and our main facility is the Dewberry Life with Cancer Family Center; a home-like setting where people can come together to learn, share and find solutions to the many questions that arise when one is diagnosed with cancer. Our professional staff is made up of oncology nurses and social workers that have an average of 15 years experience in the field. Our programs are FREE thanks to the generous support of the community. Anyone may take part in our classes, groups and services, regardless of where they live or receive treatment. To learn more, visit www.lifewithcancer.org.

How to Register: Important Facts!

1. All classes are free, but 48-hour registration is required unless otherwise specified.
2. Register online at lifewithcancer.org or call 703-698-2526, unless otherwise specified.
3. If attending a support group for the first time, please contact the facilitator, otherwise registration is not required.
4. Program cancellations will be posted on the Life with Cancer homepage. Please check the "Special Announcements" box on the Life with Cancer homepage before attending a class or group.
5. Family members and significant are welcome to attend most classes, not support groups.
6. Consultation with staff may be required prior to attendance.
7. Anyone who has been diagnosed with cancer and is currently affected by the disease may register for classes regardless of where one receives/d treatment.

Stay Connected!

- To receive a FREE subscription to Life with Cancer email news go to lifewithcancer.org and click on the "Sign Up for Email News" box
- For a current copy of the Life with Cancer calendar, go to lifewithcancer.org and click on the "Printable Class Calendar" box

Life with Cancer Orientation

FC, Thu, Dec 8 & 15, 11am-12pm

FC, Mon, Dec 12 & 19, 6-7pm

If you are new to Life with Cancer, please come to learn more about our many programs, support groups, and support services for both children and adults affected by cancer. Overview will include who we are and what we do, how and where you can get started, staff and services available at our various locations, tour of our Family Center, and your specific questions addressed.

Surviving Cancer: Moving Forward

FC, Sat, Dec 3, 8:30am-1pm

This special program will offer tools to help survivors ease the fear and anxiety they may feel after completing their cancer treatment. Learn about the physical, cognitive and emotional aspects of survivorship as well as relaxation techniques that you can use at home. Cosponsored by Life with Cancer and Leukemia Lymphoma Society. Lunch provided. Please register by Thursday, Dec. 1 at 703-399-2940 or margo.delong@lls.org.

Cancer Education Forum: Ask a Pharmacist

FC, Wed, Dec 14, 7:15-8:30pm

Leila Mohassel, Pharm D, BCOP, Clinical Pharmacy Specialist (Oncology), will be available for Q & A about medications commonly used by cancer patients to control side effects of treatment, pain medications, sleeping meds, and other commonly prescribed medications.

Handling the Holidays After the Death of a Loved One

FC, Tue, Dec 6, 7-8:30pm

If your family has been changed by the death of a loved one this year, you may be anticipating the holiday season with

anxiety and sadness, feeling separate from the joy and celebration of others. Meet for mutual support and discussion on handling holiday traditions, tips on getting through the season, and an overview of the grief process. Facilitated by Drucilla Brethwaite, LCSW.

GENERAL INTEREST

Stem Cell/Bone Marrow Transplant

FC, Thu, Feb 23, 7-8:30

Past, current, and upcoming Stem Cell and Bone Marrow Transplant



WEATHER POLICY

Life with Cancer classes and groups will follow local public school cancellation policies. *

- If county school systems, evening activities and/or adult education programs are cancelled, **Life with Cancer** will cancel classes and groups.
- If county school systems have a delayed opening, **Life with Cancer** groups and classes will NOT be cancelled or delayed.
- If county school systems have an early dismissal, Life with Cancer will cancel afternoon and evening classes and groups.

For the most up-to-date information about **Life with Cancer** class and group cancellations due to inclement weather or area emergency, please visit www.lifewithcancer.org or call:

703-698-2526.

**Note: Individual counseling and massage therapy appointments will take place as scheduled unless otherwise arranged between the counselor and/or massage therapist and client.*

Location Key for December 2011

- 3650-S 200:** Fair Oaks Medical Professional Building-3630 3650 Joseph Siewick Dr., Suite 200, Fairfax,, VA, 22031
- 3700-A&B:** 3700 A&B Medical Plaza Building 3700 Joseph Siewick Drive, Fairfax, VA, 22033
- 3700-B** Fair Oaks Medical Plaza, Conf. Rm. B 3700 Joseph Siewick Dr Fairfax, VA, 22033
- CUMC-1** Christ United Methodist Church Trailer B 8285 Glen Eagles Lane Fairfax Station, VA, 22039
- CUMC-2** Crossroads United Methodist Church, 43454 Crossroads Dr. Ashburn, VA
- FC** Life with Cancer Family Center 8411 Pennell Street Fairfax, VA, 22031 www.lifewithcancer.org
- IAH-CCW** Inova Alexandria Hospital Cancer Center 4320 Seminary Rd. Alexandria, VA, 22304
- IFHC** Inova Fairfax Hospital for Children - Radiation Oncology Conf. Rm. 3300 Gallows Road Falls Church, VA, 22042
- IFOH-1** Inova Fair Oaks Hospital- Conference Room 1 3600 Joseph Siewick Dr Fairfax, VA, 22033
- ILH-R** Inova Loudoun Hospital Radiation Oncology Center 44035 Riverside Parkway Leesburg, VA, 20176
- ILPO** Inova Loudoun Physicians Offices 44055 Riverside Parkway, Suite 210, Leesburg, VA, 20176
- ITU** Inquilinos y Trabajadores Unidos, 3801 Mt. Vernon Ave. Alexandria, VA, 22305
- LCSC** Loudoun County Senior Center 21060 Whitfield Place Sterling, VA, 20165
- PCC** Physician's Conference Center 3300 Gallows Road Falls Church, VA 22042
- TJL** Thomas Jefferson Library 7415 Arlington Blvd Falls Church, VA 22042
- TR** Two Riverbend 44084 Riverside Parkway Lower Level Basement Leesburg, VA, 20176

patients and/or caregivers are invited to call now to register for our February meeting featuring special guest speaker David Porter, MD, Director, Blood and Marrow Transplantation, University of Pennsylvania. Facilitators: Drucilla Brethwaite, LCSW, OSW-C and Donna Eichna, MSN, APRN-BC, OCN®, Inpatient Stem Cell Coordinator. Co-sponsored with Leukemia & Lymphoma Society. For information please contact Drucilla at 703.776.8798 or drucilla.brethwaite@inova.org

CanSurvive

TJL, Thu, Dec 1-22, 1-3pm

This weekly patient-led self-help group welcomes anyone with any type of cancer (loved ones also welcomed). For location and more information contact CanSurvive at 301-294-0566, linsil@usermail.com

Look Good...Feel Better

ILH-R, Thu, Dec 1, 6:45-9pm

A professional cosmetologist will show you how to manage the cosmetic effects of cancer treatment. Also learn about head coverings and wigs to help you look your best before, during, or after treatment. New participants will receive a personalized make-up kit.

Co-sponsored with American Cancer Society. Registration is essential. To register call Karen Archer 703-858-8857.

Look Good...Feel Better – Two Locations!

IFOH-1, Thu, Dec 15, 1:30-3:30pm

FC, Tue, Dec 20, 7-9pm

A professional cosmetologist will show you how to manage the cosmetic effects of cancer treatment. Also learn about head coverings and wigs to help you look your best before, during, or after treatment. New participants will receive a personalized make-up kit.

Co-sponsored with American Cancer Society.

Mah Jongg Club

FC, Mon, Dec 5-19, 12:30-4pm

Four Bam! Three Crak! Two Dot! ... those marvelous sounds. Tiles clacking, women bonding, laughing and, of course, the best sound of all ... Mah Jongg! Cancer survivors



and patients who are Mah Jongg enthusiasts are welcome to join this fun, sociable and relaxing game. This is an informal meeting; beginning knowledge of how to play the game is necessary.

Managing Treatment Side Effects – Two Locations!

3700-B, Tue, Dec 13, 1-2:30pm

ILPO, Wed, Dec 14, 1-2:30pm

Fatigue, mouth sores, peripheral neuropathy, neutropenia and more. Get an overview of side effects one may expect from chemo and radiation therapy plus tips on how to manage them and when to call your doctor. Presented by Deborah Cook, RN, OCN®, Oncology Patient Educator.

Ostomy Support Group of Northern Virginia

PCC, Sun, Dec 4, 1:30-3pm

Join us for our annual Holiday festivities! For more information, call 703-802-3457 or visit www.ostomysupportofnova.org.

Partners in Care - Fairfax

FC, Mon, Dec 12, 7-8:30pm

Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Facilitator: Drucilla Brethwaite, LCSW and Eric Cohen, RN, BSN, OCN®. Please register by preceding Friday.

Partners in Care - Loudoun

ILPO, Mon, Dec 5 & 19, 6:30-8pm

This group is just for caregivers and will meet on the 1st and 3rd Monday of the month. Meet in a casual setting for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Please register. Facilitators: Sandra Weller, LCSW, OSW-C, Deborah Cook, RN, OCN®.

What to Expect During Chemo – Two Locations!

ILPO, Thu, Dec 1 & 15, 1:30-3pm

FC, Fri, Dec 2, 9 & 16, 10:30am-12pm

If you are about to start, or recently started chemotherapy, this class is for you. An oncology nurse educator will explain medical

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Please search for Life with
Cancer and click on “like us.”*



terms, what to be aware of, do's and don'ts, and tips to optimize your quality of life throughout treatment. Same class offered many times through out during the month.

Young Adult Group

FC, Thu, Dec 22, 7:30-9pm

Meet with others, ages 18 to 30-something, to discuss treatment side effects, work and health insurance concerns, body image, intimacy, dating, fears of recurrence, sustaining a normal lifestyle and other issues of concern to young people with cancer. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Eric Cohen, RN, BSN, OCN®.

MIND / BODY & WELLNESS

EXPRESSIVE ARTS

Art for Wellness and Growth

FC, Mon, Dec 19, 2-4pm

Explore your creativity, using art for wellness, insight, and personal growth. Artistic ability is NOT necessary - just a willingness to explore, have some fun and be part of a supportive, creative community. Facilitator: Art therapist Jean McCaw, MA, ATR-BC. Please register by preceding Friday.

Knitting and Crocheting Circle - Fairfax

FC, Tue, Dec 6, 7-8:30pm

Past, new, experienced or inexperienced participants are welcome to join us monthly on the first Tuesday. Bring your own project to work on or one to donate. Facilitator: Carolyn Sam, M.Ed. Newcomers please register.



Knitting Circle - Loudoun

ILPO, Thu, Dec 8, 11-12:30pm

Laugh, learn and create! Everyone is welcome at all levels of experience, from beginners to advanced. Bring your own project to work on or learn the basics with furnished supplies. Enjoy the company of other who find knitting a relaxing and stress-reducing activity. Please register so that we may "gauge" interest.

Origami for the Holidays

FC, Tue, Dec 13, 1-2:30pm

Carolyn Sam, MEd, will guide us in our annual session on Origami, the Japanese art of folding paper. Items made can be used for holiday ornaments, gift decorations, greeting cards. No creative experience necessary, just

the desire to learn a new skill or to get lost in an activity.

Writing for Wellness

FC, Thu, Dec 15, 10:30am-12pm

Join certified poetry therapist Ingrid Tegner, MSW, in this monthly program and tap into your own well of creativity, using poetry and creative journaling techniques. Writing experience is not necessary, just a willingness to explore the healing journey in a supportive small group community for empowerment, insight, and support

FITNESS

Level I-III Exercise classes are taught by ACSM Certified Cancer Exercise Trainer Susan Gilmore, unless otherwise specified. For further information, contact Marsha Komandt, RN, OCN®, 703-698-2530, unless otherwise specified..

Level I Exercise: Launching into Fitness - Fairfax

FC, Tue, Nov 29-Dec 13, 1-1:45pm

This class is for people who are new to Life with Cancer's exercise program. It will help to assess your fitness level after which you can progress to the Level II exercise class. A waiver form (available online) must be completed before or upon arrival to class.

Level II Exercise: Chair-Based

FC, Mon and Wed, Nov 28-Dec 14

Increase heart rate, range of motion, flexibility, tone and strengthen muscles. This pre-holiday three-week class is designed particularly for those with treatment limitations such as neuropathy, balance and low energy issues. Level I exercise class is a prerequisite, class size is limited and registration required.

Level III Exercise: Keeping Fit

FC, Mon and Wed, Nov 28-Dec 14, 3-4pm

This three-week aerobic exercise series offers a combination of standing and floor exercises to increase strength and flexibility, improve endurance and fatigue and enhance overall well-being. Level I and II exercise classes are prerequisites. No new registrations after Nov. 28. Instructor: ACSM Certified Cancer Exercise Trainer Susan Gilmore.

Walk On Together

ILPO, Wed, Dec 7-21, 9:30-10:30am

If you are interested in walking with fun-loving people for exercise and camaraderie this group is for you! Please register. For further information contact Sandra Weller, LCSW, OSW-C, 703-858-8466

MEDITATION

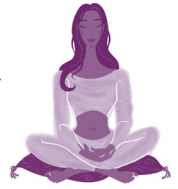
Meditation and Guided Imagery with Micheline

FC, Wed, Dec 7 & 14, 3-4pm

Join us for this weekly relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing.

Facilitator: Micheline

Toussaint, LCSW, RYT. Come to one session or come to all.



Life with Cancer® en Español

Fiesta Familiar de Invierno: Celebramos la Temporada

FC, martes, 6 dic, 6-8pm

Celebración para participantes y sus niños. Opción de intercambiar regalos de Santa Secreto entre los adultos (valor no mas de \$10) y compartir tu plato o postre preferido. Por favor registrarse llamando al (703)698-2526 o vía Internet.

Latinas Unidas y Latinos Unidos

Estos grupos no encontrarán en diciembre. Unanos para nuestro Fiesta Familiar de Invierno.

Sanando Juntos

FC, jueves, 1 dic, 6:30-8:30pm

Grupo general de apoyo para hombres y mujeres. Aprenderás técnicas y ejercicios para favorecer una mejor calidad de vida, liberar el estrés y manejar efectos secundarios del tratamiento. Para más información, llamar a David McGinness 703-698-2529.

Yoga Nidra en Español

FC, miércoles, 14 dic, 7-8pm

Yoga Nidra es un método para inducir la relajación física, mental y emocional que alivia el estrés, ansiedad y problemas de insomnio. Repetiremos internamente afirmaciones positivas en relación a cambios que quieres hacer en tu vida. Se dice que una hora de Yoga Nidra equivale a cuatro horas de sueño reparador. El mes de diciembre suele a agregar tensión por el trajecto de la temporada, ven a regalarte una hora de relajación guiada. Trae tu almohada o cojines y una frazada para recostarte cómodamente. Por favor registrarse vía Internet o llamando a Verónica Martínez 703-698-2539.

**Meditation to Find Peace
In the Holiday Season**

FC, Thu, Dec 15, 2-3pm

This special meditation program begins with breathwork and a relaxation technique that leads into a guided meditation. Facilitator: Jenn Fay, MA, RYT.

Meditation to Boost the Immune System

FC, Thu, Dec 8, 2-3pm

Jenn Fay, RYT will guide us through meditation with this special focus. Preceded by Yoga to Boost the Immune System.

NUTRITION

Fighting Cancer with a Fork

IAH-CCW, Wed, Dec 14, 1-2pm

Dietitian and certified specialist in oncology nutrition Deb Rowland, RD, will provide an overview of nutritional recommendations for cancer patients and survivors.

REIKI

**Reiki for Relaxation:
Individual Appointments**

FC, Mon, Dec 12, 4:30, 5:30 & 7pm

Schedule your individual appointment with a certified Reiki practitioner and experience the benefits of this ancient practice involving the positioning of hands along the body to direct energy, releasing tension and discomfort, and enhance well being. Dress comfortably. * Please note: If you are absent for your appointment more than 3 times without notifying Life with Cancer, we will no longer be able to schedule appointments for you.

Reiki for Relaxation

ILH-R, Thu, Dec 15, 6:45-8pm

To help you rebalance and recharge your body's energy systems while you relax to soothing music. *Due to the holidays, Reiki will meet the 3rd Thursday this month. Registration is requested if attending for the first time; MUST call Karen Archer, 703-858-8857. Life with Cancer will not take registrations online or by phone.

SPIRITUALITY

Spiritual Support Group

CUMC-1, Thu, Dec 15, 7-8:30pm

Please note change in dates this month! This support group with a spiritual focus is for those newly diagnosed, in remission, or who have been dealing with cancer for some time; family members are welcome. For more information contact facilitator Dana Neese, Christ United Methodist Church, 703-690-3401.

Spirituality Quest

FC, Tue, Dec 13, 10:30am-12pm

Come for our last session of the year and enjoy our "Filled with Grace and Gratitude" Holiday Potluck Brunch. Facilitator: Marsha Komandt, RN, OCN®.

YOGA

Gentle Yoga

3700 A&B, Tue, Dec 6 & 13, 12-1pm

Join us for the last two sessions and learn movements to stretch, strengthen, and relax muscles. Dress comfortably and experience

yoga which can be done in a chair or on the floor. Bring a yoga mat if practicing on the floor. New participants must complete a class participation form (available online) before or upon arrival to class. Instructor: Certified Yoga instructor Marti Badila, RYT. Registration is required.

Yoga for Beginners

FC, Tue, Nov 29, Dec 6 & 13,
7-8:15pm

If you have always wanted to try yoga, then this special 3 week evening series is your opportunity! Join our long-time therapist and yoga instructor Micheline Toussaint, LCSW, RYT in learning some basic concepts and positions. For first-time participants only; all sessions to be attended! Space limited, so please register by Monday, Nov. 28.



Laughter Yoga: Bring More Joy into the Holidays

FC, Thu, Dec 8, 12-1pm

Join us for a special holiday session of Laughter Yoga which is sure to add joy to your day. Using a combination of intentional, playful laughs and deep breathing exercises, Laughter Yoga has a number of benefits, including improved oxygen levels and lung capacity and reduced stress levels. Will be done sitting in a chair. Instructor: Jenn Fay, MA, RYT.

Yoga to Boost the Immune System

FC, Thu, Dec 8, 1-2pm

Long-time yoga instructor Jenn Fay, MA, RYT will provide a special session on how yoga can be utilized to boost your immune system.

Cancer doesn't take a holiday...

Yes! I understand that Life with Cancer® is primarily community supported and I want to help. Please use my gift to benefit:

- General Programs and Services
- Art Therapy Program
- Life with Cancer Endowment
- The Life with Cancer Family Center
- Breast Cancer Programs
- Children and Teen Programs
- The Appearance Center
- Conference and Training Support
- Mind/Body Wellness Programs

I am enclosing the following donation: \$100 \$50 \$25 Other _____

Name _____
 Address _____ City _____ State _____ Zip _____
 Phone # _____ Email _____

Please send your tax-deductible contribution to:
 Joanne Royaltey, Director of Leadership Giving
 Life with Cancer Family Center • 8411 Pennell Street • Fairfax, VA 22031

Yoga for the Soul

FC, Thu, Dec 15, 1-2pm

Join us for this special gentle yoga program focused on creating a sense of peace for the holiday season. Instructor: Jenn Fay, MA, RYT.

BREAST CANCER

- **ILH-R**, Mon, Dec 19, 5-6:30pm
For those newly diagnosed and/or starting treatment. Registration is requested if attending for the first time; **MUST** call Karen Archer, 703-858-8857. Life with Cancer will not take registrations online or by phone.
- **ILH-R**, Mon, Dec 19, 6:30-8pm
For those finished with treatment, who have a recurrence or metastatic breast cancer. Registration is requested if attending for the first time; **MUST** call Karen Archer, 703-858-8857. Life with Cancer will not take registrations online or by phone.
- **IFHC**, Wed, Dec 7, 5:30-7pm
Learn, discuss and gain support from others who understand the concerns and challenges you face. We will meet only on the first Wednesday this month. Facilitators: Corinne Cook, LCSW, OSW-C and Marsha Komandt, RN, BSN, OCN®.
- **FC**: Fri, Dec 2, 9 & 16, call for time
Coalesce: Meet in a closed support group with women of all ages to share life's joys and sorrows. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Jason Williams, MD. Prior screening is required as this is a closed group; Call 703.698.2520 for more information.
- **FC**, Tue, Dec 6, 6-7:30pm
A group for individuals in their 20's, 30's and 40's with non-metastatic breast cancer. Facilitated by Shara Sosa, LCSW and Miranda Gingerich, RN, BSN, OCN®. Registration requested if attending for the first time, 703-698-2522.
- **IAH-CCW**, Tue, Dec 13, 6:30-8:30pm
Both Young Women's AND General Breast Cancer groups will meet on this day and time for our annual potluck holiday celebration. If you participated in any of our 2011 breast cancer programs, you are invited to attend. RSVP to 703-504-7921 or Maureen.broderick@inova.org.

DIAGNOSIS - SPECIFIC

Brain Tumor Group

FC, Tue, Dec 6, 12-1:45pm

Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors. Facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW.

Carcinoid Cancer Group

FC, Sat, Dec 10, 10am-12pm

Meet others with carcinoid cancer (a neuroendocrine tumor) and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting. For more information call 703-255-0519 or visit www.members.cox.net/cacsva/index.htm.

Colorectal Cancer Group

FC, Thu, Dec 15, 5:30-7pm

Quarterly meeting for families affected by colo-rectal cancers. Facilitator: Suzanne Freeman, LCSW, 703-776-4078.

GYN Cancer Group

FC, Wed, Dec 21, 5:30-7pm

Please note change in date for December only! Women with ovarian, cervical, and endometrial cancers are invited to drop in, share experiences, and learn from one another. Facilitators: Micheline Toussaint, LCSW, RYT, and Miranda Gingerich, RN, OCN®

Head and Neck Cancers: Heads Up!

IFHC, Wed, Dec 14, 5:30-7pm

Current and former head and neck cancer patients and their significant others are invited to learn from and connect with one another. Facilitators: Corinne Cook, LCSW, and a Radiation Oncology team member.

Hereditary Breast and Ovarian Cancer Support Network

This group is not meeting in December

Leukemia Group

FC, Thu, Dec 15, 7-8:30pm

Come for our last session of the year and

enjoy our Holiday Dinner Celebration while we "Look Back and Look Forward". Please note December meeting is on the third Thursday. Co-sponsored with the Leukemia and Lymphoma Society. Co-facilitators: Marsha Komandt, RN, OCN® and Drucilla Brethwaite, LCSW.

Lung Cancer Group

FC, Wed, Dec 14, 5:30-7pm

Join other patients, family members and friends to discuss the challenges of living with lung cancer and its treatments. Facilitators: Paul Clark, PhD, LCSW and Miranda Gingerich, RN.

Lymphedema Group

FC, Wed, Dec 14, 6-7:30pm

Meet with others to learn about and discuss physical and emotional concerns about hereditary or secondary lymphedema resulting from surgery, radiation, or trauma to the lymphatic system. Facilitators: Shara Sosa, LCSW, and a certified lymphedema therapist.

Melanoma Group

This group is not meeting in December.

Multiple Myeloma Group

FC, Tue, Dec 20, 11:45am-1:30pm

Join our monthly meeting for patients and families to get together to discuss, learn, and share the challenges of living with multiple myeloma. This meeting will feature a holiday lunch and panel of MM veterans & experts, contributing what they have learned along the way of life with MM. Co-sponsored with Leukemia & Lymphoma Society. Facilitators: Sabine Gnesdiloff, LCSW, and Susan Carlson, RN.

PROSTATE CANCER GROUPS

• LCSC

"Man to Man" will not meet in December. Next meeting is January 10, 2012.

• FC, Tue, Dec 13, 7:30-9pm

This month we welcome a physician panel representing Urology, Radiation oncology and Medical oncology. Come and hear

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[Twitter.com/lifewithcancer](https://twitter.com/lifewithcancer)*



about the different options and discuss with other Prostate Cancer survivors.

- **IAH-CCW**, Tue, Dec 20, 6-8pm
Meet with others to share experiences and to learn from one another in these monthly meetings. For further information contact Fred Gersh, 703-768-6001.

GRIEF, LOSS AND RECOVERY

Parent Bereavement Group

FC, Thu, Dec 8, 7-9pm

Monthly support group for parents who have lost a child, 18 and under, to cancer. Share memories and helpful suggestions in a supportive environment. Facilitators: bereaved parents, Jay and Amber McClain and Connie Connor, LCSW, Pediatric Oncology Counselor. For more information call Connie Connor at 703-531-1515.

Handling the Holidays After the Death of a Loved One

FC, Tue, Dec 6, 7-8:30pm

If your family has been changed by the death of a loved one this year, you may be anticipating the holiday season with anxiety and sadness, feeling separate from the joy and celebration of others. Meet for mutual support and discussion on handling holiday traditions, tips on getting through the season, and an overview of the grief process. Facilitated by Drucilla Brethwaite, LCSW.

CHILDREN, TEENS AND PARENTS

For more information and to register for the following programs, please contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org, unless otherwise specified.

CHILDREN

Curious about Cancer

FC, Wed, Dec 7 & 14, 5:15-6:15pm

Children ages 5-12 are invited to join us as we learn about cancer through discussion, activities and art therapy, and find ways to manage the emotions and changes that come when someone in the family has cancer.

Curious About Cancer

ILH-R, Thu, Dec 1-15, 4:15-5:15pm

Children ages 5-12 are invited to join us as

we learn about cancer through discussion, activities and art therapy, and find ways to manage the emotions and changes that come when someone in the family has cancer.

Good Grief for Children 5-12 Years Old

FC, Tue, Dec 6 & 13, 5:30-6:30pm

This is a group for children who are 5-12 years old and have lost a loved one to cancer. Through discussion, games and art they will be invited to share thoughts and feelings and work through the grief process. For more information and to register contact Jenny Eckert, LCSW, Children's Program Manager at 703-698-2536 or jennifer.eckert@inova.org.

TEENS

Good Grief Dinner for Teens

FC, Wed, Dec 21, 6:30-8pm

This monthly dinner offers an opportunity to meet with other teens who have lost a loved one to cancer, to learn about the grief process and share thoughts and feelings.

Good Grief Dinner for Teens

CUMC-2, Thu, Dec 8, 7-8:30pm

This monthly dinner offers an opportunity to meet with other teens who have lost a loved one to cancer, to learn about the grief process and share thoughts and feelings.

PARENTS

Parenting Alone

FC, Wed, Dec 14, 7-8:30pm

Meet with other parents who have lost a spouse or partner to cancer while raising school-aged children. Share thoughts, challenges, and solutions, and hear from professionals who will share information and ideas you might find helpful. Join us monthly on the second Wednesday.

Pediatric Oncology Parent Night

FC, Tue, Dec 20, 6-8:30pm

3rd Annual "De-Stress for the Holidays."

Join with other parents and bring your unwrapped holiday gifts and let our "professional" wrappers create beautiful packages for your family. Enjoy a delicious dinner and get a massage or Reiki treatment while waiting. Door prizes. No separate children's activity group at this meeting. Co-sponsored by DC Candlelighters. Registration required. Call Connie Connor, LCSW @ 703-531-1515 or email constance.connor@inova.org or dc-candlelighters.com.



Did You Know Life With Cancer Offers:

Short-term counseling

A cancer diagnosis often leads to concerns and fears about one's life, changes in body image, side effects of treatment and disruptions in life, work, and relationships. Family members may also experience their own unique set of concerns.

Short-term counseling can provide an opportunity to discuss the challenges that follow a cancer diagnosis and to explore effective ways of coping. For more information on this free service offered by our oncology counselors, please call *Life with Cancer Program Manager* at 703-698-2535.

Educational consultations

with an oncology nurse are available to discuss questions and concerns about treatment, side effects, clinical trials, fertility, information about your cancer and more. To schedule a consultation, offered free of charge, contact *Eric Cohen, Education Program Manager*, 703-776-8786.

Metastatic Breast Cancer Counseling

Counseling appointments for individuals and their partners dealing specifically with metastatic breast cancer is available Wed, Thurs and Friday. Please call *Sage Bolte, PhD, LCSW, OSW-C*, 703-698-2520

DECEMBER 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
			<p>1</p> <p>1pm CanSurvive (TJL) 1pm Level I Exercise (TR) 1:30pm What to Expect . . . (ILPO) 4:15pm Curious about Cancer (FC) 5:30pm Good Grief: Children (ILH-R) 6:30pm Sanando Juntos FC) 6:45pm Look Good . . . Feel Better (ILH)</p>	<p>2 Coalesce 10am What to Expect .(FC)</p> <p>3 8:30am Surviving Cancer: Moving Forward (FC)</p> <p>4 1:30pm Ostomy Support Group (PCC)</p>
<p>5</p> <p>12:30pm Mah Jongg Club (FC) 2pm Level II (FC) 3pm Level III Exercise (FC) 6:30pm Partners in Care (ILPO)</p>	<p>6</p> <p>12pm Gentle Yoga (3700 A&B) 12pm Brain Tumor Grp (FC) 1 pm Level I Exercise (FC) 5:30pm Good Grief: Children (FC) 6pm Fiesta Familiar de Invierno . . .(FC) 6pm Breast Cancer Grp (FC) 7pm Handling the Holidays . . . (FC) 7pm Knitting and Crocheting Circle (FC) 7pm Yoga for Beginners (FC)</p>	<p>7</p> <p>2pm Level II (FC) 3pm Level III Exercise (FC) 3pm Meditation & Guided Imagery (FC) 5:15pm Curious about Cancer (FC) 5:30pm Breast Cancer Grp (IFHC) 9:30am Walk On Together (ILPO)</p>	<p>8</p> <p>11am Orientation (FC) 11am Knitting Circle (ILPO) 12pm Laughter Yoga (FC) 1pm CanSurvive (TJL) 1pm Level I Exercise (TR) 1pm Yoga: Immune System (FC) 2pm Meditation: Immune System (FC) 4:15pm Curious about Cancer (FC) 5:30pm Good Grief: Children (ILH-R) 7pm Good Grief: Teens (CUMC-2) 7pm Parent Bereavement Group (FC)</p>	<p>9 Coalesce 10am What to Expect . .. (FC)</p> <p>10 10am Carcinoid Cancer Group (FC)</p> <p>11</p>
<p>12</p> <p>Oncology Massage by Appointment (FC) 2pm Chair-based Exercise (FC) 3pm Keeping Fit (FC) 4:30pm Reiki (FC) 5:30pm Reiki (FC) 7pm Reiki (FC) 6pm LWC Orientation (FC) 7pm Partners in Care (FC)</p>	<p>13</p> <p>10:30am Spirituality Quest (FC) 12pm Gentle Yoga (3700 A&B) 1 pm Level I Exercise (FC) 1pm Origami for the Holidays (FC) 1pm Managing Treatment Side Effects (3700-B) 5:30pm Good Grief: Children (FC) 6:30pm General and Young Women Breast Cancer Grp (IAH-CCW) 7pm Yoga for Beginners (FC) 7:30pm Prostate Cancer Grp (FC)</p>	<p>14</p> <p>9:30am Walk On Together (ILPO) 1pm Managing Treatment Side Effects (ILPO) 1pm Fighting Cancer w/Fork (IAH-CCW) 2pm Level II Exercise (FC) 3pm Level III Exercise (FC) 3pmMeditation & Guided Imagery (FC) 5:15pm Curious about Cancer (FC) 5:30pm Heads Up! (IFHC) 5:30pm Lung Cancer Grp (FC) 6pm Lymphedema Grp (FC) 7pm Parenting Alone (FC) 7pm Yoga Nidra en Español (FC) 7:15pm Ask a Pharmacist (FC)</p>	<p>15</p> <p>10:30am Writing for Wellness (FC) 11am Orientation (FC) 1pm CanSurvive (TJL) 1pm Level I Exercise (TR) 1pm Yoga: Soul (FC) 2pm Meditation: Find Peace (FC) 1:30pm What to Expect . . . (ILPO) 1:30pm Look Good . . . Feel Better (IFOH) 4:15pm Curious about Cancer (FC) 5:30pm Colorectal Grp (FC) 5:30pm Good Grief: Children (ILH-R) 6:45pm Reiki (ILH-R) 7pm Leukemia Grp (FC) 7pm Spiritual Support Grp (CUMC-1)</p>	<p>16 Coalesce 10am What to Expect . .. (FC)</p> <p>17</p> <p>18</p>
<p>19</p> <p>12:30pm Mah Jongg Club (FC) 2pm Art for Wellness and Growth (FC) 5pm Breast Cancer Grp (ILH-R) 6pm Orientation (FC) 6:30pm Breast Cancer Grp (ILH-R) 6:30pm Partners in Care (ILPO)</p>	<p>20</p> <p>11:45am Multiple Myeloma Grp (FC) 6pm Prostate Cancer Grp (IAH-CCW) 6pm Pediatric Oncology Parent Night (FC) 7pm Look Good . . . Feel Better (FC)</p>	<p>21</p> <p>9:30am Walk On Together (ILPO) 5:30pm GYN Cancer Grp (FC) 6:30pm Good Grief: Teens (FC)</p>	<p>22</p> <p>11am Knitting Circle (ILPO) 1pm CanSurvive (TJL) 7:30pm Young Adult Group (FC)</p>	<p>23</p> <p>24</p> <p>25</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p> <p>1pm CanSurvive (TPL)</p>	<p>30</p> <p>31</p>

