### COMING UP

**November 28**
- *Frankly speaking about the cost of cancer care with Margaret Liang, MD*

**December**
- *Writing through cancer*

**January - March**
- *FreshStart! 9-week program to help you make those important lifestyle changes*

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#### Support for you!

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**Breast Cancer**

**Bosom Buddies Breast Cancer Support Group**
A monthly support group for women who have experienced breast cancer with the opportunity to meet other women at different stages of recovery and survivorship. The group meets on the third Wednesday of every month from noon until 1:30 p.m. A light lunch is provided. To register, call 838-3000 or e-mail to Martha Seymour, mimiseymour@gmail.com.

**Forge Share in Blount County**
Breast cancer support for patients, survivors and caregivers living in Blount County, AL
When: 2nd Thursday of the month at 6pm
Where: Cross Roads Baptist Church, 801 AL-160, Warrior, AL 35180
Contact: 205-838-6159 or info@forgeon.org

**Walker County Support Group**
Breast cancer support for patients, survivors and caregivers living in Walker County, AL
When: 2nd Thursday of the month at 1:30 pm
Where: Jasper Public Library, Jasper, AL.
Contact: Gretel Holston 205-401-7559 or gyholston@icloud.com

**Susan G. Komen Survive and Thrive Support Group**
Survive and Thrive for breast cancer survivors and co-survivors. This support group is a participant-focused, interactive group aimed at providing social support.
When: 2nd Saturday of the month at 1:00 pm
Where: Susan G. Komen, 1909 27th Avenue South, Homewood, AL
Contact: 205-263-1700 or mailto: info@komenncalabama.org

**First Fridays with Susan G. Komen**
First Fridays is a lunch and learn series featuring area breast cancer experts.
When: 1st Friday of the month at 11:30 am
Where: Various Locations
Contact: 205-263-1700 or mailto: dfowler@komenncalabama.org

**BRCA Support Group**
Provides education and support to individuals with BRCA1 and BRCA2 gene mutations and their families.
When: Call for future dates
Where: Call for future locations
Contact: mbfarmer@uab.edu or (205) 934-9554

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**Gynecological Cancers**

**CanSurvive (Gyn Cancers)** Offered 2 times and at different locations
Support group for ovarian, cervical, endometrial, uterine and other gynecological cancers.
When: 3rd Friday of the month, 12 p.m. (Lunch provided)
Where: American Cancer Society, 1100 Ireland Way, Suite 201, Birmingham, Alabama
When: 3rd Sunday of the month, Time: 2 p.m. to 4 p.m. (Refreshments provided)
Where: Junior League Bldg, 2212 20th Avenue South, Birmingham
Contact: mailto:CS@ThinkofLaura.org and 205-783-1285
Head and Neck Cancers

St. Vincent’s Head & Neck Support: Open to patients, survivors and caregivers.
When: 3rd Tuesday Each Month, 12:00 – 1:30 pm
Where: St. Vincent’s Birmingham: Bruno Cancer Center
Contact: Louis Josof (205) 939-7884

UAB Head and Neck Cancer Support Group for patients, survivors and caregivers.
When: Thursday, November 15, 4:00 pm
Where: Room NP 2532, 1824 6th Ave. S., Birmingham, AL
Contact: (205) 934-9766

Online Head and Neck Support
Visit: http://www.spohnc.org/

All Cancers

Grief: Support for those who have lost a loved one
When: 1st Monday of Each Month, 10:00 – 11:30 am
Where: St. Vincent’s Birmingham: Bruno Cancer Center
Contact: Louis Josof (205) 939-7884

Bone Marrow Transplant Support (BMT)
Dates/Times/Topics to be announced. For more information, contact Nel Williams at (205) 996-9449.

Camp Bluebird
This retreat offers a unique experience for adult cancer patients by promoting a sense of well-being among campers, teaching them how to live with cancer and cancer treatments, and providing them with a time for listening and learning, sharing and caring, and rest and relaxation. The three-day, two-night camp is held twice each year and is free-of-charge to the camper. Call 205-930-2217 or e-mail to Katherine.puckett@gmail.com for more information.

Caregivers Support Group
Connect with those who understand what you're going through. Share, vent, laugh, and feel less alone. Open for all cancer diagnoses.
When: 2nd Wednesday Each Month, 12:00 – 1:30 pm
Where: St. Vincent’s Birmingham: Bruno Cancer Center
Contact: Louis Josof (205) 939-7884

Support Group for All Cancers
This group is open to patients, survivors and caregivers.
When: 1st Tuesday Each Month, 12:00 – 1:30 pm
Where: St. Vincent’s Birmingham: Bruno Conference Center
Contact: Louis Josof (205) 939-7884
Leukemia / Lymphoma Support Group
This support group is open to patients, survivors and caregivers.
When: 1st Wednesday Each Month, 12:00 – 1:30 pm
Where: St. Vincent’s Birmingham: Bruno Cancer Center
Contact: Louis Josof (205) 939-7884

Prostate Cancer Support Group
This support group is open to patients, survivors and caregivers.
When: 2nd Tuesday of the Month, 12:00 – 1:30 pm
Where: St. Vincent’s Birmingham: Bruno Cancer Center
Contact: Louis Josof (205) 939-7884

Restorative Yoga: offered 2 days a week!
Gentle, restorative yoga for cancer survivors. Class space is limited. Registration and permission from your physician to participate are required.
When: Wednesdays 12:15-1:30 p.m. and Thursdays 5:45-7 p.m.
Where: Embody Practice Center
Contact: Stacey Miller, staceymiller@uabmc.edu (205) 934-7914
Cost: $50 for 10-week session (scholarships are available)

The Semi-Colon Club
Colon cancer support group.
When: 3rd Thursday from 6:30 – 8pm
Where: Homewood Library
Contact: Jacky Turner jacky.turner@rumpshaker5k.com or call (205) 613-4341.

SPECIAL SUPPORT EVENTS

Frankly Speaking About the Costs Associated with Cancer
Join us for a roundtable discussion with Dr. Margaret Liang about the unexpected costs of a cancer diagnosis. Dr. Liang is a UAB gynecologic oncologist with research and publications on the “financial toxicity” associated with the cost of cancer treatment. Patients, survivors, family members, caregivers and healthcare providers are welcomed. A light lunch will be provided.

When: Wednesday, November 28, 11:30—12:30 pm
Where: UAB’s Comprehensive Cancer Center
WTI 220 (Patient and Family Resources Center)
Information: tgw318@uab.edu

RESEARCH STUDIES

Test your Knowledge about research and clinical trials studies! The UAB Comprehensive Cancer Center is asking people living all across Alabama to complete our knowledge and experience survey. It only takes 5 minutes or less.
To complete the survey, just click on the link: https://uab.co1.qualtrics.com/jfe/form/SV_cHD1dvejQfKKFc9