

They serve in excess of 3,000 patients annually through individual and group counseling and educational programs. Sessions are also available in-home if the patient, family member, or friend is disabled or otherwise unable to drive.

"People who aren't familiar with our agency are surprised to find that we offer free, professional cancer counseling," says Elizabeth Wilson, Executive Director, CCI. "To my knowledge, CCI is the only program of its type in Texas. We provide six individual one-hour sessions that are no cost to the client with no strings attached. In addition, we offer more than 15 ongoing, support groups with unlimited participation throughout the Houston area including patient and caregiver groups, bereavement groups, and children with cancer groups."

CCI's many outreach programs at schools, hospitals and elsewhere benefit the entire community. CCI also holds events such as their annual conference for caregivers, patients and professionals. Annual fund-raisers include a vintner dinner, which was held last month at the Four Seasons, and a spring golf tournament. Don't miss their popular Let the Guys Cook Benefit February 6, 2007. Benefiting CCI, it will be held at the Houstonian Hotel and will feature professional and celebrity chefs from throughout Houston.

"Cancer is life-changing, even for those in complete remission. Our programs and counseling sessions are for cancer survivors as well as cancer patients and their loved ones."—Lind Butler, M.Ed., LPC, LMFT


Lind Butler, a licensed professional counselor (LPC) and licensed marriage and family therapist (LMFT), has been on the clinical staff at CCI for approximately 10 years. After experiencing the deaths of her mother and younger sister, she decided to help people cope with serious illness and the loss of a loved one and cancer counseling became her passion.

Lind, who majored in psychology and art in college, is a strong believer in the healing powers of creative, artistic expression. Based on her personal experience with emotional healing through artwork, she is dedicated to helping others experience this by leading CCI's Healing with the Arts Program for adult cancer patients.

The next free workshop will be held on December 15, 2006, from noon to 3 p.m. at The United Way of the Texas Gulf Coast at 50 Waugh Drive. Call CCI to preregister since the workshop can accommodate a limited number of participants. All supplies are provided and participants are welcome to bring snacks and beverages. Lind and CCI also offer healing through art for teens, held at Ronald McDonald House for visiting teens and their families who are undergoing cancer treatment.

"You don't have to be an artist or artistic by nature to appreciate or benefit from the art workshop," says Lind. "Some of our beginners have discovered a hidden artist within, and have gone on to display their artwork locally. For others, art is a unique experience that can help distract them from the realities of cancer."

Creative expression through art can reduce stress, promote relaxation and encourage emotional catharsis. Lind indicates that studies have shown beneficial, measured physiological changes as well. "Healing and an improved sense of well-being are believed to be accomplished through changes in brain wave patterns and chemicals released by the brain," Lind adds.

If you or a loved one has cancer, CCI can help. Call Cancer Counseling, Inc. today at 713-520-9873 or toll free at 1-877-CCI-8477 for more information and to register for group and individual sessions. All patients must complete a confidential phone intake before being seen by a CCI therapist individually or in a group. 

Interested in Volunteering? CCI offers a variety of volunteer opportunities, including parties throughout the year for children being treated at MD Anderson and Texas Children's Cancer Center. Call 713-520-9873 for more information.



"Cancer Counseling, Inc. is a wonderful resource for cancer patients and their families. Their services have helped me immensely."
— Madeliene, cancer patient.

Madeliene has had a broad range of experience with CCI over the last two to three years, including group and individual counseling. She has found CCI to be incredibly valuable, especially when she learned that her cancer had become terminal.

"Counseling has helped me cope and has provided perspective. The family counseling included my 13-year-old niece who was having difficulty with the fact that my illness became terminal, and has helped her better handle the situation," says Madeliene.

Madeliene says that the group counseling has been especially valuable for her because few people understand what a cancer patient is going through until it happens to them. She is also a big advocate for healing through the expressive arts. "There are many feelings and emotions that can't be expressed in words. Through art, you suddenly find yourself able to convey them visually."

Cancer Counseling, Inc.

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