“When I got the news, I didn’t think about myself or what I was going to go through. My first thought was about my kids.”

RAQUEL FERREYRA, ENDOMETRIAL CANCER SURVIVOR

KidsCan!: Helping families through cancer

When an adult is facing a cancer diagnosis there are specialists to help them deal with what they are going through, but what about their children? Duke Cancer Patient Support Program’s KidsCan! is ready to help kids 4 to 18 process their feelings and fears surrounding a loved one’s diagnosis and treatment.

Children and teens are grouped by age with activities and topics that are developmentally appropriate for each age group. Parents also have their own virtual meetup the third Tuesday of the month, offering a community of support to connect with other parents who are navigating cancer and discuss their children’s feelings about the impact of the diagnosis and treatment. All sessions are led by trained facilitators with the Duke Cancer Patient Support Program.

Cancer patient and mom Stacey Phipps was happy to have found KidsCan! to help her daughter and their family.

“I was relieved that my daughter Kerry had a place where she could both hear and normalize her thoughts and express them if she chose to,” said Phipps. “She had a place where she could learn that all her feelings about my cancer were ok.”

KidsCan! is currently enrolling kids and their families for their 2023-2024 program. Participants meet virtually and in-person. Supplies are provided to families before the virtual meetings. In addition, Child and Adolescent Life Specialists are available to meet with patients and families to provide education sessions tailored to their specific needs.

To learn more, please complete the interest survey (duke.is/m/vb3u) or visit dukehealth.org/kidscan.
Cancer Support Services

Duke Cancer Institute offers a variety of cancer support and survivorship services for patients and their loved ones to assist with navigating life during and after cancer treatment. Our goal is to shape the future of cancer survivorship and improve the quality of life throughout treatment.

Patient and Nurse Navigation
Navigators support patients, families, and caregivers through their cancer care. They make sure you have information to make decisions and advocate for your needs. They identify barriers to care and connect you with available resources, as needed. Our navigators support you all the way from diagnosis to end of treatment. If you are interested in learning more, contact your healthcare team and ask what Navigation services are available to you.

Clinical Social Work
Oncology and palliative care social workers help patients and their loved ones cope with the emotional and practical concerns that accompany the diagnosis and treatment of cancer. Individuals and family members are assessed to identify and address specific needs. They work to help you alleviate stressors and financial burdens associated with a cancer diagnosis. We can connect you and your loved ones to resources such as disability, home health/hospice, advance directives and end-of-life care. To learn more, contact your healthcare team and ask about Clinical Social Work services.

Chaplain Services & Education
Duke chaplains are on site seven days a week to offer spiritual support to you and your loved ones. When requested, they connect you with faith-specific representatives from the community. To learn more, contact Chaplain Services & Education at Duke Cancer Institute locations. In Raleigh, call 919.812.7972; for Duke Cancer Center in Durham, 919.684.3586; or Duke Cancer Center North Durham, 919.470.5363.

Therapy and Counseling
Our medical family therapists provide individual, couples, and family therapy. They help you and your loved ones cope with the impact of cancer, all at no cost. Psychiatry and psychology services are also available and offered as part of our treatment for emotional, psychological, and relational issues associated with a cancer diagnosis. To learn more, visit DukeCancerInstitute.org/Therapy-and-Support-Groups.

Sexual Health Services
Sexual health services provide education on the impact cancer treatments have on sexual health and intimacy, and therapy services that address concerns surrounding sexual function, sexual feelings, intimacy, and changes in sexual health. To learn more, visit DukeCancerInstitute.org/SupportiveCare/Sexual-Health-Intimacy.

Support services are offered both in-person and remotely. Please call 919.684.4497 for more information.

Your survivorship specialist at the Duke Cancer Survivorship Clinic is here to bridge the gap between cancer treatment and life after cancer treatment. To learn more, visit duke.is/wtqpe.
Quit at Duke
Quit at Duke is a program designed to help people quit using tobacco products. Services are provided by tobacco treatment specialists and behavioral medicine clinicians. For more information or to schedule an appointment, please call 919.613.QUIT (7848). To learn more, visit DukeHealth.org/Quit.

Survivorship Services
They partner with you and your loved ones to achieve healthy, fulfilling lives beyond cancer. Areas of care that are addressed include assessment and management of both physical and emotional needs that may result from the cancer experience, cancer screenings and monitoring, and counseling related to prevention and health promotion. We offer a number of clinical and supportive services. For more information, call 919.668.2122. To learn more, visit DukeHealth.org/Treatments/Cancer/Survivorship-Services.

Teen and Young Adult Oncology Program
They provide teen and young adult patients (ages 15 to 29) and their loved ones with support and community during a cancer diagnosis, treatment, and survivorship. The program offers specialized medical care; individual, couples and family therapy; peer connection; and activity-based groups, both in the medical center and in the community. To learn more, visit DukeCancerInstitute.org/TYAO.

Palliative Care
They help with symptoms such as shortness of breath, pain, nausea, constipation, fatigue, anxiety, depression, trouble sleeping, and other experiences keeping you from feeling your best. Palliative care works closely with you and your doctors to ensure that every choice about your medical care has you at the center and is consistent with your values, while planning for the future. To schedule an appointment, call 919.668.6688, option #7. To learn more, visit DukeHealth.org/Treatments/Palliative-Care.

Self-Image Services
Our self-image consultants offer a variety of services and products to assist individuals with changes in body-image experienced during cancer treatment and survivorship. If you are interested in a self-image consultation, call 919.613.1906 or email cancersupport@duke.edu. To learn more, visit DukeCancerInstitute.org/Self-Image-Services.

Child and Adolescent Life Services
They focus on supporting the emotional and developmental needs of children and teens in families who are facing cancer. They hold individual education sessions with families to support parents taking the lead in helping their children understand and talk about the cancer diagnosis, treatment, side effects, and changes in their family life. To learn more, visit DukeCancerInstitute.org/SupportiveCare/Child-Life.

Available Legal Resources
Duke Law School's Health Care Planning Project offers free legal assistance to prepare important health care documents (Healthcare Power of Attorney; Durable Power of Attorney; Advanced Directive) for DCI patients. Law student volunteers working under attorney supervision meet with clients in person. Appointments will open in late September and typically take 2 hours. Please note that all applicants are screened for eligibility, which includes questions about annual income. To learn more or schedule an appointment, email HealthCarePlanning@law.duke.edu.
Support Groups

Duke Cancer Patient Support Program’s virtual support groups are professionally facilitated. Attendees have an opportunity to meet people in a similar situation, share their experience and get support, tips, and ideas from those who understand what you’re going through. Registration is required. To learn more, please call 919.684.4497 or visit DukeCancerInstitute.org-Therapy-and-Support-Groups. Scan the code to register for support groups.

Art Therapy at Nasher
Wednesday :: September 13
2 to 3:30 p.m.
Second Wednesday of the month
This group is open to patients and caregivers and is located at the Nasher Museum of Art in Durham. No art experience is needed. For more information and to register, visit duke.is/nn4gr.

General Cancer Support
Thursday :: September 21
5 to 6 p.m.
Third Thursday of the month
Patient and caregiver groups are held separately. Topics typically include communicating, finding information, making decisions, solving problems negotiating, and standing up for your rights. To register, visit duke.is/mhc7m.

LGBTQIA+ Cancer Support
Wednesday :: September 27
5:30 to 6:30 p.m.
Fourth Wednesday of the month
The group is for patients and caregivers. To register, visit duke.is/mhc7m.

Metastatic Cancer Support Group for Women
Wednesday :: September 20
3 to 4:30 p.m.
Third Wednesday of the month
The group is for patients only. To register, visit duke.is/mhc7m.

Breast & GYN Cancers
Tuesday :: September 12
5:30 to 7 p.m.
Second Tuesday of the month
The group is for patients only. To register, visit duke.is/mhc7m.

Blood and Marrow Transplant Survivorship Support Group
Wednesday :: September 20
4 to 5:30 p.m.
Third Wednesday of the month
The group is for patients and caregivers. To register, visit duke.is/mhc7m.

Caregiver Support Group
Thursday :: September 21
6 to 7 p.m.
Third Thursday of the month
To register, visit duke.is/mhc7m.

Prostate Cancer
Monday :: September 25
4 to 6 p.m.
Fourth Monday of the month
The group is for patients and caregivers. To register, visit duke.is/mhc7m.

Fertility Support Group for Women
Thursday :: September 7
5:30 to 6:30 p.m.
First Thursday of the month
The group is for patients only. To register, visit duke.is/mhc7m.

Parenting with Cancer Meetup
Tuesday :: September 19
7:30 to 8:30 p.m.
Third Tuesday of the month
The group is for parents with cancer and their caregivers, who have young children and/or teens. To register, visit duke.is/mhc7m.

KidsCan!
KidsCan! is a program designed to support children and teens, ages 4 to 18, who have a parent or significant caregiver living with a diagnosis of cancer. Monthly meetups focus on issues such as understanding cancer, changes in the family life, feelings, self-care, memories, cooperation, love and family. KidsCan! (ages 4–10 years) meets virtually on the second Monday of the month at 6:30 p.m.

KidsCan! Tweens and teens (ages 11–18 years) meets virtually on the third Monday of the month at 6:30 p.m. On September 11 all ages will be meeting in-person for a tour of the Cancer Center. To learn more or to register, call 919.684.4497, or email CancerSupport@duke.edu.

Join us for TYAO virtual meetups this month on Tuesday, September 26, from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Thursday, September 28, from 6:30 to 7:30 p.m. for teens (15–17 years old).

dukecancerinstitute.org
Virtual Yoga for Cancer
Tuesdays :: September 12 & 26
12 to 1 p.m.
Second and fourth Tuesday of the month
Join certified Yoga for Cancer instructor Laura Woodall in a class designed specifically for cancer patients and survivors. Visit duke.is/7jgt3 to learn more and to register.

Explore the Power of Your Voice for Healing
Mondays :: September 11 & 25, noon to 1 p.m.
In this workshop you will explore breathing techniques, vocal toning, and chanting. These tools and techniques, when used daily, will help you pay mindful attention to your heart and voice while experiencing the health benefits of sound, vibration, and self-expression. Visit duke.is/mn7m9 to learn more and to register.

Mind-Body Approaches to Coping with Cancer
Wednesdays :: September 13 & 27, 12:45 to 1:30 p.m.
Second and fourth Wednesday of the month
Mindfulness can be a powerful tool to manage the stress that can accompany living with and life after cancer. These virtual sessions teach mind and body approaches to coping with cancer. Through the focus on the breath and the present moment, patients and their caregivers will learn to discover the ability to respond rather than react to life’s stressors. For more information and to register, visit duke.is/gzsyt.

Virtual Tai Chi for Cancer
Friday :: September 8 & 22
2:30 to 3:15 p.m.
Join Dr. Jay Dunbar, founder and director of The Magic Tortoise Taijiquan School, in a virtual Tai Chi class for cancer patients and survivors. Visit duke.is/8mues to learn more and to register.

Salon Services
Mondays :: September 11
Our volunteer team of expert hair stylists provide private consolations at the Belk Boutique in Durham at no cost. They offer dry cuts for your hair or a head shave. Our stylists can also assist with wig styling, cutting, and general wig care. Call 919.613.1906 to reserve your time slot.

Exercise Consultations
Mondays :: 2 to 4 p.m.
Wednesdays :: 8:30 to 11:30 a.m.
Supportive Care & Survivorship Center offers exercise consultations by exercise physiologists. These personalized sessions are available to oncology patients and survivors at no cost. Video chat or phone sessions are available on Mondays between 2:00 and 4:00 p.m. and Wednesdays between 8:30 and 11:30 a.m. To learn more or to register email DHFCCancerExercise@dm.duke.edu or visit duke.is/82cne.
**Duke Cancer Institute Virtual Support and Activity Groups**

For more information and to register, visit [DukeCancerInstitute.org/SupportiveCare](http://DukeCancerInstitute.org/SupportiveCare) or call 919.684.4497.

To make a gift to support our no charge services, visit [gifts.duke.edu/cancersupport](http://gifts.duke.edu/cancersupport).

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