



Monday	Tuesday	Wednesday	Thursday	Friday
27 11-12 GI Support Group 1-6 Artist in Residence (Inpatient) Therapeutic Massage	28 9-10 Spiritual Care 10-3 Artist in Residence RTC 12-1 Leukemia and Lymphoma Group Therapeutic Massage 5:30 Musicians-on-Call (Inpatient)	1 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	2 Therapeutic Massage	3
6 1-6 Artist in Residence (Inpatient) Therapeutic Massage	7 9-10 Spiritual Care 10-3 Artist in Residence RTC Therapeutic Massage 5:30 Musicians-on-Call (Inpatient)	8 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	9 Therapeutic Massage 10:30-11:30 Mindfulness Meditation & Relaxation	10
13 11-1 Look Good Feel Better (RTC) 1-6 Artist in Residence (Inpatient) Therapeutic Massage	14 9-10 Spiritual Care 10-3 Artist in Residence RTC 10:30-12 Gilda's Club – Aromatherapy Workshop Therapeutic Massage 2:00-3:00 Head & Neck Cancer Group 5:30 Musicians-on-Call (Inpatient)	15 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	16 Therapeutic Massage 10:30-11:30 Mindfulness Meditation & Relaxation	17
20 1-6 Artist in Residence (Inpatient) Therapeutic Massage	21 9-10 Spiritual Care 10-3 Artist in Residence RTC Therapeutic Massage 11-12 Women, Wisdom and Wellness (RTC Resource Room) 1:00 Sickle Cell Group 5:30 Musicians-on-Call (Inpatient)	22 10-3 Artist in Residence (Inpatient) 10-11:30 Gilda's Club – Grupo de Apoyo en Español 1-2 Spiritual Care Therapeutic Massage	23 Therapeutic Massage 10:30-11:30 Mindfulness Meditation & Relaxation	24
27 11-12 GI Support Group 1-6 Artist in Residence (Inpatient) Therapeutic Massage	28 9-10 Spiritual Care 10-3 Artist in Residence RTC 12-1 Leukemia and Lymphoma Group Therapeutic Massage 5:30 Musicians-on-Call (Inpatient)	29 10-3 Artist in Residence (Inpatient) 10-11:30 Gilda's Club – Grupo de Apoyo en Español 1-2 Spiritual Care Therapeutic Massage	30 Therapeutic Massage 10:30-11:30 Mindfulness Meditation & Relaxation	31

# 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 3<sup>rd</sup> Floor, Resource Center. Contact Alexa Chalmers, LMSW (212) 824-8775

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

**Colorectal, Liver & Pancreatic Cancer Support Group (*Open to patients with any type of GI Cancer*):** 1470 Madison Ave, Ruttenberg 3<sup>rd</sup> 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](mailto:batya.reckson@mountsinai.org)

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

**Gilda's Club – Aromatherapy in Cancer Care:** 1470 Madison Ave, Ruttenberg 3<sup>rd</sup> Floor, Room s3-105. This bilingual workshop will cover the safe, effective use of aromatherapy to help manage symptoms & side effects related to cancer treatment. Facilitator: Raquel Similio, M.S. L.Ac, LMT. To RSVP, contact Fran Castellanos-Ross at (212) 647-9700 x245

**Head and Neck Cancer Support Group (SPOHNC):** 1470 Madison Ave, Ruttenberg 3<sup>rd</sup> 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 3<sup>rd</sup> Floor, Resource Center. Annabel Schaenen, LCSW (212) 824-8775

**Look Good...Feel Better:** 1470 Madison Ave, Ruttenberg 3<sup>rd</sup> 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 3<sup>rd</sup> 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 3<sup>rd</sup> 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, 3<sup>rd</sup> 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:** 3<sup>rd</sup> 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 3<sup>rd</sup> 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 3<sup>rd</sup> 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 4<sup>th</sup> 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 3<sup>rd</sup> 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](mailto:kelli.schnurman@mountsinai.org)