

JamesCare for Life Programs

JamesCare for Life offers a wide range of programs to support patients, families and caregivers during and after cancer. These programs provide help with healing and recovery.

For more information, or to sign up for a group or program, you can visit The James website at cancer.osu.edu/JCFL or call one of the following:

- JamesCare for Life Department: 614-293-6428
- The James Line: 614-293-5066 or 800-293-5066 (toll free)

Educational Classes and Workshops – Classes cover topics important to those who have been affected by cancer. Survivors learn about common problems related to treatment and recovery. They also receive information about how to improve their health and well-being. Classes are taught by clinical experts and include information and activities to help survivors live well, through and beyond cancer.

Exercise Programs – Exercise can help with the side effects caused by cancer and cancer treatments. These side effects may include changes in flexibility, muscle tone and strength, energy, range of motion, balance, pain management and edema. Exercise programs shared in these classes can be adjusted based on your level of fitness.

Music-Based Services – Music-based services use music to help patients relax, express their feelings and cope with their illness. Board Certified Music Therapists may use a number of musical activities when working with a patient. These may include singing, listening to music, writing songs, playing instruments and looking at song lyrics.

Art-Based Services – Art making can be a powerful way to process feelings related to a cancer diagnosis. It can deepen insight, provide inspiration, reduce stress and improve well-being. Services are offered by a Board Certified Art Therapist.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

Mind, Body, Spirit Programs – These programs give survivors a chance to explore meditation, guided imagery, mindfulness and stress reduction skills to help cope with cancer.

Nutrition Programs – Experts share information on nutrition and the connection between diet and cancer. Diets rich in plant-based foods can help lower your risk for cancer and is important for healthy survivorship.

Families, Teens and Children – These programs are for children, between 5-18 years old, who have a loved one with cancer. Programs cover a variety of topics and offer a supportive and safe setting where families, teens and children can learn about cancer, talk about the challenges of a cancer diagnosis and learn coping skills.

Special Programs for Cancer Survivors – Special programs and events are held throughout the year for patients and their families. Conferences and activities during survivor and caregiver months are some of the programs offered to help survivors learn how to have the best health possible over the long term.

Support Groups – The James offers many support groups for both patients and their families. The groups are led by clinical experts. The groups available are:

- Adult Grief
- Blood and Marrow Transplant
- Brain Tumor
- Breast Cancer
- Gastrointestinal Cancers
- General Cancers
- Hematology
- Leukemia and Lymphoma
- Lung Cancer
- Melanoma
- Oral, Head and Neck Cancer
- Prostate Cancer
- Sarcoma
- Thyroid Cancer

Additional Support and Programs

You may also watch JamesCare for Life programs and events by visiting our video library at go.osu.edu/JCFLvideos.