FirstHealth
CANCER CARE

2026 Support Groups Schedule

All Support Groups meet on the 4th Floor of the FirstHealth Cancer Center.
No registration required except for yoga. All support groups are free to participants.

Cancer Support Group

For cancer patients, survivors and caregivers

3-4 p.m.

Tuesday, Jan. 27
Tuesday, Feb. 24
Tuesday, March 24
Tuesday, April 28
Tuesday, May 26
Tuesday, June 23
Tuesday, July 28
Tuesday, Aug. 25
Tuesday, Sept. 22
Tuesday, Oct. 27
Tuesday, Nov. 24
Tuesday, Dec. 29

Grupo de apoyo para personas con cancer

(Cancer Support Group for Spanish Speakers)

10 a.m.

Wednesday, Jan. 7
Wednesday, Feb. 4
Wednesday, March 4
Wednesday, April 1
Wednesday, May 6
Wednesday, June 3
Wednesday, July 1
Wednesday, Aug. 5
Wednesday, Sept. 2
Wednesday, Oct. 7
Wednesday, Nov. 4
Wednesday, Dec. 2

Spiritual Reflection

3 p.m.

Tuesday, Jan. 6
Tuesday, Feb. 3
Tuesday, March 3
Tuesday, April 7
Tuesday, May 5
Tuesday, June 2
Tuesday, July 7
Tuesday, Aug. 4
Tuesday, Sept. 1
Tuesday, Oct. 6
Tuesday, Nov. 3
Tuesday, Dec. 1

Art Therapy for Cancer Patients

Learn how to reduce stress through art and creativity. For cancer patients and caregivers currently in treatment as well as those who have completed treatment. Beginners welcome.

1-3 p.m.

Wednesday, Jan. 21
Wednesday, Feb. 18
Wednesday, March 18
Wednesday, April 15
Wednesday, May 20
Wednesday, June 17
Wednesday, July 15
Wednesday, Aug. 19
Wednesday, Sept. 16
Wednesday, Oct. 21
Wednesday, Nov. 18
Wednesday, Dec. 16

Music Therapy for Cancer Patients

EEmbrace the healing nature of music with song, discussion, guided imagery, relaxation and other music interventions.
Led by Rachel Shell, MT-BC

3-4 p.m.

Tuesday, Jan. 13
Tuesday, Feb. 10
Tuesday, March 10
Tuesday, April 14
Tuesday, May 12
Tuesday, June 9
Tuesday, July 14
Tuesday, Aug. 11
Tuesday, Sept. 8
Tuesday, Oct. 13
Tuesday, Nov. 10
Tuesday, Dec. 8

Men's Gathering Place

Open to any male who has been affected by cancer in any way - patients, survivors, caregivers, family members and friends.
Led by Joe Bullock of Man Up to Cancer

10 a.m.-noon

Wednesday, Jan. 14
Wednesday, Feb. 11
Wednesday, March 11
Wednesday, April 8
Wednesday, May 13
Wednesday, June 10
Wednesday, July 8
Wednesday, Aug. 12
Wednesday, Sept. 9
Wednesday, Oct. 14
Wednesday, Nov. 11
Wednesday, Dec. 9

Please see back for additional support group offerings.

Please contact Deborah Yarborough at (910) 715-2237
or Katelyn Culbreth at (910) 715-3658 with any questions.

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Traditional Yoga for Cancer Patients

Relieve stress with this 90-minute class designed for cancer patients and their caregivers. Call (910) 715-3636 to register.
Led by Cinnamon LeBlanc
10:30 a.m.

Thursday, Jan. 15
Thursday, Feb. 19
Thursday, March 19
Thursday, April 16
Thursday, May 21
Thursday, June 18
Thursday, July 16
Thursday, Aug. 20
Thursday, Sept. 17
Thursday, Oct. 15
Thursday, Nov. 19

Look Good Feel Better
Helping Women with Cancer

A volunteer group of beauty professionals provide tips and tools for skin and nail care, makeup application, wig selection and care and tips on scarves, turbans and hats.
Quarterly event, call for more information.

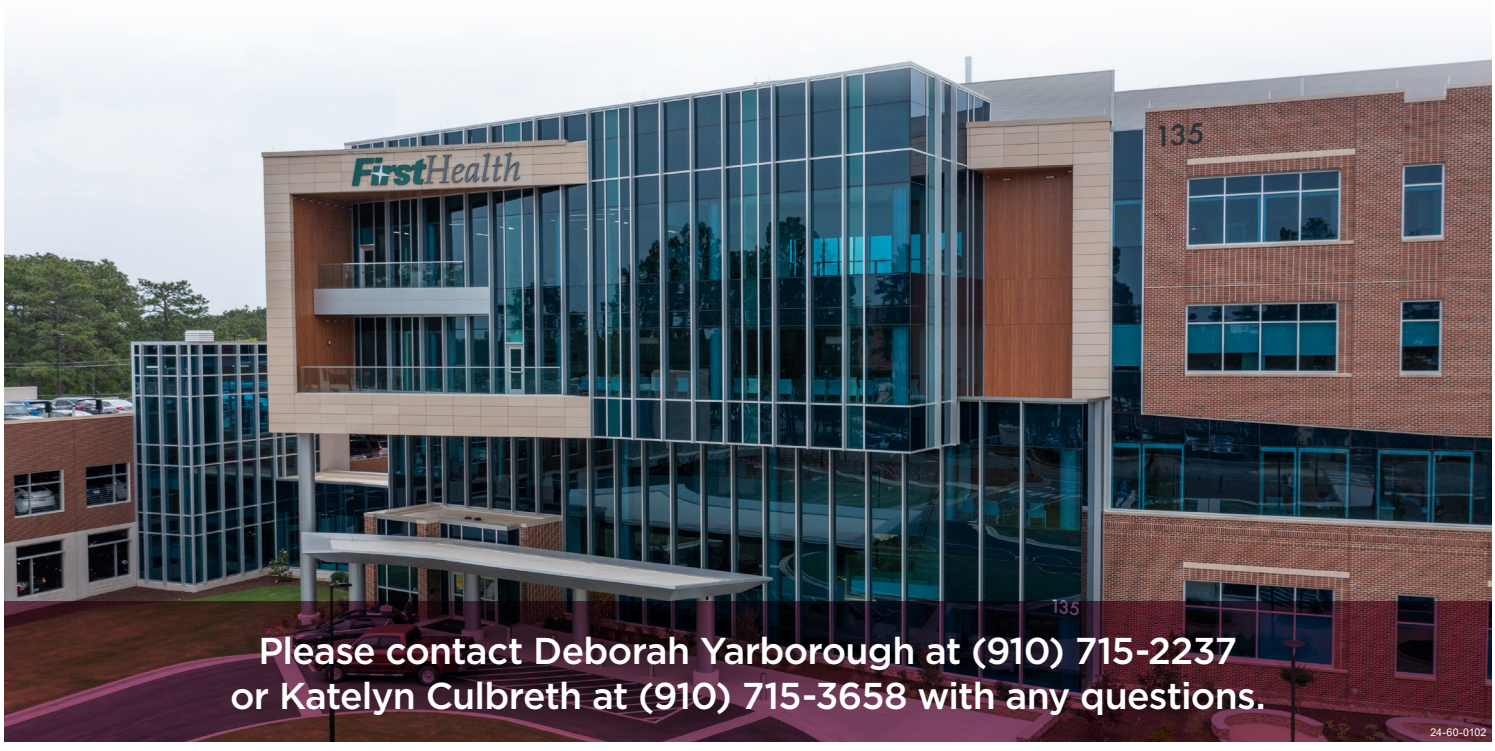
Monday, Feb 9
Monday, May 4
Monday, Aug. 10
Monday, Nov. 2

Cancer Center Choir

Open to anyone who would like to share the joy of music
12:30 p.m.

Thursday, Jan. 8
Thursday, Feb. 5
Thursday, March 5
Thursday, April 2
Thursday, May 7
Thursday, June 4
Thursday, July 2
Thursday, Aug. 6
Thursday, Sept. 3
Thursday, Oct. 1
Thursday, Nov. 5
Thursday, Dec. 3

The 4th Floor Cancer Wellness Center offers additional programs and services. Please visit or call (910) 715-3636 to learn more.



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