

**S**upportive services at the Karmanos Cancer Center provide the extra care and support patients and their families need to have a successful journey through cancer. Through a variety of support groups, educational programs and therapy services, Karmanos strives to ensure that patients and caregivers have the tools and resources to care for not just their bodies, but their minds, spirits and basic needs, as well.



**T**he Barbara Ann Karmanos Cancer Institute, based in midtown Detroit, is among the nation's best cancer treatment centers, offering state-of-the-science cancer research and compassionate patient care by premier teams of cancer specialists. We bring hope to cancer patients and families through support groups, seminars and complementary therapies. Some services are offered solely to Karmanos patients, while many others are offered to cancer patients throughout the community, regardless of treatment facility.

**Hear cancer. Think Karmanos.**

BARBARA ANN  
**KARMANOS**  
CANCER CENTER  
At the Detroit Medical Center

1-800-KARMANOS

[www.karmanos.org](http://www.karmanos.org)

Hope  
Support  
Strength  
Supportive Services at the  
Karmanos Cancer Center  
Love



Compassion

Education

BARBARA ANN  
**KARMANOS**  
CANCER CENTER  
At the Detroit Medical Center

## Support groups for patients, caregivers and the community

Many of the support groups at the Karmanos Cancer Center meet monthly. Others meet for just a few weeks. Support groups are open to family and friends as well. For more information, call 1-800-KARMANOS and ask for the Community and Supportive Services department.

### For Women

- Blooms for Tomorrow (gynecologic cancer survivors and their family and friends)
- Rise Sister Rise (African American women newly diagnosed with breast cancer or a recurrent cancer within the last three years)
- Tough Broads (all cancers)
- WAVE (for African American female cancer patients)

### For Men

- BRAVE (all cancers)

### For Men, Women and Families

- Anamilo Club (for laryngectomy patients, family and friends)
- Parenting through Cancer
- Caregiving through Cancer

### For Children

- Friends Like Me (for ages 6-16 who have a parent or significant relative with cancer)

## Supportive Programs: Advocacy, Education, and Skills for Survivors

**Survivorship University** is a series of 90-minute seminars covering topics of importance to cancer survivors (patients, caregivers and families) offered throughout southeastern Michigan. The seminars encourage and support personal empowerment and advocacy of cancer survivorship.

**Celebration of Survivorship** is a free and uplifting annual event for all survivors (current and former cancer patients, caregivers and families).

**Complementary therapies** are used with cancer treatment to treat the whole patient, which includes mind as well as body. The therapies place an emphasis on decreasing stress and anxiety, and improving one's general sense of well-being. At the Karmanos Cancer Center, there are a variety of services such as:

- Art therapy
- Massage therapy
- Healing touch
- Reiki
- Yoga



## Supportive Services exclusively for Karmanos patients

Karmanos Cancer Center patients have access to additional services. Please call 1-800-KARMANOS and ask for the department of Community and Supportive Services for more information.

- Assistance programs – limited financial and transportation assistance for those who qualify
- Classes – chemotherapy, radiation, surgery and other topics
- Complimentary hat program for cancer patients
- Counseling
- Genetic counseling
- Nutrition counseling
- Patient and Family Education and Resource Center
- Peer-to-Peer support
- Pet therapy
- Referrals to supportive resources – resources for specific cancers, hair loss, mastectomy, transportation among others
- Smoking cessation classes and resources

Hope



Education