

ONCOLOGY RESOURCES AT PENN MEDICINE'S ABRAMSON CANCER CENTER

MUSIC AND ART-BASED SUPPORT GROUPS

WE ARE PROUD TO PRESENT THE FOLLOWING GROUPS IN CONJUNCTION WITH THE SETTLEMENT MUSIC SCHOOL. THE GROUPS ARE CO-SPONSORED THROUGH A GRANT FROM LILLY ONCOLOGY

MUSIC-BASED SUPPORT GROUPS

Have you ever noticed how music can just make you feel better? How are you already using music to cope? How can music be utilized to promote well-being in mind and body? In this virtual support group, participants will engage in music experiences that may sound like guided relaxation to music, making music through facilitated song-writing, or sharing and listening to meaningful songs to craft an intentional playlist. We will explore shared emotions and experiences along the way. No musical experience is required. Groups will be facilitated by a board-certified music therapist.

Music-based support group: Facilitator (Kayla)

August 19 – Patients only: 2pm

September 2 - Patients Only: 2pm

September 9 - Patients, family, caregivers: 2pm

September 16 - Patients, staff, family: 2pm

September 30 - Patients only: 2pm

ART-BASED SUPPORT GROUPS

Do you sometimes find that words are not enough to process your experiences? Are you looking for new or alternate ways to cope with stress during this time? Are you looking to find connection with others who have similar experiences? In these virtual support groups, participants will use traditional and non-traditional art materials commonly found at home to engage in creative processes for self-expression, relaxation, and relating to others. Previous art experience is not required. Groups will be facilitated by a registered art therapist. Materials needed for the group are minimal and will be shared when registering.

Art Based Support Group: Facilitator (Teresa)

August 31- Patients only: 2pm

September 7- Patients Only: 2pm

September 14- Patients, family, caregivers: 2pm

September 21- Patients, staff, family: 2pm

September 28- Patients only: 2pm

For more information, please contact Angela at 215.662.4877 or

To register:

PennMedicine.org/CancerSupportGroups