

## Patient Services

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

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

For more information on any of the services listed please call 954.659.5840, unless otherwise indicated.

[ClevelandClinicFlorida.org](http://ClevelandClinicFlorida.org)

### Patient Resource Center

The Braathen Center Patient Resource Area provides brochures, a lending library, Internet access, and information on support groups, patient-related events, transportation and lodging.

### 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. 866.520.3197, 4thangel.org | 4thangel@ccf.org

### American Cancer Society

Transportation and lodging assistance. Call 800.227.2345.

### Art Therapy

Therapeutic expression - lead by Art Therapist, Rachel Upton-Rice, MPS, ATR-BC, LCAT - using a variety of visual arts media including, but not limited to: drawing, painting, collage, and sculpture. 954.659.5840

### Beauty/Body Image Services

An oncology esthetician can help to calm and hydrate the skin from side effects of chemotherapy and radiation, as well as assist with personal image recovery. Available every Tuesday & Wednesday on the third floor. 954.659.5840

### Beauty in the Face of Cancer

A program designed for cancer patients recently diagnosed or currently going through chemotherapy and/or radiation whom are facing challenges with their skin and image. Learn about ingredients, skin care routine, eyebrow and eyelash recreation and the do's and don't's before, during and after treatment. Every 3rd Wednesday from 5:00 p.m. - 7 p.m. 954.659.5000, Ext 38012 for reservations

### Breast Cancer Book Club

Every other month, 954.659.5604

### High Tea

Relax during tea time with patients, families, friends and staff. High Tea is held on the 1st floor of the Braathen Center on the 1st and 3rd Wednesday of each month. No reservations necessary. 2:00 p.m. - 3:30 p.m.

### Massage Therapy

Complimentary one hour light massage that gently manipulates the soft tissues to release muscle tension and pain, ease anxiety, increase circulation, and help improve body function. 954.659.5840

### Men's Support

Forum for men with cancer to provide group support and education. 954.389.2496.

### Music Therapy

Explore the creative, expressive ways music can aid patients and family members during treatment through listening, reflecting, singing or playing. No musical background required. 954.659.5840

### Nutrition Services

Individual and group sessions available for patients and families to discuss nutrition needs before, during, and after treatment. 954.659.5840

### 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. 954.659.5840

### Social Work Services

Assistance with resources including financial and emotional/social support. 954.659.5840

### Survivorship Brunch

Survivorship is living with, through, and beyond cancer. This means that cancer survivorship starts at diagnosis. Last Friday of each month. 9:00 a.m. - 10:00 a.m. 954.487.2237

### Wig Boutique

The wig boutique carries complimentary wigs, hats and other accessories for our patients actively undergoing treatment. Monday - Friday, 8:00 a.m. - 4:30 p.m. You can ask your nurse or social worker for more information.

### Yoga

Complimentary classes. Gentle and chair yoga, for patients and caregivers. 954.487.2132

For information on any of the services listed call the Patient Resource Center at 954-659-5840.

| SUNDAY | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY |
|--------|---|---|---|--|--|----------|
| 3      | 4   | 5   | 6   | 7  | 8  | 9        |
|        |   | 11 a.m.-12 p.m. Art Therapy Open Studio   | 10-11 a.m. Next Steps <i>English</i>  | 4-5 p.m. Virtual Yoga  |  |          |
| 10     | 11  | 12  | 13  | 14   | 15   | 16       |
|        |   | 11 a.m.-12 p.m. Art Therapy Open Studio   | 10-11 a.m. Next Steps <i>English</i><br>5:30-7:30pm Breast Cancer Book Club   | 2-3 p.m. Ostomy Support Group<br>4-5 p.m. Virtual Yoga                                       |  |          |
| 17     | 18  | 19  | 20  | 21   | 22   | 23       |
|        | **Must pre-register for Cooking Demonstration by calling (954) 487-2253 Held in 3 <sup>rd</sup> floor Art Therapy Room. | 11 a.m.-12 p.m. Art Therapy Open Studio<br>12-1 p.m. Blood Cancer Support Group | 10-11 a.m. Next Steps <i>English</i><br>5-7 p.m. Beauty in the Face of Cancer | 10-11 a.m. Next Steps <i>Spanish</i><br>4-5 p.m. Virtual Yoga                                |  |          |
| 24     | 25  | 26  | 27  | 28   | 29   | 30       |
|        |   | 11 a.m.-12 p.m. Art Therapy Open Studio   | 10-11 a.m. Next Steps <i>English</i>  | 10-11 a.m. Cooking Demonstration**<br>2-3 p.m. Ostomy Support Group<br>4-5 p.m. Virtual Yoga | 12-1 p.m. Surviving and Thriving Support Group |          |
| 31     |   |   |   |  |  |          |

## Monthly events

Next Steps – Patient Orientation (**English Version**), First Wednesday, 10–11:00 a.m., **Virtual Zoom Meeting**, Pre-register by emailing [nyenbrl@ccf.org](mailto:nyenbrl@ccf.org)

Next Steps – Patient Orientation (**Spanish Version**), Third Thursday, 10–11:00 a.m., **Virtual Zoom Meeting**, Pre-register by emailing [nyenbrl@ccf.org](mailto:nyenbrl@ccf.org)

Virtual Yoga, Every Thursday, 4 -5 p.m., Pre-register by calling [\(954\) 487-2132](tel:9544872132)

Blood Cancer Support Group, Every 3<sup>rd</sup> Tuesday, 12-1 p.m., **Virtual Zoom Meeting**, Pre-register by calling the [LLS at \(954-744-5310\)](tel:9547445310)

Beauty in the Face of Cancer Program, Every 3<sup>rd</sup> Wednesday, 5-7 p.m., 3<sup>rd</sup> Floor Art Therapy Room **or Virtual Option Available**, Pre-register by calling [\(954\) 487-2918](tel:9544872918)

Virtual Ostomy Support Group, Every Other Thursday, 2-3 p.m. Pre-register by calling [\(954\) 487-2237](tel:9544872237) or email [nyenbrl@ccf.org](mailto:nyenbrl@ccf.org)

## Upcoming Events

Breast Cancer Book Club, Wednesday, January 13<sup>th</sup>, 5:30-7:30 p.m., **Virtual Meeting**, Pre-register by calling [\(954\) 659-5604](tel:9546595604)

Virtual “Surviving and Thriving” Support Group, Friday, January 29<sup>th</sup>, 12-1 p.m. Pre-register: [\(954\) 659-5840](tel:9546595840)