

Services

available through the

Inspiration Boutique

Caring for You - Body, Mind & Spirit

Healing occurs on the physical level, as well as the mental, emotional, and spiritual level. The Inspiration Boutique, a spa-like environment for individuals with cancer located within the J. Phillip Citta Regional Cancer Center at Community Medical Center, offers several holistic services at no cost.

Call 732-557-2317 for more information.

American Cancer Society - Look Good, Feel Better

This 2-hour, hands-on workshop provides participants with skin care and make up demonstrations from licensed beauty professionals, information on wig types and care, fashion tips, a free cosmetic kit and more.

Massage Therapy—Pain and fatigue reduction, and increased relaxation are a few of the many benefits massage therapy can provide.

Nutritional Workshops for Newly Diagnosed Patients, Caretakers & Survivors—Featured speakers will present topics important to establishing a healthy eating plan during your cancer treatment.

Reiki – Reiki (pronounced ‘ray-key’) is a Japanese healing technique that can reduce stress and increase a sense of deep relaxation. A trained Reiki practitioner will direct energy to promote healing and balance on all levels.

Wig Clinic – Wigs are available for women in need who are suffering hair loss due to cancer treatment. Hats, caps, and other accessories are also available.





Support Groups

These support groups are held in Community Medical Center. For more information about these support groups, call 732-557-2702.

All Cancers Support Group

Last Wednesday of the month, 2 pm
Oncology Resource Library

Breast Cancer Support Group

Last Wednesday of the month, 5 pm
Radiation Oncology Department

Relaxation Support Group

Every Friday, 1 pm
Oncology Resource Library
732-557-8692

Services Provided through the J. Phillip Citta Regional Cancer Center:

Guided Imagery—Guided imagery can help improve overall physical and mental health and has been shown to reduce the effects of chemotherapy and radiation therapy, particularly nausea, depression, soreness and fatigue. A therapist will guide clients through relaxation and imagery exercises. Call 732-557-8692 for an appointment.

Yoga—Yoga can help individuals with cancer by decreasing discomfort, stress and fatigue while increasing strength, healing and sense of wellness. Call 732-557-3210 for more information.

These support groups are held in the Riverwood 1 Building, located on the CMC Campus. For more information about these support groups, please call 732-557-3210.

Caregiver's Support

Second Thursday of the month at 10 am
Fourth Monday of the month at 7 pm
Individual counseling is also available upon request.
Riverwood 1 Building on the CMC Campus

2nd Voice (Laryngectomy Support Group)

Every Monday, 10 am
Riverwood 1 Building on the CMC campus

Prostate Cancer Support Group

Third Thursday of the month, 2 pm
Riverwood 1 Building on the CMC campus