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<th>Monday</th>
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<tr>
<td>9:30-12 Artist in Residence RTC</td>
<td>11-12 Woman, Wisdom and Wellness</td>
<td>9:30-12 Artist in Residence RTC 9:30-12:30 Radiation Oncology-Therapeutic Massage</td>
<td>10- Pet Assisted Therapy 1:3 Therapeutic Massage 2-3 Concerts in Motion 3-4 EMDR</td>
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<td>9:30-12 Artist in Residence RTC</td>
<td>1-3 Therapeutic Massage</td>
<td>10-11:30 Gilda’s Club- Grupo de apoyo para la comunidad Latina viviendo con cancer 10-11 Dubin Walking Group 11:30-1 Dubin Schmoozin’ Gilda’s Club Lecture 1-3 Therapeutic Massage 1-6 Artist in Residence (inpatient)</td>
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Support and Wellness Programs

***If you would like to be added to our email distribution list to receive our calendar & support and wellness events, please email anna.gribetz@mountsinai.org

Artist-in-Residence: RTC - contact Anna Gribetz, LCSW (212) 824-8762. Inpatient - contact Meredith Fitzpatrick, LMSW (212) 241-7948

Chemo Companions Program: Ruttenberg and Dubin patients who are interested in companionship support during treatment. Contact Sophia Tsesmelis Piccolino, LCSW, OSW-C (212) 824-8765 or sophia.piccolino@mountsinai.org

Colorectal, Liver & Pancreatic Cancer Support Group (Open to patients with any type of GI Cancer): 1470 Madison Ave, Ruttenberg 4th Floor, Resource Center. Contact Meredith Prescott, LMSW (212) 824-8772

Create While You Wait Workshops: 1470 Madison Ave, Ruttenberg 3rd Floor Waiting Room

EMDR: Individual counselling service for patients experiencing psychological distress due to their cancer experience. For information and to RSVP, please contact: Batya Reckson, LCSW-R, OSW-C phone: 212-824 8774 email: batya.reckson@mountsinai.org

Gilda’s Club – Amigos Unidos: Un programa de apoyo para la comunidad Latina viviendo con cáncer: 1470 Madison Ave, Ruttenberg 3rd Piso, Sala de Conferencias 105. Contacto (212) 647-9700

Gilda’s Club- Cáncer y Nutrición: Prevención y Manejo de Efectos Secundarios 1470 Madison Ave, Ruttenberg 3rd Floor, Conference Room s3-105. To register, call (212) 647-9700

Head and Neck Cancer Support Group (SPOHNC): 1470 Madison Ave, Ruttenberg 4th Floor, Resource Center. Batya Reckson, LCSW (212) 824-8774

Leukemia and Lymphoma Support Group: 1470 Madison Avenue, Ruttenberg 4th Floor, Resource Center. Contact Alexa Chalmers, LMSW (212) 824-9284

Lung Cancer Support Group: 1470 Madison Ave, Ruttenberg 3rd Floor, Room S3-105. Lunch provided. Contact Stephanie Lehrman, LCSW (212) 824-8774

Multiple Myeloma Support Group: 1470 Madison Ave, Ruttenberg 3rd Floor, Room S3-105 RSVP to Arleigh Holzgen 212-824-8759

Neuro Oncology Caregiver Support Group 1470 Madison Avenue, Ruttenberg 3rd Floor Conference Room RSVP to Sunni Dorset, LMSW (212)-824-8762

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 Anna Gribetz, LCSW (212) 824-8762

Post-Allogeneic BMT Support Group: 1470 Madison Ave, Ruttenberg 3rd Floor, Room s3-105. RSVP to Meg Josephson, LCSW 212-241-7945

Radiation Oncology Programs: Workshops, support groups, and wellness programs. Radiation Oncology Conference Room, 1470 Madison Ave., SC2 Level, contact Ahuva Morris, LCSW (212) 241-9077 or ahuva.morris@mountsinai.org

Spiritual Care: Available to cancer center patients. Chaplains are an interfaith group that offer spiritual support and counseling, religious ritual and prayer. They help people find healing, hope, and comfort while experiencing the challenges of life and treatment. Their services are for people of any religion or to anyone who is interested in discussing their spiritual side of care. For chaplaincy support contact karen.terry@mountsinai.org

Therapeutic Massage: Available to RTC patients while receiving treatment and to radiation oncology patients after treatment. Medical clearance required. Contact Anna Gribetz, LCSW (212) 824-8762 for RTC and Ahuva Morris, LCSW (212) 241-9077 for radiation oncology

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 2nd Floor Conference Room. RSVP Carly Abramson, LCSW (212) 824-9583

Dubin Meditation/Dubin Yoga: Dubin patients are invited to participate in meditation with a certified meditation instructor. Dubin patients are invited to free yoga classes. Email Kelly Hogan, MS, RD, CDN to register: kelly.hogan@mountsinai.org

Dubin Schmoozin': A fun-loving support group, facilitated by Social Work. Location: 1470 Madison Ave, Ruttenberg 3rd Floor, Conference Room s3-105. To register, contact Staci Benaroya, (212) 241-1258


LatinaSHARE Breast Cancer Support Group: This group offers support to breast cancer patients in Spanish and is offered bimonthly in Dubin. For registration contact Heather Armijo (212) 241-1260

**All support and wellness programs are free of charge**