



Monday	Tuesday	Wednesday	Thursday	Friday
3 1-2:30 Gilda's Club – Ayurveda – Health Tips for Springtime 1-6 Artist in Residence (Inpatient) Therapeutic Massage	4 9-10 Spiritual Care 10-3 Artist in Residence RTC Therapeutic Massage 5:30 Musicians-on-Call (Inpatient)	5 10-3 Artist in Residence (Inpatient) 10-11:30 Gilda's Club – Grupo de Apoyo en Español 1-2 Spiritual Care Therapeutic Massage 6 pm Caregivers Group	6 Therapeutic Massage 10:30-11:30 Mindfulness Meditation & Relaxation	7
10 11-1 Look Good Feel Better (Dubin) Therapeutic Massage	11 9-10 Spiritual Care 10-3 Artist in Residence RTC 2:00-3:00 Head & Neck Cancer Group Therapeutic Massage 5:30 Musicians-on-Call (Inpatient)	12 10-3 Artist in Residence (Inpatient) 10-11:30 Gilda's Club – Grupo de Apoyo en Español 12-1 Brain Cancer Support Group 1-2 Spiritual Care 2-3 Post-Allo Group Therapeutic Massage	13 Therapeutic Massage 10:30-11:30 Mindfulness Meditation & Relaxation	14 12-5 Artist in Residence (Inpatient)
17 1-6 Artist in Residence (Inpatient) Therapeutic Massage	18 9-10 Spiritual Care 10-3 Artist in Residence RTC 11-12 Women, Wisdom and Wellness (RTC Resource Room) Therapeutic Massage 5:30 Musicians-on-Call (Inpatient)	19 10-3 Artist in Residence (Inpatient) 10-11:30 Gilda's Club – Grupo de Apoyo en Español 12-1:15 Lung Cancer Support Group 1-2 Spiritual Care Therapeutic Massage	20 Therapeutic Massage 10:30-11:30 Mindfulness Meditation & Relaxation 1:00 Sickle Cell Group 4:30-6 Multiple Myeloma Educational/Support Group	21
24 11-12 GI Support Group 1-6 Artist in Residence (Inpatient) Therapeutic Massage	25 9-10 Spiritual Care 10-3 Artist in Residence RTC Therapeutic Massage 12-1 Leukemia and Lymphoma Group 5:30 Musicians-on-Call (Inpatient)	26 10-3 Artist in Residence (Inpatient) 10-11:30 Gilda's Club – Grupo de Apoyo en Español 1-2 Spiritual Care Therapeutic Massage	27 Therapeutic Massage 10:30-11:30 Mindfulness Meditation & Relaxation	28

SUPPORT & WELLNESS PROGRAMS

For more information

Please contact your social worker at (212) 241-6800 to learn more about any of the events or support groups. All support groups are one hour unless otherwise noted. All support and wellness programs are free of charge.

Breast Health Programs

For information on the breast health programs, contact the Breast Health Resource Program at (212) 987-3063.

Artist-in-Residence: Ruttenberg - contact Kelli Schnurman, LCSW (212) 824-8762. Inpatient - contact Emily Sherlock, LMSW (212) 241-7948

Brain Cancer Support Group: 1470 Madison Avenue, Ruttenberg 3rd Floor, Resource Center. Contact Alexa Chalmers, LMSW (212) 824-8775

Caring for the Caregiver: 1470 Madison Ave, Ruttenberg 3rd Floor, Resource Center. Contact Rianna Justusson, LMSW (212) 241-7945

CLIMB (Children's Lives Include Moments of Bravery): For children ages 6-11 whose parents/caregivers have a diagnosis of cancer with a concurrent parent group. Dinner will be provided. To register, contact Sophia Piccolino, LCSW (212) 824-8765

Colorectal, Liver & Pancreatic Cancer Support Group (Open to patients with any type of GI Cancer): 1470 Madison Ave, Ruttenberg 3rd Floor, Resource Center. Contact Taylor Guerin, LMSW or Meredith Prescott, LMSW (212) 824-8772

EMDR: Individual counselling service for patients/caregivers experiencing psychological distress due to their cancer experience. For information please contact: Batya Reckson, LCSW-R, OSW-C phone: 212-824 8775 email: batya.reckson@mountsinai.org

Gilda's Club – Grupo de Apoyo en Español: 1470 Madison Ave, Ruttenberg Piso 3, Resource Room. Contacto Fran Castellanos-Ross (212) 647-9700 x245

Gilda's Club – Ayurveda – Health Tips for Springtime: 1470 Madison Ave, Ruttenberg 3rd Floor, Room s3-105. The Indian health system of Ayurveda offers recommendations for maintaining optimal health according to the seasons; including nutrition, breathwork, exercises, and other practices to bring you into harmony. Join us to learn about ways you can enhance your health. Speaker: Maired Florez. To RSVP, contact Fran Castellanos-Ross at (212) 647-9700 x245

Head and Neck Cancer Support Group (SPOHNC): 1470 Madison Ave, Ruttenberg 3rd Floor, Resource Center. Batya Reckson, LCSW (212) 824-8774

Inpatient Cancer Support Group: 11E Family Lounge. Open to patients/families admitted to 11C /11E. Contact Emily Sherlock, LMSW (212) 241-7948

Leukemia and Lymphoma Support Group: 1470 Madison Avenue, Ruttenberg 3rd Floor, Resource Center. Annabel Schaenen, LCSW (212) 824-8775

Look Good...Feel Better: 1470 Madison Ave, Ruttenberg 3rd Floor, Resource Center. Pre-Registration Required. This group is for women, one-time only. Contact Vivian Chen, LMSW (212) 824-8787

Lung Cancer Support Group: 1470 Madison Ave, Ruttenberg 3rd Floor, Room S3-105. Lunch provided. Contact Stephanie Lehrman, LMSW (212) 824-8777

Mindfulness Meditation & Relaxation: Open to patients, caregivers, survivors and staff. 1470 Madison Ave, Ruttenberg 3rd Floor, Resource Center. Sophia Piccolino, LCSW (212) 824-8765

Multiple Myeloma Support Program: Educational/Support Program for Patients and Caregivers affected by Multiple Myeloma. 1470 Madison Ave, 3rd FL, Room s3-105. Contact Yu Mee Song, LCSW (212) 824-8771

Musicians-on-Call (Inpatient): Kimberly Negron, LMSW (212) 241-5753

Nu Voices: Patient run support group for laryngectomies: 3rd Sunday of the month at 1:30pm at Mount Sinai Hospital. Contact Saul Silver (212) 677-6392

Pet Assisted Therapy: Individual visits with certified Pet Assisted Therapy Dogs. Medical clearance required. Contact Kelli Schnurman, LCSW (212) 824-8762

Post-Allogeneic BMT Support Group: 1470 Madison Ave, Ruttenberg 3rd Floor, Room s3-105. RSVP to Anna Gribetz, LMSW (212) 241-5579 or Natalie Schreter/Riana Justusson, LMSW (212) 241-7945

Sickle Cell Support Group: 1470 Madison Ave, Ruttenberg 3rd Floor, Resource Center. Jenna Merz, LMSW (212) 824-8773

Spiritual Care: Available to Ruttenberg patients during infusion. Chaplains are available for spiritual counseling, support, religious ritual and prayer. You do not have to belong to a specific faith, community, or even consider yourself religious, to call a chaplain. Our chaplains help people of all faiths, and no faith, find healing, hope, and comfort while experiencing the challenges of life ---particularly during your healing journey. Sign up with greeter on the 4th floor or contact Sophia Piccolino, LCSW (212) 824-8765

Therapeutic Massage: Available to Ruttenberg patients receiving treatment. Medical clearance required. Contact Kelli Schnurman, LCSW (212) 824-8762

Woman-to-Woman: This program provides emotional support, information and self-advocacy training to women in treatment for gynecologic cancer, using a peer to peer model with survivor volunteers. Rachel Justus, LCSW (212) 241-3793

Women, Wisdom & Wellness: Gynecologic Oncology Educational Series aimed to provide a space for women to learn, discuss, share and explore topics of health, strength and well-being. 1470 Madison Ave, Ruttenberg 3rd Floor, Resource Center. Vivian Chen, LMSW (212) 824-8787

***If you would like to be added to our email distribution list to receive our calendar and other information on support and well events, please email kelli.schnurman@mountsinai.org