

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.,
 3rd Floor Art Therapy Room

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

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

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

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

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

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

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

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

Beauty in the Face of Cancer Program,
 Every 3rd Wednesday, 5-7 p.m., 3rd Floor Art Therapy Room, Pre-register by calling [\(954\) 659-5000 ext. 38012](tel:954-659-5000)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	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	13	14
		11 a.m.-12 p.m. Art Therapy Open Studio 1:30-2:30 p.m. Gilda's Club Support Group	5:30-7:30 p.m. Breast Cancer Book Club	11 a.m.-12 p.m. Art Therapy Open Studio 4-5 p.m. Yoga		
15	16	17	18	19	20	21
		11 a.m.-12 p.m. Art Therapy Open Studio 12 p.m.-1:30 p.m. Blood Cancer Support Group	2-3:30 p.m. High Tea 5-7 p.m. Beauty in the Face of Cancer	10-11 a.m. Next Steps <i>Spanish</i> 11 a.m.-12 p.m. Art Therapy Open Studio 4-5 p.m. Yoga		
22	23	24	25	26	27	28
		11 a.m.-12 p.m. Art Therapy Open Studio 1:30-2:30 p.m. Gilda's Club Support Group		10-11 a.m. Cooking Demonstration** 11 a.m.-12 p.m. Art Therapy Open Studio 4-5 p.m. Yoga	9-10 a.m. Survivorship Brunch (Nutrition)	
29	30	31				
		11 a.m.-12 p.m. Art Therapy Open Studio				

****Must pre-register for Cooking Demonstration by calling (954) 659-5840. Held in 3rd floor Art Therapy Room.**



Patient Services

Located on the
1st 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

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

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 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. 954.487.2131