

## 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.

### 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

### 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. 954.487.2367

### 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

### 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.

### Life Coach & Holistic Psychotherapy

Includes traditional talk psychotherapy and non- traditional therapies including meditation, guided imagery, breath therapy and HeartMath biofeedback. 954.659.5840, Option 2.

### 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. 954.487.2261

### 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

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, 5:30 – 6:30 p.m.,  
 3<sup>rd</sup> Floor Art Therapy Room

New Patient Orientation  
 Every Wednesday, 10–11:00 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

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

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

## Upcoming events

**CCF “Get Your Pink On”**  
 Wednesday, October 16<sup>th</sup>, 2019

**Making Strides Against Breast Cancer**  
 Saturday, October 26<sup>th</sup>, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Clinic closed	11 a.m.-12 p.m. Art Therapy Open Studio	10-11 a.m. New Patient Orientation 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 5:30-6:30 p.m. Gilda's Club Support Group	10-11 a.m. New Patient Orientation 5:30-7:30 p.m. Breast Cancer Book Club	11 a.m.-12 p.m. Art Therapy Open Studio		
15	16	17	18	19	20	21
Music Therapy Monthly Theme: “Practicing Positivity” Please inquire with Angie Ortega for more information (954) 487-2261		11 a.m.-12 p.m. Art Therapy Open Studio	10-11 a.m. New Patient Orientation 2-3:30 p.m. High Tea	11 a.m.-12 p.m. Art Therapy Open Studio 4-5 p.m. Yoga		
22	23	24	25	26	27	28
**Must pre-register for Cooking Demonstration by calling (954) 487-2237. Held in 3 <sup>rd</sup> floor Art Therapy Room.		11 a.m.-12 p.m. Art Therapy Open Studio 5:30-6:30 p.m. Gilda's Club Support Group	10-11 a.m. New Patient Orientation	10-11 a.m. Cooking Demonstration** 9-10 a.m. Survivorship Brunch		
29	30					