

For information on any of the services listed call the Patient Resource Center at 216.444.0611.

### Monthly events

#### Breast Cancer Support Group

Third Monday, 10 – 11:30 a.m., Gross Family Art Therapy Suite

#### Brain Tumor Support Group

Fourth Wednesday, 5 – 7 p.m., Gross Family Art Therapy Suite

### Upcoming events

#### Patient Services Spotlight:

Discover the Reflections Wellness Program  
2<sup>nd</sup> floor lobby  
Monday, November 18, 11 a.m. – 1 p.m.

#### Reflect and Find Inner Wisdom & Strength through Journaling:

Contact Don Iannone at 216-445-9415 or [iannond@ccf.org](mailto:iannond@ccf.org) for more information

#### Featured Art Therapy Project:

#### Wash Your Cares Away, Soap Making

Tuesday, November 19, 1 p.m. – 3 p.m.  
Art Therapy Studio, 1<sup>st</sup> Floor  
Contact Lisa Shea at 216-444-2479 or [sheal@ccf.org](mailto:sheal@ccf.org) to register

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>* Reserve a spot for Art Therapy Open Studio, please call 216-444-2479.</i></p> <p><i>*Yoga is now being held on the 5<sup>th</sup> floor in conference room CA5-120A.</i></p>					1 9-11 a.m. Art Therapy (Open studio)	2
3	4 12-12:30 p.m. Mindfulness Meditation <i>*Meditation Rm.</i>	5 10-11:30 a.m. Yoga <i>* CA5-120A/5<sup>th</sup> flr</i>  12:30-1 p.m. Mindfulness Meditation <i>* Meditation Rm.</i>	6 9-11 a.m. Art Therapy (Open Studio)  2:30-3:30 p.m. High Tea with guest musician	7 10-11:30 a.m. Yoga <i>*CA5-120A/5<sup>th</sup> flr</i>  1-3 p.m. Art Therapy (Open studio)	8 9-11 a.m. Art Therapy (Open studio)	9
10	11 12-12:30 p.m. Mindfulness Meditation <i>*Meditation Rm.</i>	12 10-11:30 a.m. Yoga <i>*CA5-120A/5<sup>th</sup> flr</i>	13 9-11 a.m. Art Therapy (open studio)  2:30-3:30 p.m. High Tea with guest musician	14 10-11:30 a.m. Yoga <i>*CA5-120A/5<sup>th</sup> flr</i>  1-3 p.m. Art Therapy (Open studio)	15 9-11 a.m. Art Therapy (Open studio)	16
17	18 11 a.m.-1 p.m. <b>Patient Services Spotlight</b>  12-12:30 p.m. Meditation <i>*Meditation Rm.</i>	19 10-11:30 a.m. Yoga <i>* CA5-120A/5<sup>th</sup> flr</i>	20 9-11 a.m. Art Therapy (Open Studio)  2:30-3:30 p.m. High Tea with guest musician	21 10-11:30 a.m. Yoga <i>*CA5-120A/5<sup>th</sup> flr</i>  1-3 p.m. Art Therapy (Open Studio)	22 9-11 a.m. Art Therapy (Open Studio)	23
24	25 12-12:30 p.m. Mindfulness Meditation <i>*Meditation Rm.</i>	26 10-11:30 a.m. Yoga <i>* Cancelled</i>	27 9-11 a.m. Art Therapy <i>*Cancelled</i>  2:30-3:30 p.m. High Tea with guest musician	28 10-11:30 a.m. Yoga <i>*Cancelled</i>  1-3 p.m. Art Therapy <i>*Cancelled</i>	29 9-11 a.m. Art Therapy <i>*Cancelled</i>	30



## Patient Services

Located on the 1<sup>st</sup> floor of the Taussig Cancer Center

Class schedule available on the reverse side of this flier and in the Patient Resource Center.

For more information on any of the services listed, call the Patient Resource Center at 216.444.0611, unless otherwise indicated.

### Patient Resource Center

The Scott Hamilton & Helen McLoraine Patient Resource Center provides brochures, a lending library, Internet access, and information on support groups, patient-related events, transportation and lodging. Monday–Friday, 7:30 a.m.–4 p.m. 216.444.0611

### 4th Angel Mentoring Program

Receive complimentary, one-on-one phone or email support from patient or caregiver mentors who have made the same journey you are about to begin.

216.445.8734 | Toll-free 866.520.3197, 4thangel.org | 4thangel@ccf.org

### Art Therapy

Patients and families can explore the expressive, healing power of art using a variety of media, including drawing, painting, collage and sculpture. 216.444.2479

### Chemocare.com

A comprehensive resource that provides chemotherapy drug and side effect information, cancer wellness information, and links to additional reliable resources and organizations.

### High Tea at Taussig

Relax during tea time with patients, families, friends and staff. High Tea is held weekly in the lobby. No reservations necessary. Wednesdays, 2:30–3:30 p.m.

### Mindfulness Meditation

A trained and certified meditation guide provides complimentary mindfulness meditation services to patients and their family members. 216.445.9415

### Music Therapy

Explore the creative, expressive ways music can aid patients and family members during treatment through listening, reflecting, singing or playing. 216.636.3715

### Reflections Wellness Program

Take time to relax with reiki, reflexology, massage, skin care and cosmetic consultations. Services are complimentary for Cleveland Clinic patients currently being treated for cancer. Monday–Friday, by appointment. 216.444.3527

### Reiki

Reduce stress and anxiety and increase relaxation and energy levels through the “power of the human touch”. This complementary wellness therapy promotes healing and a sense of positive well-being. 216.445.9415

### Wig Boutique

The wig boutique carries complimentary wigs, hats and other accessories for our adult patients actively undergoing treatment. Monday–Friday, 8 a.m.–3:30 p.m. or by appointment. 216.445.6885

### Yoga

Complimentary classes. Patients and families are welcome. Tuesdays and Thursdays, 10–11:30 a.m. 440.840.1839