

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

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>	4-5 p.m. Virtual Yoga		
8	9	10	11	12	13	14
		11 a.m.-12 p.m. Art Therapy Open Studio	10-11 a.m. Next Steps <i>English</i> 5:30-7:30pm Breast Cancer Book Club	4-5 p.m. Virtual Yoga		
15	16	17	18	19	20	21
		11 a.m.-12 p.m. Art Therapy Open Studio 12-1 p.m. Blood Cancer Support Group	10-11 a.m. Next Steps <i>English</i> 5-7 p.m. Beauty in the Face of Cancer	10-11 a.m. Next Steps <i>Spanish</i> 4-5 p.m. Virtual Yoga	12-1 p.m. Surviving and Thriving Support Group	
22	23	24	25	26	27	28
		11 a.m.-12 p.m. Art Therapy Open Studio	10-11 a.m. Next Steps <i>English</i>	Clinic Closed		
29	30					

## Monthly events

Next Steps – Patient Orientation (**English Version**), First Wednesday, 10–11:00 a.m., **Virtual Zoom Meeting**, Pre-register by emailing [stevena7@ccf.org](mailto:stevena7@ccf.org)

Next Steps – Patient Orientation (**Spanish Version**), Third Thursday, 10–11:00 a.m., **Virtual Zoom Meeting**, Pre-register by emailing [stevena7@ccf.org](mailto:stevena7@ccf.org)

Virtual Yoga, Every Thursday, 4 -5 p.m., Pre-register by calling (954) 487-2132

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: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 **or Virtual Option Available**, Pre-register by calling (954) 487-2918

## Upcoming Events

Breast Cancer Book Club, Wednesday, November 11<sup>th</sup>, 5:30-7:30 p.m., **Virtual Meeting**, Pre-register by calling (954) 659-5604

Virtual “Surviving and Thriving” Support Group, Friday, November 20<sup>th</sup>, 12-1 p.m. Pre-register: (954) 659-5840

Clinic is closed on Thursday, November 26<sup>th</sup>. Happy Thanksgiving!



## 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)

### 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