



**COMPLEMENTARY  
CANCER CARE, INC**

**ANNUAL**

**REPORT**

**2022**



# our story SO FAR

## Our Mission

Our nonprofit strives to:

Increase awareness of complementary cancer therapies and all related aspects of complementary healthcare trends and opportunities for cancer patients, caregivers, and survivors;

and

Provide non-medical complementary services accessible to all cancer patients, caregivers and survivors in Brevard County, regardless of financial situation.



## Our purpose

Complementary Cancer Care was founded to provide anyone dealing with cancer the tools to heal mind, body, heart and soul. In this context, HEAL does not necessarily mean CURE, but instead refers to a state where someone experiences less suffering and feels more whole, no matter their diagnosis or prognosis.

# 68%

OF CANCER PATIENTS &  
SURVIVORS REPORT  
ANXIETY OR  
DEPRESSION<sup>1</sup>

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MENTAL HEALTH &  
SOCIAL WELL-BEING AFFECT  
TREATMENT  
OUTCOMES<sup>2</sup>

1. Baker F, Denniston M, Smith T, et al., 2005  
2. M.D. Anderson, 2013

# our 2022 GOALS



## 1

### SUPPORT & EDUCATION

Provide 4 monthly support groups, add a new small group Survivor Series to educate and support the needs of patients and survivors and offer supportive counseling one-on-one with a social worker

## 2

### WEEKLY MIND-BODY CLASSES

Continue to provide safe options for our Tai Chi, Qi Gong and Yoga classes online to meet the American Cancer Institute's recommendation for weekly activity for cancer survivors

## 3

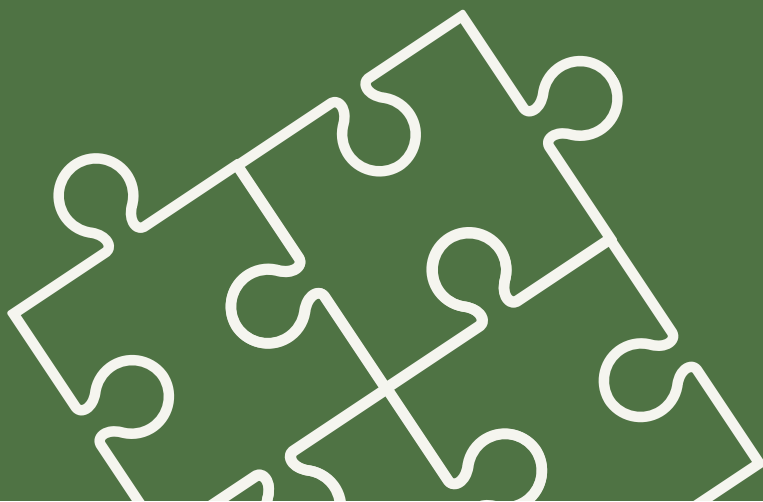
### COMMUNITY OUTREACH

Collaborate with local and national partners to produce 4 social and educational events, as well as participate in 4 local and national events

## 4

### CREATIVE EXPRESSIONS

Provide monthly art therapy, writing therapy and seasonal vision board workshops to promote a variety of creative outlets to process the cancer experience



# our 2022

## HIGHLIGHTS

The world awkwardly tried to reset after the introduction of vaccines and therapeutics eased some of the pandemic anxiety. We continued to serve our cancer community by shifting some (but not all) of our programs to in-person and we increased our reach by adding new groups in the south of Brevard County.

| PROJECTS                          | DETAILS  | OUTCOME  |
|-----------------------------------|--|--|
| Support Groups                    | Provide monthly groups, covering different topics, different populations                           | <ul style="list-style-type: none"><li>• 49 groups offered, 57 people attended</li><li>• 5 groups in-person, 1 online</li><li>• Added 2 new groups</li></ul>  |
| One-on-one Counseling             | Provide "wellness check" calls with a social worker, which turned into counseling session for some | <ul style="list-style-type: none"><li>• 62 hours of private counseling to 56 cancer survivors and caregivers</li></ul>   |
| Weekly Series                     | Provide 7-week series for cancer survivors to learn about and process their cancer experience      | <ul style="list-style-type: none"><li>• 14 groups offered, 4 cancer survivors attended</li></ul>   |
| Mind-Body Classes                 | Provide weekly classes and on-demand wellness assessments  | <ul style="list-style-type: none"><li>• 3 assessments, 219 classes offered, 31 participants</li><li>• Tai Chi, Yoga, Qi Gong, Breath &amp; Meditation, Gentle Exercise</li></ul>   |
| Expressive Writing                | Provide bi-monthly guided writing groups, community essay event                                    | <ul style="list-style-type: none"><li>• 10 groups offered, 9 people attended</li><li>• 12 cancer survivors participated in essay event</li></ul>   |
| Art for Self-Care                 | Provide guided art for self-care   | <ul style="list-style-type: none"><li>• 15 groups offered, 39 people attended</li></ul>  |
| Educational Talks                 | Educate our community about cancer and complementary care  | <ul style="list-style-type: none"><li>• Nutrition talk by oncology dietitian, 55 attendees</li><li>• Navigation to 5 clients</li></ul>   |
| Community Outreach, Social Events | Provide in-person social interaction, community engagement   | <ul style="list-style-type: none"><li>• June event, 61 attended; November event, 17 attended</li><li>• 300 patient "blessing" bags</li><li>• Participated in Relay for Life, Making Strides, St. Baldrick's Big Shave, Candlelighters Adopt-A-Family</li></ul> |

# 458

Hours of services  
offered

Complementary Cancer Care is providing something that few other entities in our community focus on: quality of life after cancer... [They are] tending to the mind, body, and spirit by engaging survivors in our community and offering opportunities to thrive, meet new people, and engage their inner person through a sense of presence. THANK YOU for all that you do!"

MELINDA, CANCER SURVIVOR

# 247

"This is my second time dealing with cancer and my gratitude for Complementary Cancer Care's services has magnified hugely. I appreciate the weekly support, encouragement, and healthy information that all help my experience. Your services are greatly needed."

SALLY, CANCER SURVIVOR

People benefitted from  
these services

"[Our Art for Self-Care facilitator] is so very gifted and she made me feel as if I have talent, as well... My experience was enlightening, exciting, encouraging, and so much fun! Thank you for making it possible for me to express myself in such a rewarding manner."

MARLENE, CANCER SURVIVOR



# ACKNOWLEDGEMENTS

We could not have reached the people we helped without the support of our donors, volunteers, local businesses and our partner organizations:

Cancer Care Centers of Brevard

Health First Cancer Institute

Community Foundation for Brevard

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Lloyd Symington Foundation

Space Coast Health Foundation

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Computer Management Corporation

River Road Coffee and Popsicles

Keep It Local Brevard

Yoga by Lorien

Seeds of Hope

Nancy Bindig Art

Live Gracefully Physio & Wellness

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WE THANK YOU  
FOR YOUR CONTINUED  
SUPPORT OF  
OUR PROGRAMS