

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

## Monthly events

Gilda's Club on the Go Support Group  
 Second & Fourth Tuesday, 1:30 – 2:30 p.m.,  
 3<sup>rd</sup> Floor Art Therapy Room

Next Steps – Patient Orientation(**English Version**)

First Wednesday, 10–11:00 a.m., 3<sup>rd</sup> Floor Art Therapy Room

Next Steps – Patient Orientation(**Spanish Version**)

Third Thursday, 10–11:00 a.m., 3<sup>rd</sup> Floor Art Therapy Room

Survivorship Brunch, Last Friday, 9 – 10:00 a.m., 3<sup>rd</sup> Floor Art Therapy Room

High Tea for Patients & Caregivers  
 First & Third Wednesday, 2 – 3:30 p.m., 1<sup>st</sup> Floor Lobby

Yoga, Every Thursday, 4 -5 p.m., Room 202

Blood Cancer Support Group, Every 3<sup>rd</sup> Tuesday, 12-1:30 p.m., 3<sup>rd</sup> Floor Art Therapy Room, Pre-register by calling the LLS at (954-744-5310)

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, Pre-register by calling (954) 659-5000 ext. 38012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	7
		11 a.m.-12 p.m. Art Therapy Open Studio	10-11 a.m. Next Steps <i>English</i> 2-3:30 p.m. High Tea	11 a.m.-12 p.m. Art Therapy Open Studio 4-5 p.m. Yoga		
	8	9	10	11	12	14
		11 a.m.-12 p.m. Art Therapy Open Studio	5:30-7:30 p.m. Breast Cancer Book Club	11 a.m.-12 p.m. Art Therapy Open Studio		
		1:30-2:30 p.m. Gilda's Club Support Group		4-5 p.m. Yoga		
	15	16	17	18	19	21
	**Must pre-register for Cooking Demonstration by calling (954) 659-5840. Held in 3 <sup>rd</sup> floor Art Therapy Room.	11 a.m.-12 p.m. Art Therapy Open Studio	2-3:30 p.m. High Tea	10-11 a.m. Next Steps <i>Spanish</i>		
		12 p.m.-1:30 p.m. Blood Cancer Support Group	5-7 p.m. Beauty in the Face of Cancer	11 a.m.-12 p.m. Art Therapy Open Studio		
				4-5 p.m. Yoga		
	22	23	24	25	26	28
		11 a.m.-12 p.m. Art Therapy Open Studio	10-11 a.m. Cooking Demonstration**	9-10 a.m. Survivorship Brunch (Nutrition)		
		1:30-2:30 p.m. Gilda's Club Support Group	11 a.m.-12 p.m. Art Therapy Open Studio			
			4-5 p.m. Yoga			
	29	30	31			
		11 a.m.-12 p.m. Art Therapy Open Studio				



## 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](http://4thangel.org) | [4thangel@ccf.org](mailto:4thangel@ccf.org)

### Acupuncture

A practice of inserting fine needles into the skin along specific points to bring balance and ease symptoms experienced from treatments or medications. Available Wednesdays & Fridays. 954.659.5840

### 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'ts 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 1<sup>st</sup> floor of the Braathen Center on the 1<sup>st</sup> and 3<sup>rd</sup> 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. 954.487.2131