



Wellness & Support Programs

Our support programs are designed to help patients, their families and caregivers cope with the challenges of a cancer diagnosis. Every treatment team has a dedicated social worker.

Integrative Therapies

The services below are provided by trained professionals from the Katherine A. Gallagher Integrative Therapies Program. For the most up-to-date information and schedule, view our online calendar. To make an appointment for any of the Integrative Therapy services, please call (617) 726-4178 or email gallagherprogram@partners.org.

Services

Acupuncture

Acupuncture uses fine, sterile needles applied to specific areas of the body to stimulate energy flow. It can help reduce stress and relieve symptoms and side effects related to cancer treatment such as anxiety, nausea, dry mouth and fatigue. Acupressure involves applying gentle pressure to these same points with the hands. The acupuncturist will work with you and your care team to decide if acupuncture or acupressure could be beneficial for you. You must have a referral from your oncologist or Nurse Practitioner prior to scheduling. Provided by our Licensed Acupuncturists.

- **Acupuncture Sessions** (many outpatient clinical areas): Available for current patients receiving treatment. MD Referral required. Speak to your nurse or call (617) 726-4178 for more information.
- **Acupuncture Clinic** (outpatient, fee-for-service): This is an outpatient, fee for service clinic. Call (617) 726-4178 to schedule a session. MD Referral required.
- **Group Acupuncture**: MD Referral required. You will be contacted by our scheduler to book your initial visit.

Art Therapy

Art therapy uses simple art activities to help people express themselves and develop a sense of well-being through the creative process. You do not have to be an artist to enjoy and take advantage of art's powers to enhance wellness. Individual sessions take place in the clinic where you are receiving treatment.

Provided by Meg Carleton, Expressive Arts Therapist, mcarleton@partners.org

Massage Therapy

Massage therapy can help to relieve stress, increase relaxation, and lead to a feeling of greater well-being. It can alleviate some of the physical symptoms and side effects of the disease and its treatment, and often relieves pain

resulting from excess muscle tension. Speak with your nurse about whether massage therapy might be helpful for you. *Provided by our Licensed Massage Therapists.*

- **Massage Therapy Sessions** (many outpatient clinical areas): Speak to your nurse or a reception desk staff member for more information or to schedule a session.
- **Massage Therapy Clinic** (fee-for-service): One-hour, full body massage therapy. Call (617) 726-4178 for more information and to schedule a session.

Music Therapy

Music therapy can help by reducing side effects like chemotherapy-related nausea and pain, stress, and anxiety. Music therapy can consist of learning/playing musical instruments, listening to music, creating customized playlists and writing songs and recording them to share with loved ones. No prior musical experience is necessary! Individual sessions take place in the clinic where you are receiving treatment.

Provided by Holly Chartrand, MT-BC, hchartrand@partners.org

Drop-in Sessions

Caring for Yourself

Massage helps reduce muscle tension and improve mental energy. Learn how to use self-care techniques to manage stress, anxiety and decrease muscle tension.

Led by: Michelle Boutin, Licensed Massage Therapist

Gentle Yoga

Yoga can help lower tension and anxiety and enables patients to settle into a greater sense of ease and well-being. This easy form of exercise uses mild stretching and healthy breathing.

Led by: Luba Zagachin, Yoga Instructor

Gentle Yoga for Patients with Breast Cancer

Gentle yoga reduces stress and fatigue in women undergoing treatment for breast cancer. This easy form of exercise is designed for breast cancer patients and uses mild stretching and healthy breathing.

Led by: Luba Zagachin, Yoga Instructor

Learn About Acupuncture

Acupuncture uses fine, sterile needles applied to specific areas of the body to stimulate energy flow. Learn about acupuncture and how it can help reduce stress and relieve symptoms, and reduce side effects of cancer treatments.

Led by: Irene Martyniuk, Licensed Acupuncturist

Music Therapy: A Creative Path to Wellness

Music therapy can help reduce stress and side effects such as chemotherapy-related nausea and pain. Music therapy is everything from learning/playing musical instruments, listening to music, creating customized playlists and writing songs and recording them to share with loved ones. No musical ability is necessary!

Led by: Adam Sankowski, Music Therapist

Qigong

Qigong is a practice of bringing together your body, breath, and mind. It is a way of meditating through slow flowing movement, deep rhythmic breathing, and calm state of mind.

Led by: Regina Gibbons, Licensed Acupuncturist/Tai Chi Instructor

Tai Chi

Tai Chi is an exercise of slow intentional movements, coordinated with breathing and imagery, to help improve balance, strength, sleep, and pain management.

Led by: Regina Gibbons, Licensed Acupuncturist/Tai Chi instructor

Workshops & Support Groups

Services are provided by Cancer Center staff. For the most up-to-date program listings and information, view our online calendar or call (617) 724-1822.

Workshops

All are welcome. No registration is required unless otherwise noted.

Chemotherapy 101: Workshop

Learning about chemotherapy and what it entails can help ease your fears and anxiety. Before you start chemotherapy, attend our free workshop. Nurses and pharmacists will give you information about chemotherapy and possible side effects, and answer your questions. Family members and friends welcome. **Ask your scheduler to register you for a class!**

Led by: Cancer Center nurses and pharmacists

Intro to Supportive Care

Drop in and speak directly with a social worker to learn more about all that the Cancer Center offers you. Ask any questions that you might have about our wellness programs!

Led by: Paula Gauthier, Oncology Social Worker, (617) 643-1784.

Knitting Hour

Love to knit or want to learn how? Drop in and relax with fellow knitters. All skill levels welcome. Bring your own yarn or use ours.

Led by Sarah Meister, Chaplaincy Student

Look Good, Feel Better *(call to register)*

This program teaches beauty techniques to cancer patients to help them manage the appearance-related side effects of cancer treatment. Learn tips such as for caring for your skin and how to manage hair loss. Sponsored by the American Cancer Society. Pre-registration required; call (617) 726-3211.

Led by: Kathy Bazazi, Images Boutique

Moving Forward After Treatment

Explore common feelings and life challenges associated with the end of treatment. Learn what can help you cope as you transition back into everyday life. Call for more details and information.

Led by: Paula Gauthier, Oncology Social Worker, (617) 643-1784

Meditation for Relaxation

Learn the basics, including mindful breathing and visualization/guided imagery for relaxation and healing.

Led by Katrina Scott, Oncology Chaplain

Spiritual Well-Being

Spiritual well-being includes our relationship with the environment, with others, and with ourselves. Explore ways to refresh and support your inner spirit with spiritual practices such as prayer, affirmations, guided imagery, and labyrinth walking.

Led by Sarah Meister, Chaplaincy Student

Spiritual Tune-Up

Experience practical ways to refresh and support your spiritual well-being while you are in treatment.

Led by: Katrina Scott, Oncology Chaplain

Support Groups

All support groups are offered free of charge and require pre-registration, unless otherwise noted.

Brain Tumor Support Group

This support and educational group is for brain tumor patients and their loved ones.

Contact: Mary Zwirner, Oncology Social Worker, (617) 726-1061, mzwirner@partners.org



Breast Cancer Support

This is a support group for patients living with breast cancer of any stage, including those who have completed treatment. The group is led by oncology social workers and is designed to provide an opportunity for peer support. The group meets on the 2nd and 4th Wednesdays of each month from 1-2pm.

Contact: *Adi Chenki-Shapsa, Oncology Social Worker, (617)643-2355, or Emily Doerr, Oncology Social Worker, (617)724-3956*

Cancer Support Group for Black Men and Women

The mission of this group is to provide a safe place for black men and women to give and receive support as they face unique challenges during and after cancer treatment.

Contact: *Emily Poles, (617) 643-5970, epoles@partners.org*

Coping with Newly Diagnosed Breast Cancer

This is a weekly drop-in group for patients with newly diagnosed breast cancer. The group will focus on coping skills to manage the anxiety and stress of a new diagnosis. Please join this group for support, to connect with other patients, and to learn strategies for managing stress throughout the course of treatment. This group meets on the first and third Thursdays of the month, from 2-3pm.

Contact: *Adi Chenki-Shapsa, Oncology Social Worker, (617)643-2355, or Emily Doerr, Oncology Social Worker, (617)724-3956*

Lung and Esophageal Cancer Support Group

Join others in a supportive environment where you can explore important issues that matter when coping with lung and esophageal cancers.

Contact: *Natasha Johnson, Oncology Social Worker, (617) 726-1045*

Prostate Cancer Support Group

This group is intended to give information to current and former prostate cancer patients and to provide a place for them to share their experiences.

Contact: *Mark Leone, Oncology Social Worker, (617) 643-6438*

Sponsored Organization Support Groups

Thyroid Cancer Support Group (THyCA)

The group welcomes people at all phases of testing, treatment, and follow-up for thyroid cancer, as well as their family members and friends.

Contact: *Judy Kaplan, (781) 488-3135, Boston_MA@thyca.org*

Support for People with Oral, Head, and Neck Cancers (SPOHNC)

Providing information, support, and encouragement to individuals, empowering them with the knowledge necessary to go forward. Call for more information.

Contact: *Valerie Goldstein, 857-282-9311, vgoldstein@partners.org*



Additional Supportive Care Services

Bone Marrow Transplant Support

If you or your loved one is receiving bone marrow transplant, our staff members are available to you to talk about your concerns.

Contact: *Jen D'Alotto, Oncology Social Worker, (617) 726-8187 or Eric Hanson, Oncology Social Worker, (617) 643-7435*

Network for Patients & Families Peer Matching Program

This one-to-one peer support program matches patients and family members with volunteers who are experienced in living with cancer. This program is for patients who may be newly diagnosed, experiencing a change in treatment, moving forward when treatment ends, or living with cancer as a chronic disease.

Contact: *Paula Gauthier, Oncology Social Worker, (617) 643-1784*

Parenting With Cancer

Gain support and information about helping the children in your life cope with a parent's cancer. For a free one-on-one consultation with one of our child psychiatrists or child psychologists, call the Marjorie E. Korff Parenting at a Challenging Time Program (PACT).

Contact: *PACT, (617) 724-7272*

Spiritual Support

Support is available to persons of all faiths and to those with no religious affiliation.

Contact: *Katrina Scott, Oncology Chaplain, (617) 726-4225*

Young Adults With Cancer (ages 20-40)

Young adults dealing with or moving past cancer may have questions or worries, and don't know where to turn. Our oncology social worker can help answer questions or guide young patients to the proper resources.

Contact: *Elizabeth Parker, Oncology Social Worker, (617) 724-5258 or Jen D'Alotto, Oncology Social Worker, (617) 724-0596*

Support and Education Hub

In the Support and Education Hub at the end of the Yawkey 7 hallway, you can:

- Find information about supportive care and emotional needs
- Learn more about Cancer Center resources
- Take part in an educational workshop
- Listen to and talk with others
- Rest and relax



Integrative Therapies, Workshops & Support Groups

Integrative Therapies

The services below are provided by trained professionals from the Integrative Therapies Program. For the most up-to-date information and schedule, view our online calendar or call (978) 882-6060.

Services

Massage Therapy

Massage therapy is offered as part of your care, and can help to alleviate some of the physical symptoms and side effects related to treatment, and can help to relieve stress.

Provided by: Michelle Boutin, Licensed Massage Therapist

Dates: Tuesdays, 10:30 am – 1:30 pm

Acupuncture/Acupressure

Acupuncture can help reduce stress and relieve symptoms and side effects related to cancer treatment like fatigue, nausea, pain and dry mouth. Acupressure involves applying gentle pressure to these same points with the hands. This service is available for patients receiving an infusion. Speak with your nurse about whether acupuncture might be helpful for you.

Provided by: Tony Phillips, Licensed Acupuncturist

Dates:

Mondays, 8 am – 11 am *(This time frame is for outpatient appointments only, and is fee-for-service.)*

Mondays, 11 am – 4 pm

Wednesdays, 9 am – 2 pm

Workshops & Support Groups

For the most up-to-date information and schedule, view our online calendar or call the numbers listed below.

Workshops

Look Good, Feel Better

This program teaches beauty techniques to cancer patients to help them manage the appearance-related side effects of cancer treatment. Learn tips such as caring for your skin and how to manage hair loss. Sponsored by the American Cancer Society. Pre-registration is required: (978) 882-6073.

Led by: Patty Hanson, Oncology Social Worker

Support Groups

Women Living with Metastatic Cancer

This support group presents information, provides comfort, teaches coping skills, and provides a place for people to share common concerns and emotional support. Pre-registration is required: (978) 882-6073.

Contact: Patty Hanson, Oncology Social Worker

Dates: Call for dates

Helping Kids When a Parent Has Cancer (for kids ages 7–12)

This group brings pre-teens together to share their experiences, and to offer and receive support from children going through similar situations members. Pre-registration is required: (978) 882-6073.

Contact: Patty Hanson, Oncology Social Worker

Dates: Call for dates