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JANUARY

2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUNDAY
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>
					<i>7</i>
<i>8</i>	<i>9</i>	<i>10</i> 7:00 – 8:00 Cancer Care Group *Childcare can be provided with RSVP	<i>11</i>	<i>12</i>	<i>13</i> 9:30 – 10:30 Family Yoga
					<i>14</i>
<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i> 7:00 Cancer Survivor Night with the Amarillo Bulls
					<i>21</i>
<i>22</i>	<i>23</i> 6:30 – 7:30 Sibling Support Group	<i>24</i> 7:00 – 8:00 Cancer Care Group *Childcare can be provided with RSVP	<i>25</i>	<i>26</i>	<i>27</i> 9:30 – 10:30 Family Yoga
					<i>28</i>
<i>29</i>	<i>30</i> 5:30 – 6:30 Warm Up with Healthy Soups	<i>31</i>	Coming Next Month Parent Support Group with Elizabeth Clark, LPC Childcare can be provided with RSVP		

Health and Wellness Classes

All Classes are **FREE**.
Please call 806.331.2400 to RSVP

Cancer Care Group (formerly Practicing Peace)

Hope, Anxiety, Purpose, & Fear are common processes cancer survivors face – Be encouraged as we walk thru the struggles of being a cancer survivor. **Parents of childhood survivors encouraged to attend.** This bi-monthly (2nd & 4th Wednesdays) class is led by Elizabeth Clark, LPC and Bob Attaway, Pastor & cancer survivor. ***CAN PROVIDE CHILDCARE DURING THE CLASS, IF NEEDED, BUT MUST RSVP BY JANUARY 8 IN ORDER TO ARRANGE.***

Family Yoga

The cancer journey is a profoundly stressful one for children and their families. Stress and anxiety can manifest physically as pain and/or fatigue. Yoga has become increasingly popular with adults in the last few decades, but kids can practice yoga, too. The movements and controlled breathing have been shown to be beneficial both mentally and physically. Come join us as we exercise, yet relax, at the same time! Meet in the lobby of the Survivorship Center.

Cancer Survivor Night with the Amarillo Bulls

Join us for Cancer Survivor night with the Amarillo Bulls. The Bulls will be wearing special jerseys recognizing all the colors of cancer. We believe THEY ALL MATTER & want you to join us as we celebrate! Survivors will be involved in games at each intermission and recognized during the game. Afterwards, the game-worn jerseys will be auctioned off and 100% of proceeds will come to the Survivorship Center. Tickets will be provided to Cancer Survivors and immediate family (while supplies last).

Sibling Support Group

Having a family member with cancer is difficult. This group is designed to offer a safe place to explore the feelings surrounding the impact of having a sibling with cancer as well as help establish connection between others with similar experiences. It is open to children and adolescents ages 5 to 19. We aim to build connections, validate, and normalize hard experiences, and have fun!

Warm Up with Healthy Soups

As the seasons change and temperatures drop, there's nothing like having a nice bowl of soup to warm you up on a chilly day. Join us for our monthly nutrition class as we discuss healthy and nourishing soup ideas. We will even prepare some soup during our class for you to sample!