

Better Together Cape Cod

Better Together is a breast cancer support group for young women. It is an open and safe weekly forum for members to freely express their emotions. Recently diagnosed and survivors are welcome. In addition to face to face activities, private Facebook group is also available for our members to connect digitally.

Meets third Tuesday of every month at 6:30 PM at 11 Potter Ave. Hyannis.

Contact: 508-360-6407

Megan@bettertogethercapecod.org

@bettertogethercapecod (Facebook/instagram)

Boston Cancer Support
www.bostoncancersupport.org

Breast Cancer Support Group: Cape Cod Healthcare Group

Falmouth Hospital Clark Cancer Center Conference Room, 1st Floor

1st Tuesday of the Month - 9:00 AM-10:30 AM

3rd Wednesday of the Month - 5:30 PM – 7:00 PM

Call Kathy Murray 508-457-3780 for more information

Cancer Talk – Support Group for Women

Support group open to women of all ages with any form of cancer.

During the winter months, group is held only on the 1st Thursday of the month from 6:30 – 7:30 PM

VNA of Cape Cod

434 Route 134, South Dennis, MA 02660

Contact: Jane Chase 508-432-1452

Cape Cancer Fighters-Women's Support Group

Support group for young women with all types of Cancer, at all stages of the Cancer journey. A space set up for sharing personal stories, tribulations, & all that goes along with survivorship. We focus on directing people to resources to help during & after treatment. Children & caregivers welcome, with activities for kids. We are also available to travel to set up meetings near our members if needed.

Meetings are held the 1st Monday of every month.

Any questions contact Helen Shone 857-719-2080 or Angie Mullaney 774-212-1629

Contact Helen

Cape Cancer Thrift Shop

This beautifully organized store of second hand treasures has donated so generously to Cape Wellness Collaborative over the past two years! Manager Maryann Crossley and her wonderful group of volunteers run the shop, putting in hours of sweat equity that results in real financial support for the people in our community facing cancer.

Please help us support this wonderful organization, by:

Visiting the shop in West Barnstable

Making a donation – they accept most household items, with the exception of clothing and electronics

Offering your time – they are usually in need of volunteers!

Caring for a Love One With Cancer: A Caregivers Support Group

This group meets on the 3rd Thursday of every month from 2-3:30 PM at the Barnstable Council on Aging, 825 Falmouth Rd., Hyannis.

For more information, please contact Judi Pregot, LICSW, OSW-C at 508-862-5302

Caregiver Services: Wellness Cares

Cape Wellness Collaborative is so pleased to announce our affiliation with Louisa Stringer, a Certified Caregiver Consultant™ and the founder of Your Caregiver Journey. Louisa can help you find strength and joy as you navigate down the path of caregiving, offering resources, tools and suggestions that are personalized to your caregiver journey.

Cindy Burns, Therapist

Family Partner, Cape Cod Family Resource Center

29 Bassett Ln.

Hyannis, MA 02601

508-815-5143

Clean Green Cape Cod

Non-toxic cleaning services

Cleaning for a Reason

Apply for the gift of home cleaning services, so you can focus on your health. Interested in giving the gift of a clean home to a woman undergoing cancer treatments? You also can purchase cleaning services for a loved one.

Comfort Zone Skin Care

Inspired TLC

Exclusively serving those on a journey with cancer. Cancer treatments (surgeries, medications, chemotherapy, and radiation) can bear side effects which specifically challenge the skin. Professional treatments, can soothe those side effects as well as bring care and comfort to the person experiencing them. Sessions are specifically tailored to what is salient to the individual that day.

Maureen O'Connor, Licensed Aesthetician / Oncology Trained

Community Meditation Classes

Free, guided group meditation, meeting the first Thursday of every month at 6:30 PM.

Location: 11 Potter Ave, Hyannis (upstairs)

Guided by: Manny Marrero, MOT, OTR/L, FCE + Nicole Cormier, RD, LDN

What to expect:

Check-in, sitting meditation, mindful speech & mindful listening, body awareness meditation / loving-kindness meditation

Cuda - Breast Cancer Support Group

The group meets one Monday evening each month in the Multipurpose Room of the Cuda Women's Center at the Wilkens Outpatient next to BJs in Hyannis. Please call 508-957-1616 to confirm meeting date.

Learn more

Evening Breast Cancer Support Group: CCHC Group

Cuda Women's Health Center

35 Wilkens Lane Hyannis, MA 02601

3rd Monday of every month (except Holidays) from 5:30 PM – 7:00 PM

Call Pat Ryan-Blanchard, RN practitioner at 508-957-1619 to register or for more information.

A supportive nurturing group of Breast Cancer Survivors focused on emotional coping and healing, throughout any stage of your journey. Join us for meditation; therapeutic sharing with laughter and tears; coping advice for survivor's challenges. Educational speakers are scheduled based on groups needs (integrative therapies; nutrition; exercise; cancer support resources and genetic testing). We celebrate our lives and strive to maintain wellness.

Contact Pat

Forest Bathing: Deepening Our Relationship with Nature, with Carol Marcy

To register or for more information, contact Dr. Carol Marcy at drcarolmarcy@gmail.com or call 240-538-1672.

The concept of forest bathing grew out of a practice in Japan called Shinrin-yoku that spread to China and Korea and now to the United States. It is about swimming in the living being of the forest: drinking in the smells, feeling the breeze on your skin, hearing it move through the trees, soaking up the warm healing rays of the sun, touching the earth with awareness. The Native American people call this being indigenous to a sense of place. Because this practice is about slowing down, focusing on the abundant life in and around you, it is immensely healing. You return from this experience refreshed, calmer, more at peace on the inside. Your body, mind, spirit and heart have had an opportunity to feel a deep sense of connection with yourself and with all of life. Cape Cod gives you a very special opportunity to deepen your relationship with Nature because of the unique environment provided by marsh, creek, forest, dunes and beach.

Harbor for Healing

The Harbor for Healing is a group of volunteer Reiki Practitioners offering free Reiki treatments to adults who are challenged by cancer. The clinic is offered as a complementary healing modality to ongoing medical treatment. Appointments are requested.

The Church of the Holy Spirit
Clinics are held 12:30 and 1:30 on Thursday

Monument Road, Orleans MA
For more information call Ann O'Callaghan 508-432-7017

Haven for Healing

Haven for Healing offers a free Friday cancer support clinic for people living with cancer. Volunteer energy workers provide massage, sound healing, Reiki and other complimentary experiences. Knitting, weaving, journaling and field trips may be offered as requested by the participants. After treatment the participants gather for support group.

Atria Woodbriar, 339 Gifford Street, Falmouth
By appointment only. Contact: Shelly Levin 508-564-3314

Email: haven4healing@gmail.com

Karma Foods and Wellness

A dedicated gluten-free organic kitchen in Brewster creating delicious, fresh and healthy foods and beverages.

Leukemia and Lymphoma Society – Cape Cod Family Support Group

Rogers Outpatient Center, Board Room

5 Industrial Drive, Mashpee, MA

4th Thursday of the Month except for November and December

11:00 am-12:30 pm

Call 774-454-4301 for more information or to register

Lewis Bay Associates

A multidisciplinary behavioral health practice with a skilled and experienced staff of Psychologists, Psychiatric Nurse Practitioners, Clinical Social Workers, and Mental Health Counselors. Depression, Bipolar Disorder, Anxiety Disorders, PTSD, ADHD, Relationship problems.

LIVESTRONG - Cancer Survivorship Program at the Hyannis YMCA

As a cancer survivor, you know the tremendous toll the disease and its treatment can take on your spirit, mind, and body. You want to begin to heal and reclaim your health. But where do you start? LIVESTRONG at the YMCA can help.

Cancer Survivorship Program: A free, 12-week program for cancer survivors at the Barnstable YMCA.

The Y creates a safe environment where survivors can participate in physical and social activities that address their special wants, needs and interests.

For more information, please email Janet at jbuckkley@ymcacapecod.org

Living Fit for You! Cancer Wellness Program

A wellness program for cancer survivors, held at both Cape Cod Hospital and Falmouth Hospital.

Cancer Rehabilitation

Wellness and Nutrition

Exercise Classes

This is a FREE 6 week exercise program is for cancer patients of all ages. People may attend either before, during or after treatment.

NOTE: Medical Clearance is required for exercise classes.

Topic specific Survivorship Series offered including: Prostate Cancer, Lung Cancer and Breast Cancer.

Contact: Kristine Whaples, MS, ACSM/ACS Certified Cancer Exercise Trainer

kwhaples@capecodhealth.org

508-495-7685

Program is held at Rehabilitation Services at Cape Cod Hospital and at Falmouth Hospital

Call Kristine for more details at 508-495-7685.

Mark Corliss Tattoo

3D nipple tattoos for breast cancer survivors

Mindfulness Meditation

Clinician-led mindfulness meditation group.

Meets Mondays from 12-12:30 and 12:30 to 1 PM (you can do either session or stay for both) at the Orleans Community Center, 44 Main Street, Orleans.

For more information, please contact:

Deborah: 508-432-3383 or www.healingrtherapiescapecod.com

Asa: 774-722-2031 or www.asanadeau.com

National Comprehensive Cancer Network www.nccn.org

Nutrition from the Ground Up: Recipes

Nutrition from the Ground Up is a community curated by dietitian Nicole Cormier, RD, LDN along with wellness experts to support your journey.

The Natural Nail Studio

Owner Lynda Johnson was inspired to open her natural nail salon in Sagamore Beach after losing her mother to cancer. Her safe, non-toxic manicures and pedicures allow people facing cancer to have a bit of much needed pampering. The Natural Nail Studio is the first clean-beauty salon in the area. Lynda has trained with Onchology Training International and only uses products that are free of harsh toxins and smells. The studio is immaculately clean, private, and relaxing.

Nu Voice Club of Cape Cod

This is an informal self-help (discussion format) support group for individuals with laryngectomies and their spouses.

Call for more information and walk-ins are welcome.

2nd Thursday of each month - 11:00 AM

Yarmouth Senior Center

528 Forest Road, South Yarmouth, MA 02664

Contact: Bill Beardsley at 508-419-1307

Rory's Market

In Dennisport, Mashpee and Chatham. Their mission says it all:

Provide the best service and food to our customers.

Love and support our communities.

Nurture and educate our youth on the importance of food and where it comes from.

To be an amazing place to work, grow and learn.

Orleans Whole Food Store

Orleans Whole Food Store has been a landmark natural food store on Cape Cod. They carry a full and carefully chosen selection of natural and organic food, supplements, and body care products. They also specialize in organic produce, and offer organic sandwiches, salads, and soups to go.

Ostomy Clinic - CCHC program

This clinic includes free wound, ostomy and continence nursing support for children and adults with new or established stomas (both urinary and intestinal).

2nd and 4th Wednesdays of each month: 8:00 AM - Noon

VNA of Cape Cod/South Dennis Site: Cranberry Plaza, 434 Route 134 South Dennis, MA

Call 508-957-7476 for an appointment

This includes free wound, ostomy and continence nursing support for children and adults with new or established stomas (both urinary and intestinal).

1st Wednesday of each month: 8:00 AM - Noon

VNA of Cape Cod/Falmouth Site: 67 Ter Heun Drive, Falmouth, MA

Call 508-957-7476 for an appointment

Our Lady of Victory Catholic Cancer Support Group

First Monday of each month, 6:00-9:00 PM. NOTE: No meetings are held in January or February.

First Monday of each month, 6:00-9:00 PM

Healing Mass in Church at 6, Group after in Parish Center

Sharing Our Struggles in small group setting.

Third Tuesday of each month meeting at 4:00 PM

Our Lady of Victory Parish: 230 South Main Street, Centerville, MA 02632

Contact: Geri Medeiros 508-362-6909

Pampering Mermaid Skincare Studio

Visit Kelly Carey's studio in Dennis for advanced skin care treatment designed to heal, rejuvenate and revitalize your skin. Many people in active cancer treatment can benefit from additional hydration; Pampering Mermaid Skincare offers a unique seaweed-based product line that can be done in the studio, or in the client's home.

Sisters in Strength Gynecologic Cancer Support Group

First Tuesday of the month 6:00 PM

Cape Space, 100 Independence Drive, Hyannis (entrance is in the back of the building.)

Contact: For additional information, call Diane Riche at 508-827-1212

This open format group provides women with an opportunity to share personal experiences and learn from others. The focus is on empowerment, stress management and developing healthy, effective ways to cope with cancer-related issues. This group is facilitated by a social worker and gynecologic cancer survivor. The group is offered, free of charge, to any woman in the community, regardless of where she is receiving treatment.

Stay Strong

Women's Cancer Support Group

Lower/Outer Cape Residents
Truro Public Library (Standish Way, N.Truro)

2nd & 4th Wednesday

1:00pm – 2:15pm

Contact Ginny

Support for People with Oral and Head and Neck Cancer, Inc. (SPOHNC)/Cape Cod: CCHC Group

Facilitated by Rosanne Lanciano and Judi Pregot.

Topic-specific presentations by subject-matter experts.

Cape Cod Hospital Rehabilitation Center
905 Attucks Lane, Hyannis, MA 02601

1st Monday of the month- Schedule varies if first Monday is a Holiday, please call.

1:00-2:30 pm

Call 508-862-5302 for more information

The Biocharger at Osterville Fitness

"The BioCharger™ NG is a hybrid subtle energy revitalization platform. The transmitted energy stimulates and invigorates the entire body to optimize and improve potential health, wellness, and athletic performance.

The Local Juice

Nicole and Jen both have a deep passion and love for local sustainability, community advocacy, and health + wellness. They also both share a love for juicing! In March, 2014, they decided to join forces to create The Local Juice in order to unite their passions and create delicious products to better the lives of their entire Cape Cod community.

Tommy's Place

"Tommy's Place" is a vacation home for kids fighting cancer. The home will be a place to relax, make memories and most importantly have fun! To ensure privacy, one family at a time will stay in the home for up to a week - free of charge. The house will have enough space for the immediate family, extended family as well as any friends and caregivers that are all part of the support system. For these children and their families, one of the most important aspects of dealing with cancer is having a supportive community. "It takes a village" is especially true when dealing with childhood cancer. "Tommy's Place" will be an HGTV Dream Home/Disney like experience with individually designed and decorated rooms, inground swimming pool, game room, home theatre and tavern, music and arts and crafts rooms and so much more!!

Tim O'Connell
26 Elm Arch Way, Falmouth, MA 02540

Phone: 617.799.5494
Email: tommysplacefalmouth@gmail.com

Water Pals II

This is an aquatic exercise program for breast cancer patients.

\$7.50 per class and not usually covered by medical insurance.

YMCA of Cape Cod- Barnstable: Thursdays 11:45 am – 12:45 pm

Call 508-771-9600 for more information

WE CAN

Practical Services for Women Undergoing Challenging Life Transitions

Dedicated to empowering Cape women through mentoring, information, education, networking and support.

Writing Group

"Write Now" is a free writing group open to anyone whose life has been touched by cancer. The group is open to anyone who has or has had cancer, as well as to those who have cared for loved ones with cancer. No prior writing experience is necessary! The group provides a safe and supportive place for us to share our stories. Our focus is on the story, not the grammar. (The group is led by Dr. Natalie Mariano, a physician who found that writing helped her deal with her own experience with cancer.)

Those interested in joining are asked to contact Dr. Mariano at natalie.mariano@gmail.com or 508-274-4268. If you're interested in the group please call to inquire about future groups.

Yoga for Grief Care

It is well-understood now that we store emotions and traumas in our bodies as well as our hearts and minds. In addition to different types of talk therapies and energy work, body movement can facilitate moving forward in our grief.

Broad Reach Hospice is offering this free "Yoga for Grief Care" class, led by

Peggy Wilbur. Peggy is a certified Yoga for Grief Care instructor & yoga teacher. We will use a gentle, meditative flow, breath, sound and guided imagery to allow for the release of pent-up feelings, enhancing healing and reconnecting us to life and love. For anyone grieving the loss of a loved one – a spouse/partner, a family member, a dear friend or beloved pet.

Meets at the Chatham Community Center

Second Tuesday of every month from 2:30 - 3:30 PM

Yoga of Yarmouthport

Restorative Yoga for CCHC Cancer Center

Wednesdays 5:30-6:30pm

Free

Restorative Yoga For Cancer Survivors

Saturdays 9:30-10:30pm

Free

Contact Deb Mareb

161 Route 6A, Yarmouth Port, MA 02675

Yarmouth Port (508) 437-3998

