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<td>11-12 GI Support Group&lt;br&gt;1-6 Artist in Residence (Inpatient)&lt;br&gt;Therapeutic Massage</td>
<td>9-10 Spiritual Care&lt;br&gt;10-3 Artist in Residence RTC&lt;br&gt;12-1 Leukemia and Lymphoma Group&lt;br&gt;Therapeutic Massage&lt;br&gt;5:30 Musicians-on-Call (Inpatient)</td>
<td>10-3 Artist in Residence (Inpatient)&lt;br&gt;10-11:30 Gilda's Club – Grupo de Apoyo en Español&lt;br&gt;1-2 Spiritual Care&lt;br&gt;Therapeutic Massage&lt;br&gt;6 pm Caregivers Group</td>
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<td>10-3 Artist in Residence (Inpatient)&lt;br&gt;10-11:30 Gilda's Club – Grupo de Apoyo en Español&lt;br&gt;1-2 Brain Cancer Support Group&lt;br&gt;2-3 Post-Allo Group&lt;br&gt;Therapeutic Massage</td>
<td>Therapeutic Massage&lt;br&gt;10:30-11:30 Mindfulness Meditation &amp; Relaxation</td>
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<td>11-1 Look Good Feel Better (RTC)&lt;br&gt;1-6 Artist in Residence (Inpatient)&lt;br&gt;Therapeutic Massage</td>
<td>9-10 Spiritual Care&lt;br&gt;10-3 Artist in Residence RTC&lt;br&gt;10:30-12 Gilda’s Club – Aromatherapy Workshop&lt;br&gt;Therapeutic Massage&lt;br&gt;2:00-3:00 Head &amp; Neck Cancer Group&lt;br&gt;5:30 Musicians-on-Call (Inpatient)</td>
<td>10-3 Artist in Residence (Inpatient)&lt;br&gt;10-11:30 Gilda’s Club – Grupo de Apoyo en Español&lt;br&gt;12-1:15 Lung Cancer Support Group&lt;br&gt;1-2 Spiritual Care&lt;br&gt;Therapeutic Massage</td>
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<td>9-10 Spiritual Care&lt;br&gt;10-3 Artist in Residence RTC&lt;br&gt;Therapeutic Massage&lt;br&gt;11-12 Women, Wisdom and Wellness (RTC Resource Room)&lt;br&gt;1:00 Sickle Cell Group&lt;br&gt;5:30 Musicians-on-Call (Inpatient)</td>
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**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.

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**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

**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, 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 – Aromatherapy in Cancer Care**: 1470 Madison Ave, Ruttenberg 3rd 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 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) 824-8767

**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***