

Art Therapy

Art therapy is intended to integrate physical, emotional, and spiritual care by facilitating creative ways for patients to respond to their cancer experience. In our program, you have the chance to express yourself, treat yourself to a relaxing and restorative activity, and even connect with others going through cancer treatment and recovery. No prior art experience is required. The class meets on the first and third Thursday of every month from 9:30 a.m.-1:30 p.m. in the Bruno Cancer Center.

Camp Bluebird

Camp Bluebird is Alabama's Adult Oncology Camp that offers recreation, relaxation, crafts, activities and the opportunity to openly discuss the experiences and emotions associated with cancer with other survivors. Camp Bluebird is open to adults, ages 18 or older, who have been diagnosed or treated for cancer. Surrounded by woods, mountains, lakes and streams, away from the problems and interruptions of everyday life, survivors can rest their burdens, gaining inspiration from the beautiful peace of the natural setting. The camp is generally held in the spring or fall.



St. Vincent's Birmingham Bruno Cancer Center

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St. Vincent's Birmingham Bruno Cancer Center support services



You're not a cancer patient. You're a survivor with dreams and aspirations. And we want to help you achieve them by listening and understanding your unique needs.

At St. Vincent's Health System, a part of Ascension, we're committed to providing you with compassionate and personalized care. That's why we offer a wide range of support groups for patients and their families designed to improve outcomes and meet your medical, social, spiritual and emotional needs.

General cancer support group

Cancer patients, survivors and their families are invited to attend a cancer support group meeting, which meets the first Tuesday of every month in the Bruno Cancer Center from noon-1:30 pm.

Breast cancer support group

This group provides education and support for those living with breast cancer and the significant people in their lives. Participants are encouraged to attend at any point in the diagnosis and treatment journey. The group meets the second Tuesday of every month in the Bruno Conference Center from noon-1:30 p.m.

Prostate cancer support group

If you're living with prostate cancer, it's important to know that you're not alone in your fight. Participants learn and share information about prostate cancer, side effects, treatment, and coping strategies. The group meets the second Tuesday of every month in the Bruno Cancer Center from noon-1:30 p.m.

Support for people with oral and head & neck cancer support group

St. Vincent's Birmingham is proud to be the first in the state to have this type of program to support people with oral and head and neck cancer. Topics for the meeting include nutrition support, staying active, dental and oral hygiene, speech pathology, managing fatigue and other side effects of treatment that are very specific to oral, head and neck cancer patients. The group meets the third Tuesday of every month in the Bruno Cancer Center from noon-1:30 p.m.

Leukemia and Lymphoma support group

St. Vincent's Birmingham provides support for people with leukemia, lymphoma, Hodgkin's, myeloma, and other blood cancers. The group meets the first Wednesday of every month in the Bruno Cancer Center from noon-1:30 p.m.

Caregiver support group

The challenges of caring for a loved one with cancer can often result in the caregiver ignoring their own physical and emotional health. This group allows caregivers to share their experiences, exchange information, discuss how to manage fatigue and stress and find available resources specific for those diagnosed with cancer. The group meets the second Wednesday of every month in the Bruno Cancer Center from noon-1:30 p.m.

Bereavement support group

It is not easy to understand or accept the loss of a loved one. Many emotions surface which take time to sort out, to understand, and finally to resolve. By sharing with others, you will learn that you are experiencing natural and normal grief responses. This bereavement support group provides insights about the grief process and what you might expect to happen during your period of adjustment. The group meets the first Monday of every month at 10 a.m. in the Bruno Cancer Center.



For more information, please call 205-930-2217.