

June 18th – June 21st Workshop Schedule

MONDAY, June 18th

10:00 – 12:00 *Tile Painting Workshop for adults*

Join artist Jessica Case and personalize your own ceramic tile. Demonstration of different painting techniques and instruction on how to transfer your ideas to create your own unique tile will be offered. No artistic experience is necessary! Supplies will also be available all week long in the Blum Resource Center (Dana Lobby) - please feel free to drop by!

10:00 – 12:00 *Sun Safety Education*

This drop-in, interactive workshop on the Blum Family Resource Center Van will help people of all ages learn about skin cancer and how to protect themselves from the sun. Step aboard the van for a mini-presentation, to use our Dermascan and UV camera, and to pick up brochures and handouts on sun safety. **This workshop will also be offered on Wednesday, June 20th from 1:00 - 3:00.**

1:00- 3:00 *Paint Your Plate with Plant Foods: Simple Meals for People on the Go*

All are welcome aboard the Blum Family Resource Center Van to learn simple strategies for increasing your intake of cancer fighting foods. This workshop includes demonstrations by DFCI nutritionists of healthful meal and snack preparation as well as food sampling. **This workshop will also be offered on Wednesday, June 20th from 10:00 - 12:00.** Pre-registration for both days is recommended as space on the van is limited.

1:00 – 3:00 *Tile Painting Workshop for children and young adults*

Join Jessica Case for a demonstration of different painting techniques and instruction on how to transfer your ideas to personalize your own ceramic tile. No artistic experience is necessary! Supplies will be available all week long in the Blum Resource Center (Dana Lobby) - please feel free to drop by!

4:00 – 5:30 *Spirituality: The Sacred Journey*

Join patients, survivors and members of the DFCI Pastoral Care Department as they share stories of faith, hope and inspiration for coping with cancer. Following a panel discussion, guests can participate in a question-and-answer session. Pre-registration recommended.

6:00 – 8:00 *Health Insurance Workshop*

Anyone who has or has had a serious health problem knows the importance of having health insurance that works. Concentrating on issues of importance to cancer survivors, this workshop will talk about what to look for when you have insurance choices. The primary focus will be on private health insurance but public health plans will also be discussed. Pre-registration required.

TUESDAY, June 19th

2:30 – 4:00 *Staying Healthy with Alternative Therapies*

This workshop will demonstrate how alternative therapies can support you as an adult or pediatric cancer survivor by helping you to relieve stress, manage pain, and balance your mind, body, and spirit. You will hear about the therapies offered at the Zakim Center and you will have an opportunity to experience acupuncture and participate in a Qigong demonstration. Pre-registration required.

*For questions or to register, please call 1-800-883-6012. Light refreshments will be served at most workshops.

TUESDAY, June 19th continued...

3:30-5:00 *Finding Our Own Path*

In this workshop, survivors who have completed treatment will have the opportunity to explore where they are today, what their visions are for the future and steps they can take to get there. Care partners (spouses, partners, support friends) are welcome to attend. Facilitated by Amy Grose, LICSW and Ruth Cope, LICSW. Pre-registration required.

5:30 – 7:00 *Sex and Sensuality after Cancer Treatment: A Workshop for Women*

This is a workshop for women only. The workshop will feature a candid discussion about some of the common sexual problems women face after cancer treatment. We will focus on methods to enhance sexual desire and increase your enjoyment as well as strategies for promoting better sexual communication. The workshop will meet for 90 minutes. Facilitated by Dr. Sharon Bober. Pre-registration is required.

6:00 – 7:00 *Transition into Survivorship*

If your child completed their cancer therapy within the past two years, please come join us for an informal conversation about the often-challenging transition time. Jimmy Fund providers will lead discussions about the emotional impact of completing cancer therapy on the child and family and also the medical issues that may arise during this stressful time. Supervised activities will be available for children age 5 years and older during this informal talk. Pizza will be served. Pre-registration is required.

WEDNESDAY, June 20th

10:00 – 12:00 *Paint Your Plate with Plant Foods: Simple Meals for People on the Go*

See Monday schedule for description.

12:00 – 2:00 *The Impact of Cancer On Your Checkbook: Tools to Manage Your Financial Situation*

Join Dee Lee, Certified Financial Planner and member of the Massachusetts Financial Planner Association, for an informational workshop that will help you learn ways to understand your finances and develop concrete plans to manage your money, debt, and credit. Pre-registration recommended.

1:00 – 3:00 *Sun Safety Education*

See Monday schedule for description.

6:30 – 8:00 *Using Your Voice to Impact Cancer: An Advocacy Workshop*

This workshop will help you learn how to become an advocate and to help encourage your legislators to develop policies and fund research that directly and positively impact cancer patients and their families. This workshop will provide you with tips & tools on how to develop your personal story and how to talk to legislators. An update on current legislation and cancer research funding will also be included. Pre-registration recommended.

THURSDAY, June 21st

12:00 – 2:00 *Brain Tumor Survivor Luncheon*

This workshop is open to off-treatment pediatric brain tumor survivors who are 12 years and older. Come enjoy lunch while you talk with representatives from recreational organizations from all over New England about how to get involved in fun activities in your community. Pre-registration is required, please call (617) 632-2680.