



Sentara Cancer Network

Virtual integrative and supportive services



Integrative Services	Date/Time	Contact	Program Overview
Get off your butt: stay smokeless for life	24 hours/ 7 days a week	1-800-736-8272 or visit sentarahealthplans.com/quit-smoking to access the free program	GOYB is a self-paced workbook and MP3 audio at home educational program offering support for anyone who wants to quit tobacco use.
Living Beyond Cancer Survivorship Program	24 hours/ 7 days a week	Search "Sentara Survivorship" on www.youtube.com	Provides patients and families with information about transitioning to life after active treatment.
GirlTalk: Breast surgery preoperative class	2 nd Wednesday, monthly, 11am	To register call 1-800-SENTARA	A preoperative class taught by our breast care navigator and lymphedema specialist to help you prepare for surgery and beyond.
Peer Mentor Support		For more information contact peermentor@sentara.com	In partnership with Imerman Angels, the Peer Mentor program provides over the phone hope, inspiration, and courage to individuals newly touched by cancer.
Integrative Nutrition Appointments	Call for appointments	Carrillo Kern Center for Integrative Therapies 757-624-0420	One on one nutrition counseling focusing on how to use food to benefit your body during treatment and survivorship.
Nutrition and the Cancer Journey	4 th Thursdays 12pm – 1pm	To register call, 1-800-SENTARA	Each lecture will focus on easy ways to incorporate supercharged foods into your diet or how to use food to benefit your body the greatest.
Beyond cancer book club	3 rd Thursdays 11am – 12:30pm	Clayres Johnson 757-624-0142	A group for individuals with metastatic disease and a love for literature.
Virtual classes and events	Varies	To register call 1-800-SENTARA	Prevention and early detection education provided during cancer awareness months. Psychosocial support for survivors and caregivers.



Click the QR code to receive our newsletter and other email updates from the Sentara Cancer Network.



Support Groups	Date/Time	Contact	Program Overview
Cancer caregiver	Every other Wednesday, 12pm – 1pm	Casey Grice 757-388-7817 Rhonda Franklin 757-388-2442	Offers emotional and educational support to family members who are caring for loved ones diagnosed with cancer.
Prostate cancer	2 nd Tuesday (even months) 5:30pm – 6:30pm	Ursala Bowe 757-983-0036	Offers emotional and educational support to prostate cancer patients.
Esophageal cancer	2 nd Tuesday, monthly 7pm – 8pm	Catherine Finuliar 757-624-0193	Open to esophageal cancer survivors, their families, and friends to meet their unique needs. Assists patients in dealing with the diagnosis, treatment, and nutritional aspects.
Oral head and neck cancer	3 rd Wednesday, monthly, 4:30pm – 6pm	Jo-Marie Ewell 757-388-5466	Offers emotional and educational support to patients and their families diagnosed with head and neck or oral cancers.
Pink, POWERFUL, & Perky Breast cancer	2 nd Thursday, monthly, 7pm – 8pm	Clayres Johnson 757-624-0142	For breast cancer survivors under age 50 and their needs with families, careers, education, body image, intimacy, sexuality, and breast cancer treatment.
Swinging survivors breast cancer	4 th Wednesday, monthly, 11am – 12:30pm	Clayres Johnson 757-624-0142	Offers emotional and educational support to breast cancer survivors over age 50 and their families.
Colorectal cancer and ostomy	3 rd Tuesday, monthly 6pm – 7pm	Rebecca Lynch 757-624-0303 Sarah Tapia 757-624-0196	Open to colorectal cancer patients and patients with bowel diversion/ostomy, their families, and caregivers.
Multiple myeloma	3 rd Saturday 10am – 12pm	Brenda Riggs 757-409-7518 Stephanie Kailos 757-604-1179	Emotional support for patients and their families while providing education on treatment and management of myeloma.
Blood cancer	2 nd Tuesday, monthly, 6:30pm	Carol Hodies, 757-395-8684	Emotional support for patients and their families while providing education on treatment and management of leukemia and lymphoma.
Women's cancer	2 nd Wednesday of monthly, 5pm – 6pm	Casey Grice 757-388-7817	Offers emotional and education support to women cancer patients and their families.
Breast cancer (Facebook)	24 hours/ 7 days a week	Search for "Sentara Breast Cancer Support" on www.facebook.com	Offers emotional support for breast cancer patients. Closed group so privacy is protected; please submit request online.
Prostate cancer (Facebook)	24 hours/ 7 days a week	Search for "Sentara Prostate Cancer Support" on www.facebook.com	Offers emotional and educational support for prostate cancer patients. Closed group so that privacy is protected; please submit request online.
Gynecologic cancer (Facebook)	24 hours/ 7 days a week	Search for "Sentara Gynecologic Support" Group"	This group is intended for current patients and survivors of gynecologic cancer.
Sentara cancer network (Facebook)	24 hours/7 days a week	Search for "Sentara Cancer Network Support Group" on www.facebook.com	Offers current oncology patients and caregivers emotional support and education within the Sentara community.