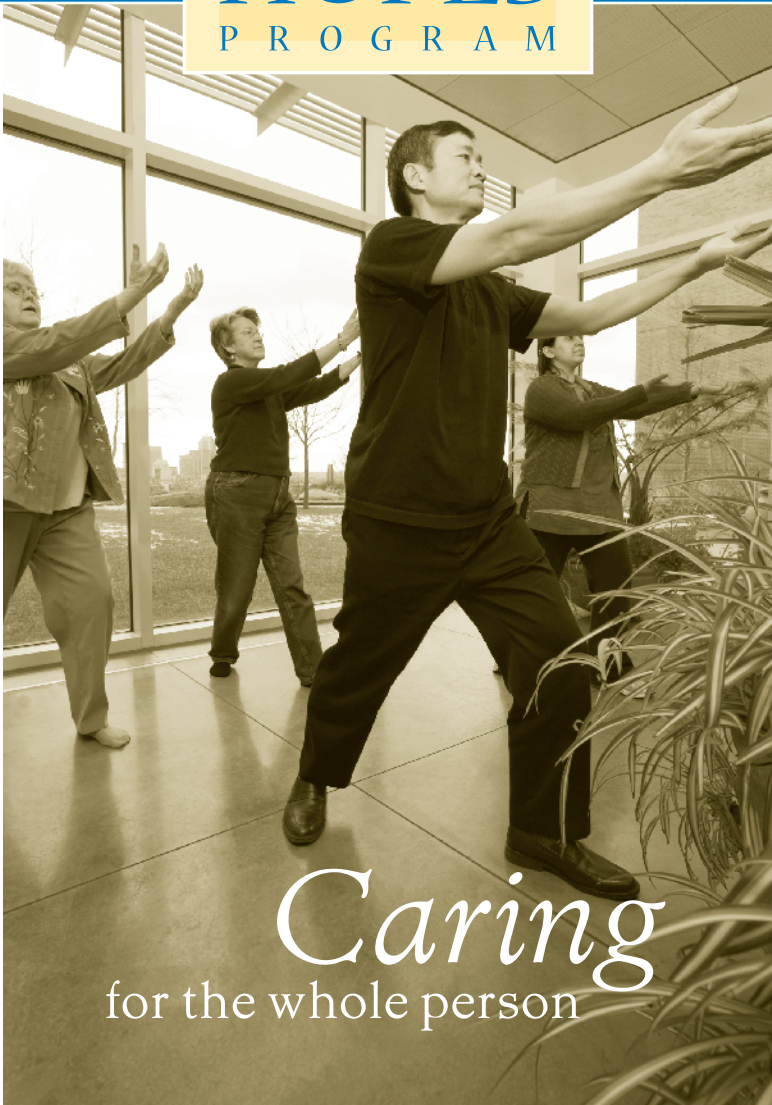


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HOPES Program
Massachusetts General Hospital Cancer Center
55 Fruit Street, YAW-8C
Boston, MA 02114

massgeneral.org/cancer/hopes

*A single place.
A world of care.*



Education, Support and Wellness Services



The HOPES Program

The Massachusetts General Hospital Cancer Center’s HOPES Program provides free wellness services plus education and support workshops for patients with cancer, their families and their friends. Our services focus on helping you take care of your whole self — mind, body and spirit.

The HOPES Program can help you feel better throughout your cancer experience. You can find ways to help manage symptoms and side effects, learn more about your cancer and treatment, and gain support from others with cancer.

Social workers, chaplains, nurses, experienced patients and caregivers, and other experts work together to provide HOPES workshops and services every month. The workshops are small, comfortable sessions; most of them are held in the Cancer Center and are drop-in so you do not need to sign up ahead of time.

Massage



“Providing the best in cancer care means that we include taking care of the mind, body and spirit. The HOPES Program is an important part of the care provided at the Massachusetts General Hospital Cancer Center.”

—Nurse Practitioner

“Massage helps to relieve some of the tension and stress I’m under.”



Music Therapy

The Wellness You Deserve

Our wellness services (also called integrative or complementary therapies) are used along with traditional medical treatment to help you feel better. These services may reduce stress and symptoms and relieve some of the side effects of cancer treatment. Many people who try these services use them again and again and consider them an important part of their healing.

FREE DROP-IN SERVICES

- **Expressive arts therapy**

Meet with an expressive arts therapist and learn how creating art, journaling and writing poetry can reduce stress.

- **Meditation**

Experience how concentrating on your breathing and being guided by meditation can calm and center your mind and body.

- **Yoga**

Relax with a restorative yoga class, which focuses on breathing and gentle stretching.

- **Qigong**

Try this gentle exercise, which combines physical movement and meditation.

FREE SERVICES IN TREATMENT AREAS

- **Expressive arts therapy**

- **Music therapy**

Music therapy, provided by a board-certified music therapist, involves making and listening to music and writing songs. Experience how this therapy can reduce stress, lessen depression and reduce side effects like nausea.

- **Relaxation massage**

Licensed massage therapists offer these brief massages to lessen your stress, anxiety, pain and muscle tension.

- **Ear acupuncture and acupressure**

Licensed acupuncturists provide these treatments to decrease your stress, support your immune system and improve your well-being. Ear acupuncture sessions involve gently inserting hair-thin, sterile, disposable needles at specific points in your external ear while you are receiving outpatient chemotherapy. The needles stimulate your body's natural energy, enhancing its self-healing processes. During acupressure, the therapist uses her hands to put gentle physical pressure on different points on the surface of your body.

ACUPUNCTURE AND MASSAGE CLINIC *(fee for service)*

Full-body acupuncture and therapeutic massage are offered to Massachusetts General Hospital Cancer Center patients. These services can reduce stress and relieve side effects like insomnia, fatigue, pain and chemotherapy-related nausea. Licensed acupuncturists and licensed massage therapists who have experience working with cancer patients provide these one-hour sessions.

"The qigong instructor was excellent at explaining and showing movements. Relaxed me completely."



Qigong

The Information You Want

Educational workshops provide information that can ease your fear and anxiety. They also help families and friends learn more about what you are experiencing. Topics include:

- Chemotherapy
- Radiation therapy
- Clinical trials
- Blood counts
- Nutrition
- Fatigue
- Radiology
- Exercising during treatment

For more information, to receive the HOPES Calendar by mail or to schedule an appointment for the Acupuncture and Massage Clinic, call 617-72-HOPES (617-724-6737). You can also visit us online at massgeneral.org/cancer/hopes.

"The relaxed and informative presentation made me feel that I have a partner in my journey."



Nutrition Workshop



Art Therapy



Acupressure

The Support You Need

The HOPES Program offers workshops that give you a comfortable place to share how you feel and to learn how others cope with cancer. Workshop topics include:

- Talking to your children about cancer
- Finding faith and hope
- Moving forward after cancer treatment

The Social Service Department at Massachusetts General Hospital offers cancer support groups for certain types of cancer and groups for caregivers (people who take care of a person with cancer).

Support



"Your workshops and support certainly helped me during radiation. They helped my attitude and health."