

Cancer Support Community Montana along with many other community partners, are pleased to collaborate in providing cancer support, education, and hope.

Office Hours:

Monday through Friday
9am-4pm or by appointment
(406) 582-1600

www.cancersupportmontana.org

Becky Franks, MA

Chief Executive Officer

becky@cancersupportmontana.org

Cody Meyer, MSW, SWLC

Clinical Program Director

cody@cancersupportmontana.org

Jasmine Surina

Development Manager

jasmine@cancersupportmontana.org

Jodi Weak, MS

Executive Director

jodi@cancersupportmontana.org

Kate Likvan

Development & Operations Manager

kate@cancersupportmontana.org

Kimi Rook, CES, CHES

Program & Outreach Manager

kimi@cancersupportmontana.org

Keana Gravett

Program Coordinator

keana@cancersupportmontana.org

Odette Grassi, BEd, BFA

Executive Director

odette@cancersupportmontana.org

In partnership with:

**Bozeman
Health**

March & April 2023



*Empowered By Knowledge
Strengthened By Action
Sustained By Community*

March & April 2023

CancerSupportMontana.org
102 S. 11th Ave., Bozeman, MT (406) 582-1600



Your Home for Free Cancer Support



About Our Program Calendar:

Cancer Support Community Montana provides free programs that complement traditional medical care for cancer. These include: support groups, nutrition, exercise, education, and more. Family & friends are welcome to participate in most activities.

Take a look inside; these icons lead you to our five pillars:



Mind/Body



Healthy Lifestyle



Family Programs



Education Pathways



Emotional Support

The Power of Community

Find your people here.

Welcome to Cancer Support Community Montana!

When cancer touches your life, things can seem out of control and finding support, education and ways to restore and maintain your health can make all the difference. As you look through this calendar, you will notice the different colors of the programs, and here is what you need to know:

1. Things in **red** are mind/body including yoga, mindfulness and meditation. These will provide you ways to reduce anxiety and stay present in the moment.
2. Things in **green** are exercise opportunities. We have a certified Cancer Exercise Specialist teaching these classes and it is the perfect way for you to maintain and increase your physical ability during treatment and into survivorship.
3. Things in **purple** are educational opportunities. We make sure to have quality instructors who know the material and will provide you with science-based information. Look for our many sessions focusing on nutrition.
4. Things in **blue** are support groups and provide you with a way to connect with others who truly understand and a place to talk openly about your experience.

The best place to start is to sign up for a New Participant Orientation which is held every week. **Please remember to register for programs that require it**, and these are designated by a red "R" icon. This ensures the program won't be cancelled due to low attendance, allows us to plan for supplies and food, and lets us know that you are coming! If you have any questions, give us a call at 406.582.1600. We can't wait to see you!

Cancer Support Community Montana

At CSC Montana, we serve everyone, at any stage of their cancer diagnosis. Family members, friends, partners, and caregivers are welcome. All programs are free of charge and offered in a beautiful home-like setting. CSC Montana programs are made possible through charitable gifts.



March 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Yoga for Healthy Aging 9-10:30am 1 Strength Training 10:45-11:30am 1 Cancer Survivorship Support 12-1pm 1 Friends, Family & Caregiver Connection 5:30-6:30pm 1 Living with Loss 5:30-7pm 1	2 Gentle Yoga 8:45-9:45am 1 New Participant Orientation 12-1pm 4 1	3 Yoga for Healthy Aging 9-10:30am 1	4
6 Yoga for Healthy Aging 9-10:30am 1 Strength Training 10:45-11:30am 1 Metastatic Cancer Support 12-1pm 1 Gentle Yoga 5:30-6:30pm 1	7 T'ai Chi Chih 12:30-1:30pm 1 Bosom Buddies 5:30-7pm 1	8 Yoga for Healthy Aging 9-10:30am 1 Strength Training 10:45-11:30am 1 Melanoma Exchange Patient Forum 11am-4pm 1 Naturopathic Medicine: Winter Blues 12-1pm 4 1 Living with Loss 5:30-7pm 1	9 Gentle Yoga 8:45-9:45am 1 Cancer Treatment Support 12-1pm 1	10 Yoga for Healthy Aging 9-10:30am 1	11
13 Yoga for Healthy Aging 9-10:30am 1 Strength Training 10:45-11:30am 1 GYN Cancer Support 12-1:30pm 1 Gentle Yoga 5:30-6:30pm 1 New Participant Orientation 5:30-6:30pm 4 1 Benefits of Oncology PT 5:30-7pm 4 1	14 New Participant Orientation 12-1pm 4 1 Blood Cancer Connection 12-1pm 1 T'ai Chi Chih 12:30-1:30pm 1 Young Survivors' Connection 5:30-6:30pm 1	15 Yoga for Healthy Aging 9-10:30am 1 Strength Training 10:45-11:30am 1 Cancer Survivorship Support 12-1 pm 1 Nutrition Q&A 5:30-6:30pm 1 Friends, Family & Caregiver Connection 5:30-6:30pm 1 Living with Loss 5:30-7pm 1	16 Gentle Yoga 8:45-9:45am 1 New Participant Orientation 12-1pm 4 1	17 Yoga for Healthy Aging 9-10:30am 1 	18 Updates in Bladder & Urinary Tract Cancers 10-11am 4 1
20 Yoga for Healthy Aging 9-10:30am 1 Strength Training 10:45-11:30am 1 Metastatic Cancer Support 12-1pm 1 Gentle Yoga 5:30-6:30pm 1	21 T'ai Chi Chih 12:30-1:30pm 1 Bosom Buddies 5:30-7pm 1	22 Yoga for Healthy Aging 9-10:30am 1 Strength Training 10:45-11:30am 1 Living with Loss 5:30-7pm 1 Prostate Connection 6-7pm 1	23 Gentle Yoga 8:45-9:45am 1 Cancer Treatment Support 12-1pm 1 Nourishing Yourself During Treatment 5:30-6:30pm 4 1 New Participant Orientation 5:30-6:30pm 4 1 Genetics 101 5:30-6:30pm 4 1	24 Yoga for Healthy Aging 9-10:30am 1	25
27 Yoga for Healthy Aging 9-10:30am 1 Strength Training 10:45-11:30am 1 GYN Cancer Support 12-1:30pm 1 Gentle Yoga 5:30-6:30pm 1 New Participant Orientation 5:30-6:30pm 4 1	28 Mini Masterpieces 12-1pm 4 1 Blood Cancer Connection 12-1pm 1 T'ai Chi Chih 12:30-1:30pm 1	29 Yoga for Healthy Aging 9-10:30am 1 Strength Training 10:45-11:30am 1 Harnessing Your Cancer Story 5:30-7pm 4 1 Living with Loss 5:30-7pm 1	30 Gentle Yoga 8:45-9:45am 1	31 Yoga for Healthy Aging 9-10:30am 1	1

April 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Yoga for Healthy Aging 9-10:30am 1 Strength Training 10:45-11:30am 1 Metastatic Cancer Support 12-1pm 1 Gentle Yoga 5:30-6:30pm 1	4 T'ai Chi Chih 12:30-1:30pm 1 Bosom Buddies 5:30-7pm 1	5 Yoga for Healthy Aging 9-10:30am 1 Strength Training 10:45-11:30am 1 Cancer Survivorship Support 12-1pm 1 Friends, Family & Caregiver Connection 5:30-6:30pm 1 Cancer Transitions: Getting Back to Wellness 5:30-7pm 4 1 Living with Loss 5:30-7pm 1	6 Gentle Yoga 8:45-9:45am 1 New Participant Orientation 12-1pm 4 1 Nourishing Yourself in Survivorship 5:30-6:30pm 4 1	7 Yoga for Healthy Aging 9-10:30am 1	8
10 Yoga for Healthy Aging 9-10:30am 1 Strength Training 10:45-11:30am 1 GYN Cancer Support 12-1:30pm 1 Gentle Yoga 5:30-6:30pm 1 New Participant Orientation 5:30-6:30pm 4 1	11 New Participant Orientation 12-1pm 4 1 Blood Cancer Connection 12-1pm 1 T'ai Chi Chih 12:30-1:30pm 1 Medical Marijuana 5:30-6:30pm 4 1 Young Survivors' Connection 5:30-6:30pm 1	12 Yoga for Healthy Aging 9-10:30am 1 Strength Training 10:45-11:30am 1 Naturopathic Medicine: Supplements 12-1pm 4 1 Cancer Transitions: Eating Well & Staying Active 5:30-7pm 4 1 Living with Loss 5:30-7pm 1	13 Gentle Yoga 8:45-9:45am 1 Cancer Treatment Support 12-1pm 1 Book Club: Big Magic 6-7:30pm 4 1	14 Yoga for Healthy Aging 9-10:30am 1	15
17 Yoga for Healthy Aging 9-10:30am 1 Strength Training 10:45-11:30am 1 Metastatic Cancer Support 12-1pm 1 Gentle Yoga 5:30-6:30pm 1 Couples Workshop: Building a Strong Connection 5:30-7pm 4 1	18 T'ai Chi Chih 12:30-1:30pm 1 Bosom Buddies 5:30-7pm 1	19 Yoga for Healthy Aging 9-10:30am 1 Strength Training 10:45-11:30am 1 Cancer Survivorship Support 12-1 pm 1 Friends, Family & Caregiver Connection 5:30-6:30pm 1 Cancer Transitions: Medical Management Beyond Cancer 5:30-7pm 4 1 Living with Loss 5:30-7pm 1	20 Gentle Yoga 8:45-9:45am 1 New Participant Orientation 12-1pm 4 1	21 Yoga for Healthy Aging 9-10:30am 1	22
24 Yoga for Healthy Aging 9-10:30am 1 Strength Training 10:45-11:30am 1 GYN Cancer Support 12-1:30pm 1 Gentle Yoga 5:30-6:30pm 1 New Participant Orientation 5:30-6:30pm 4 1	25 Mini Masterpieces 12-1pm 4 1 Blood Cancer Connection 12-1pm 1 T'ai Chi Chih 12:30-1:30pm 1	26 Yoga for Healthy Aging 9-10:30am 1 Strength Training 10:45-11:30am 1 Living with Loss 5:30-7pm 1 Cancer Transitions: Emotional Health 5:30-7pm 4 1 Prostate Connection 6-7pm 1	27 Gentle Yoga 8:45-9:45am 1 Cancer Treatment Support 12-1pm 1 New Participant Orientation 5:30-6:30pm 4 1	28 Yoga for Healthy Aging 9-10:30am 1	29



1:1 TRAINING SESSIONS

INTERESTED IN FITNESS BUT NOT SURE WHERE TO START?

Cancer Exercise Specialist, Amy Strom, is available for 1:1 training sessions upon request.

TO SCHEDULE, PLEASE CALL 406.582.1600!

*Available to all new participants or first-time strength training attendees.



HEALTHY LIFESTYLE

Strength Training ²

Mondays & Wednesdays, 10:45-11:30am

Maintain your energy, get your strength back, or work towards a new fitness level with fellow cancer survivors. This class focuses on strength building utilizing hand weights, resistance bands, and the body's weight. All levels are welcome!



Yoga for Healthy Aging ²

Monday, Wednesday, Friday, 9-10:30am

Join us for a 1.5 hour class designed to practice yoga in a safe and encouraging environment. The physical postures (asana) are explored in a sequential manner and props are used to allow everyone access. Expect meditation and breath work as a part of each session. Some experience with yoga is helpful but not required. All levels are welcome!



MIND/BODY

Mini Masterpieces ⁴ ²

March 28th and April 25th, 12pm-1pm

Take a lunchtime break and join us for a monthly expressive art workshop! In each session, you will make a small-scale creation. We will often use simple tools and materials you can find at home, but some sessions will include CSC Montana-provided materials. **Therefore, attendees must register at least one week in advance; register online or at 406.582.1600.**

Harnessing Your Cancer Story ⁴ ²

Wednesday, March 29th, 5:30-7pm

This narrative-based session will focus on the power of your story. How has it helped you? How has it held you back? Come prepared with a notebook and pencil, in a private space, ready to process and discuss your experience. This session is for any and all cancer survivors, most beneficial for those out of the treatment phase. You'll walk away with a better understanding of how you tell the story of your cancer, what it meant to you, and what you are ready to let go of. **Register online or at 406.582.1600.**

Gentle Yoga ²

Every Monday & Thursday

Mon. 5:30-6:30pm, Thur. 8:45-9:45am

Join a gentle yoga class to help find strength, flexibility, and a sense of calmness. All skill levels are welcome - no experience needed!



T'ai Chi Chih ²

Tuesdays, 12:30-1:30pm

T'ai Chi Chih is a non-martial healing art form comprised of 19 movements and one pose. The practice is meditation in motion anchored in mindfulness, led by Lynne Roberts, Accredited T'ai Chi Chih Instructor. Practitioners focus on activating, circulating, developing, and balancing their chi, their body's life force.

THANK YOU TO OUR PROGRAM SPONSORS

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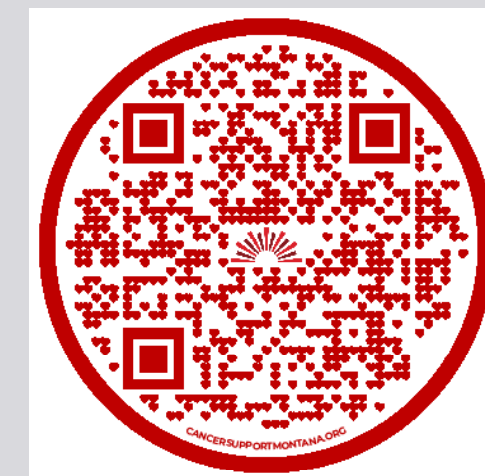
Paul & Arlene Wylie

PEO Chapter F

Bruce & Deidre Combs

Programs not listed and held in person...

...there are other programs in person held in Bozeman and Missoula-check the online calendar if you want to learn more.



4 Registration required

2 Available via Zoom

3 Available in person

Please check our online calendar for the most up-to-date information on programming, including cancellations.



EDUCATION PATHWAYS

New Participant Orientation 42

2nd & 4th Monday of the month, 5:30–6:30pm

2nd Tuesday of the month, 12-1pm

4th Thursday of the month, 5:30-6:30pm

1st & 3rd Thursday of the month, 12-1pm

This informal session is the first step for all cancer survivors and caregivers interested in joining our community! It allows new participants to learn more about CSC Montana, the programs and services we offer, how to register, and the potential benefits of participation. Includes a facility tour and plenty of time to ask questions.

Register online or at 406.582.1600.

Naturopathic Medicine: Winter Blues 42

Wednesday, March 8th, 12-1pm

Many people experience mood changes this time of year, when the days are shorter and the sunlight less frequent. Naturopathic medicine can provide tools to manage these emotional and chemical changes. Join Dr. Noelle Butler to learn how to ease the seasonal blues. **Register online or at 406.582.1600.**

Melanoma Exchange Patient Forum 2

Wednesday, March 8th, 11am-4pm

MRA's Melanoma Exchange Patient Forum will bring together melanoma patients, survivors, advocates, and their loved ones to provide lay-friendly, state-of-the- science education, promote collaboration, and provide networking opportunities across the melanoma community. Each session will provide information, insight, and strategies to help navigate melanoma diagnosis, treatment, or beyond. **Learn more about the Forum and register at curemelanoma.net.**

The Benefits of Oncology Physical Therapy 42

Monday, March 13th, 5:30-7pm

Research supports the role of physical therapy and exercise to address the side effects of cancer and related treatment including chemotherapy, surgery, and radiation. Some of these side effects include cancer-related fatigue, peripheral neuropathy, bone health, anxiety, and sleep. Through education, movement, and manual techniques, physical therapy and exercise can assist you along your journey to maximize your quality of life and physical function. Please be sure to bring your questions and enjoy a session led by local Missoula PT, Maddie Small, DPT Physical Therapist!

Register online or at 406.582.1600.

Nutrition Q & A 2

Wednesday, March 15th, 5:30-6:30pm

Curious about nutrition and overwhelmed with all the information out there? Join registered dietitian, Ali Fox, for a drop-in hour of Q&A.

Updates in Bladder & Urinary Tract Cancers 42

Saturday, March 18th, 10-11am

You are invited to a free patient education event hosted by Fred Hutchinson Cancer Center in partnership with the Bladder Cancer Advocacy Network. During the event, providers will present important information on these cancers, such as diagnosis, treatment, innovation and research updates, best supportive care measures for patients and families, and more. **Register online or at 406.582.1600.**

Nourishing Yourself During Treatment 42

Thursday, March 23rd, 5:30-6:30pm

Do you want to maximize your nutrition during treatment? Join MSU Dietetics students to ask questions about food and nutrition-and if you join us in person, taste a delicious power-packed blueberry smoothie from the Fred Hutchinson Cancer Center's Cook For Your Life (TM) recipes. Learn about the many resources available to support you in meal planning, cooking and eating for life. **Register online or at 406.582.1600.**

Genetics 101 42

Thursday, March 23rd, 5:30-6:30pm

Are you curious what genetics have to do with cancer? Join Dr. Bowman, Breast specialist, to learn more. This will cover the basics of genetic testing for families with a history of breast and ovarian cancer. With over 400 genetic tests performed in the last 3 years, a few patients have also volunteered to come share their experience! **Register online or at 406.582.1600.**

Nourishing Yourself in Survivorship 42

Thursday, April 6th, 5:30-6:30pm

Do you want to maximize your nutrition in survivorship? Join MSU Dietetics students to ask questions about food and nutrition and if you join us in person, taste a uniquely delicious Garbanzo Bean and Red Pepper Salad recipe from Chef Michael Tange, Mayo Clinic Cancer Center. **Register online or at 406.582.1600.**

Medical Marijuana 42

Tuesday, April 11th, 5:30-6:30pm

Join us for this educational seminar where Matt Kleman, owner of Natrapeutics, will provide an overview of the potential benefits of medical marijuana, the basics of understanding Montana law, and the importance of holding a medical card even though recreational marijuana is now available. **Register online or at 406.582.1600.**

Naturopathic Medicine: Supplements 42

Wednesday, April 12th, 12-1pm

Patients often ask about supplements before, during, and after cancer treatment. Naturopathic doctors are a great resource to test for nutrient deficiencies and determine when it is safe and beneficial to take specific supplements. Join Noelle Butler, ND as we discuss the potential benefits of supplements and how to avoid drug-herb interactions. **Register online or at 406.582.1600.**

Couples Workshop: Building a Strong Connection 42

Monday, April 17th, 5:30-7pm

Please join Missoula Clinical Program Director Cody Meyer for a couples workshop focusing on the research and training of John and Julie Gottman (Certified Gottman Method Couples Therapy). This workshop will cover the Sound Relationship House Theory on healthy conflicts and friendship systems while learning to use our strengths to build more robust connections. This workshop is best absorbed when both individuals are present; attendance by both partners is required. **Register online or at 406.582.1600.**

PLEASE NOTE: A brief orientation meeting is required prior to joining any of our support groups. Please call 406.582.1600 to schedule.



EMOTIONAL SUPPORT

Metastatic Cancer Support 2

1st and 3rd Mondays, 12-1pm

Join the discussion and learn how to reduce anxiety and manage uncertainty, all while connecting with other Montanans living with metastatic/ stage IV cancer.

GYN Cancer Support 2

2nd and 4th Mondays, 12-1:30pm

Connection and encouragement are essential for those that have been diagnosed with cancer. This group of people with gynecological cancers encourage support and helps focus on the benefits of connecting with others who are going through similar experiences.

Young Survivors' Connection 2

2nd Tuesdays, 5:30-6:30pm

While they often have great support systems, young cancer survivors can benefit from talking with others who can relate. This group provides cancer survivors and/or those living with cancer under 50(ish) with a place to share information and connect.

Cancer Treatment Support 2

2nd & 4th Thursdays, 12-1pm

While modern cancer treatments are more effective than ever, they still often lead to unpleasant, life-altering side effects. This support group offers a space for those in treatment to connect, share resources, and develop healthy coping strategies.

Bosom Buddies 2

1st and 3rd Tuesdays, 5:30-7pm

Join us for a support group focused on people with a breast cancer diagnosis at any stage and during any survivorship phase. Connecting with others that share a similar experience can help provide empowerment throughout your cancer experience.

Blood Cancer Connection 2

2nd and 4th Tuesdays, 12-1pm

Join us for a networking support group that provides discussion and education on treatment and survivorship for blood cancers. Survivors, caregivers, family, and friends are welcome.

Living with Loss 2

Every Wednesday, 5:30-7pm

Grief is often an isolating experience, but it doesn't have to be. Living with Loss is open to all who have lost someone, regardless of whether the loss was cancer-related. This weekly group provides a space for those in bereavement to share experiences, challenges, and support with others who can relate.

Cancer Survivorship Support 2

1st and 3rd Wednsdays, 12-1pm

Whether you finished treatment yesterday or ten years ago, managing the physical, mental, and emotional changes brought about by the cancer experience can be challenging. In this group, fellow survivors connect, empathize, encourage, and share their wisdom.

Friends, Family, & Caregiver Connection 2

1st and 3rd Wednesdays, 5:30-6:30pm

Caregivers must practice self-care and balance during challenging times. Family members, friends, and caregivers can find connections and share personal experiences, concerns, and encouragement in this support group.

Prostate Connection 2

4th Wednesdays, 6-7pm

This networking group for men with prostate cancer provides an opportunity to discuss information and learn more about survivorship.

Informal Support

Book Club: Big Magic 42

Thursday, April 13th, 6-7:30pm

If you'd like to grow in mind, body and spirit-to read, connect, reflect, and grow-then our bi-monthly book club is for you. For April, longtime educator and writer Jill Davis will facilitate discussion on Big Magic by Elizabeth Gilbert. **Register online or at 406.582.1600; book available via CSC upon request.**