

Welcome to The *Hope & Healing* Series

BEEBE HEALTHCARE'S TUNNELL CANCER CENTER offers a series of educational programs, supportive services, and creative healing classes through an exclusive partnership with the Cancer Support Community DE. Any person or loved one affected by cancer can register to participate. Partnering with the Tunnell Cancer Center in Sussex County since 2005, the Cancer Support Community DE has helped people affected by cancer reduce stress, recover a sense of hope and regain a sense of control in their lives.

The Tunnell Cancer Center offers a variety of support services to help patients and their loved ones access the care they may need during active treatment through survivorship.



Programs offered at the Cancer Support Community offices are located in the Medical Arts Building at the Beebe Health Campus—Rehoboth Beach.

Cancer Support Community Delaware
18947 John J. Williams Highway, Suite 312
Rehoboth Beach, Delaware 19971
Phone: (302) 645-9150 • Fax: (302) 645-9160

To participate in programs offered at the Tunnell Cancer Center or for more information call (302) 645-3087.



BEEBE TUNNELL CANCER CENTER & CANCER SUPPORT COMMUNITY DE

The *Hope & Healing* Series



Healing bodies, minds, and spirits every day.



Tunnell Cancer Center and the Cancer Support Community DE's psychosocial services, programs, and classes are available to any person, or loved one, affected by cancer.

Services and programs are offered at no cost, however registration or an appointment is required.

For more information about specific services offered at **TUNNELL CANCER CENTER**, call (302) 645-3087

For additional information about specific program offerings at **CANCER SUPPORT COMMUNITY DELAWARE** or to register, call (302) 645-9150 or email sussex@cscde.org.



Services Offered at Tunnell Cancer Center

WELL COACHING. Meet with a certified life coach to develop and implement a personal wellness plan. Drawing on your strengths, you and/or your caregivers, set realistic goals to reach your best health and well-being. Generally these sessions occur after treatment completion.

SUPPORTIVE COUNSELING. Experience one-on-one counseling sessions with a licensed therapist who specializes in cancer care. Address the emotional responses to living with cancer and develop coping mechanisms.

BEING YOUNG WITH CANCER. Address your unique needs and emotional responses to cancer at a bi-monthly support group specifically designed for 30 to 40+ year olds.

NUTRITIONAL COUNSELING. Meet with a registered dietitian, who will offer you individualized expertise and eating plans to help you maintain good nutrition to tolerate treatments, fight infection, and heal faster.



Programs Offered at Cancer Support Community DE

PARTICIPANT AND FAMILY GROUPS. Weekly facilitated support groups for people with cancer and caregivers to explore ways to care for themselves and cope with the emotional impact of cancer.

T'AI CHI. Engage in gentle, flowing movement to achieve a state of relaxation for both body and mind.

MEDITATION. Increase feelings of vitality and rejuvenation, and help reduce stress. Guided imagery sessions help optimize overall health.

YOGA. Practice mild stretching and deep breathing to accompany restorative poses.

CREATIVE JOURNALING. Enjoy companionship, creativity, and relieve stress while creating something wonderful. Supplies are provided.

NUTRITION SESSIONS. Learn to identify foods that help aid healing and recovery, with a focus on special dietary needs and concerns during and after treatment.

EDUCATIONAL WORKSHOPS. Become Patient Active! Learn to make informed decisions about your treatment and understand the financial, emotional, and social issues that impact your health and well-being.

20/20/20 FITNESS. Feel more energized with this exercise class that includes 20 minutes of low impact Zumba, 20 minutes of muscle strengthening, and 20 minutes of gentle yoga.