The Caring Place, a program of Nevada Childhood Cancer Foundation, is dedicated to easing the journey of adults touched by cancer. An oasis away from medical facilities, The Caring Place provides no-cost programs and services to support, educate, and empower those who have or had cancer along with their caregivers.

The Caring Place programs and services are intended to assist in healing mind, body and soul and are not a replacement for medical care. The Caring Place staff, members, and volunteers are committed to improving the quality of life for those touched by cancer and helping them to experience joy and peace.

PROGRAMS OFFERED BY THE CARING PLACE INCLUDE:

- Support Groups
- Massage Therapy
- Meditation
- Exercise Classes
- Qigong
- Acupressure
- Reflexology
- Yoga
- Jewelry Making
- Guided Imagery
- Reiki
- Art Classes
- Nutrition Lectures
- Special Activities
- EMDR Therapy

Established in 1993, the mission of the Nevada Childhood Cancer Foundation (NVCCF) is to provide emotional, financial, educational, and psychological support services and programs to families of ALL children diagnosed, with life-threatening or critical illnesses such as cancer, HIV/AIDS, sickle cell, hemophilia, renal disorders, and immunologic diseases and provide healing arts and wellness programs to adults touched by cancer.

All programs and services at The Caring Place are provided at no cost to adults diagnosed with cancer, their caregivers, and to critically ill children and their families living in Southern Nevada as described by NVCCF.

The Caring Place is located at 3711 East Sunset Rd., Las Vegas, NV 89120

Visit us at nvccf.org or call 702.871.7333 for more information and monthly schedules for adults touched by cancer as well as for pediatric patients and their caregivers.
**Adult Activities and Services**

**YOGA** - Yoga is an ancient system of breathing practices, physical exercises, postures and meditation intended to integrate body, mind, and spirit. Classes include Yoga for Survivors and Gentle Yoga.

**GUIDED IMAGERY** - Guided Imagery is the use of relaxation and mental visualization to improve mood and physical well-being.

**JEWELRY MAKING** - Experience how the creative process can enhance healing. No art experience or talent is required. You will have a wonderful time making beaded jewelry.

**MAKE-UP & STYLE TECHNIQUES** - Learn how to cope with appearance-related side effects and explore the use of make-up, wigs, and scarves.

**DECORATIVE PAINTING CLASS** - Learn painting skills in this creative class. No painting experience required.

**NUTRITION CLASSES** - Learn about foods that can support you during and after cancer treatment.

**HEALING ARTS THERAPY** - Mix encouragement, self-expression, meditation, and guided imagery to produce a special piece of art.

**MIXED MEDIA ART CLASS** - Participants will have the opportunity to use different art media to make an item and personalize it.

**SINGING BOWLS** - Listen to the beautiful and soothing sounds of the crystal and metal singing bowls performed for relaxation and meditation.

**SELF-COMPASSION** - A variety of activities, workshops, and classes are offered with a focus on self- kindness, common humanity, and mindfulness.

**SPECIAL ACTIVITIES** - A variety of events and classes offer participants and caregivers an opportunity to enjoy fun and educational group activities. These special activities are created to help decrease stress and anxiety while promoting joy and relaxation.

**ACUPRESSURE** - Learn self-care with the benefits of acupressure and how the application of pressure to points on the body is used for its therapeutic effects such as the relief of tension or pain and to target specific ailments. A combination of various points will be taught monthly.

**MEDITATION** - A variety of meditation practices and activities will be offered to help individuals focus their minds on a particular object, thought or activity to achieve a mentally clear and emotionally calm state. Meditation may be used to reduce stress, anxiety, depression and pain.

**CHAT & CHILL FRIDAYS** - Open activities including crafts, beading, movies, music, writing, painting and more are scheduled each Friday. These open activities encourage positive communication and just plain relaxation and fun.

**ENGELSTAD FAMILY FOUNDATION**

**HOPE PROGRAM**

**Adult Support Groups**

**CANCER SUPPORT GROUP** - Share with other participants as they travel on this journey with cancer.

**WOMAN TO WOMAN** - This group is for women diagnosed with cancer or in survivorship to discuss important issues women face both big and small in a private and judgment free environment. Together we’ll navigate the challenges of women and cancer with kindness, compassion, and support.

**BREAST CANCER SUPPORT GROUP** - This group is for anyone with breast cancer and addresses the concerns and issues unique to this journey.

**MULTIPLE MYELOMA SUPPORT GROUP** - A dynamic and supportive group for those with Multiple Myeloma, friends, family and caregivers.

**CAREGIVERS SUPPORT GROUP** - Caring for your loved ones can be the greatest gift in the midst of one of life’s biggest storms. This group helps to maintain health and wellness while caring for a loved one diagnosed with cancer.

**CHILDREN AND TEEN SUPPORT GROUPS**

**KOOL KIDZ WORKSHOPS** - These SATURDAY workshops welcome children, ages 5 to 17, who have a parent diagnosed with cancer. These children enjoy fun art projects and light physical activities such as yoga for kids all designed to alleviate stress and anxiety while forming new friendships.

**SEEK TEEN GROUP** - Led by a licensed staff member, this group meeting facilitates social support, communication and other social skills and focuses on reducing isolation for school age teens whose parents are diagnosed with cancer.

**INDIVIDUAL ADULT SESSIONS - BY APPOINTMENT ONLY**

**REIKI** - Reiki is a form of energy work that is used to balance and amplify energy for the physical, mental, and emotional well-being of the recipient.

**CRANIOSACRAL THERAPY** - This gentle form of massage works with the cranial bones, spinal column and sacrum to assist in balancing energy.

**REFLEXOLOGY** - Reflexology stimulates reflex areas in the feet and hands that correspond to glands and organs in the body and may help to relieve stress and improve circulation.

**MASSAGE THERAPY** - Massage therapy may help reduce pain, increase relaxation, reduce muscle tension, and provide comfort.

**RECONNECTIVE HEALING** - Restore balance to your very core by interacting with the fully comprehensive Reconnective Healing spectrum of frequencies that consists of energy, light and information. The effects of a healing session may be felt on the physical, mental, emotional, and spiritual levels.

**EMDR THERAPY** - As of 2020, Eye Movement Desensitization and Reprocessing therapy will be offered to adult clients of The Caring Place. This unique form of psychotherapy is designed to diminish negative feelings associated with the trauma of diagnosis and loss and includes hand motion techniques used by a licensed therapist to guide a client’s eye movements.

**ORION CANCER GRANT FUND**

This grant program helps to lessen the financial burden resulting from medical crisis by offering funding for essential needs and services such as mortgage, rent, utility and transportation costs. Visit www.nvccf.org for eligibility requirements for adults in cancer treatment.

Donations may be made by calling NVCCF at 702.735.8434 or at nvccf.org.