

# The Southampton Press

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## CANCER JOURNEYS

A Twice-a-month column from  
Fighting Chance

*Kindness  
and Cancer*



### Diagnosis

### Emotional Impact

### Treatment/Side Effects

### Survivorship

### Patient Stories

For almost 20 years, the counselors at Fighting Chance have been providing emotional support to East End cancer patients -- always free-of-charge.

Patients often speak to us about the loneliness and isolation they feel during their cancer journey. One antidote is a message of moral support from the larger community.

You will find very supportive messages artfully displayed on over 50 “kindness rocks” now lining the parking lot at the Phillips Family Cancer Center in Southampton.

Each rock has a one word message that any cancer patient would appreciate, especially as they are about to enter the PFCC for a treatment or visit with their oncologist.

The Phillips Center opened in early 2019 to provide world-class cancer care including radiation, chemotherapy and immunotherapy along with wellness programs and support services.

Fighting Chance was offered rent-free space for a satellite office within the center. Patients, their families and caregivers can find our office on the lower level in Suite 102.



We’ve seen how the East End community has embraced the new facility, even through the difficult months of the pandemic.

So, it’s no surprise that several local educators, encouraged their students to each offer a small kindness to cancer patients through art.

We’re grateful to Lisa Carew, 4th grade teacher at Southampton Elementary School and to Kim Cause, an art instructor working with autistic youth at the Greek Orthodox Church of Southampton for opening young eyes to the way kindness contributes to healing.

The messages on the kindness rocks: Hope - Family - Calm - Heal each have universal meaning and clearly describe the core mission of Fighting Chance.

*Fighting Chance has offices in  
Sag Harbor and at the  
Phillips Family Cancer Center  
in Southampton.*

*For more details, or information  
please call 631 725 4646.*

*Visit our website at  
[www.fightingchance.org](http://www.fightingchance.org)*