

SERVICES AT COBORN HEALING CENTER

Schedule, call 320-229-5100.

Donations to CentraCare Foundation provide our patients treated for cancer and their caregivers free/reduced cost services.

Financial assistance available.

Social Workers are available to discuss possible options for transportation. You can contact them at 320-229-5199 x70128 or 75044.



Punch Cards are available for purchase. New patients receive first card free.

***Caregivers Welcome**



Service	Price
Acupuncture Individual Group	\$40 (up to 8 free) \$20
Art Therapy* Individual Support Group	\$30 (first 3 free) \$5
Classes* Dietitian Make Up and Your Changing Skin Mindfulness	\$5 Free Free
Enhancement Mastectomy Camisole and Fitting Wig including Fitting and styling	Free Free
Healing Touch / Reiki 45-minutes Self-Chakra Connection Class*	Free Free
Integrated Behavioral Health Individual	Free
Massage Therapy or Manual Lymphedema Drainage* 45-minutes 60-minutes 90-minutes Extra 15-minutes	\$65 (no gratuity) \$80 (no gratuity) \$100 (no gratuity) \$20 (no gratuity)
Movement Classes* Yoga for Healing	\$5
Music Therapy* Individual Letting Go / Relax & Renew Class Support Group	\$30 (first 3 free) \$5 \$5
Spiritual Care* Individual Spirituality Class	Free (up to 3) \$5
Support Group* Support Group	Free
Your Story* Individual Session Thursday Class	Free Free
Additional Services Palliative Care	Call 320-656-7117 Revised: 10/23/2025



Donations to CentraCare Foundation supports programming for cancer wellness. Financial assistance available.

Coborn Healing Center | 320-229-5100 | 1900 CentraCare Circle, Saint Cloud, MN 56303 | CentraCare.com

ACUPUNCTURE

The placement of very fine needles into specific areas of the body to induce a healing response. Supports the body's natural ability to heal and ease side-effects of cancer treatment.

Monday, Tuesday, Wednesday -**Needs Referral**

ART THERAPY

Art therapy is an expressive avenue to seek joy, evoke feelings and find healing in yourself. Focus is on self-exploration and healing. A variety of art mediums may be used, and some techniques taught by Katie Kinzer, certified Art Therapist.

No art experience needed. **Individual Sessions available.**

GRIEF GROUP Mon. 11-12:30 p.m. **\$5.00**

PATIENT GROUP Thu. 9:30-11:30 a.m./12:30-2:30 p.m. **\$5.00**

CLASSES

DIETITIAN

A healthful eating topic and recipe by Registered Dietitian.
3rd Wednesday / Monthly / 11:30 a.m.-12:30 p.m. / **\$5.00**

MAKE UP AND MY CHANGING SKIN

Learn basic skincare, make-up application, what products you can use, how to use them, and why during your journey.

There will be a live demonstration so you can follow along if you would like. Please bring along your own make up.

Schedule your individual appointment. **Free**

MINDFULNESS MEDITATION

Join Dr. Jurgens to learn about mindfulness meditation as a healing practice that can help in the face of cancer.

Select Wednesdays 3:30-4:30 p.m. **Free**

HEALING TOUCH / REIKI

Light, gentle touch on or above the body to balance the body's energetic system. **Free**

SELF-CHAKRA CONNECTION - Patient & Caregivers

Learn the simple Healing Touch technique, Self Chakra Connection. This is a portable tool that supports your energy field for better coping with anxiety, sleep difficulty or pain.

Tuesdays 9 a.m. **Free**

BEHAVIORAL HEALTH

Help when struggling with a cancer diagnosis and need a safe place to talk, gain support, and process feelings. Also, for caregivers struggling with feelings of anxiety or overwhelm.

Thursdays and Fridays

MASSAGE - Patient & Caregivers

Focus on relief or recovery from pain, anxiety, headaches/migraines and stress. No Gratuity/Tips.

MANUAL LYMPH DRAINAGE- Needs Referral

Thursdays and Fridays

MUSIC THERAPY

Promotes self-expression, side-effect management, and relaxation. Opportunity for social support, self-expression, and reflection through music listening / making experience.

No music experience needed. **Individual Sessions available.**

PATIENT GROUP • Wed 1-2:30 p.m. **\$5.00**

LETTING GO MUSIC MAKING \$5.00

Enjoy a fun, music making experience.

RELAX & RENEW \$5.00

A guided relaxation experience with soothing music.

MOVEMENT CLASSES

Bring a yoga mat and wear comfortable clothes.

YOGA FOR HEALING - Patient & Caregivers

Join us for a class designed for people whose bodies and spirits need to heal. It includes sweet stretches and guided meditation. Ability for yoga in chairs during this class also.

Tuesdays 4-4:45pm **\$5.00**

SPIRITUAL CARE

Spiritual and emotional support during your cancer journey.

Individual Sessions available. Free

SPIRITUALITY SERIES

Wed. 10-11 a.m.

- Spirituality, Loss & Grief • Forgiveness
- Spiritual Challenges, Growth • Gratitude Practices

ENHANCEMENT

Consultation with a cosmetologist to select and cut a wig and hat. Camisole fitting for mastectomy patient with **Free Cami!**

SUPPORT GROUP

COURAGE FOR CAREGIVERS

Meets Wed. 11-Noon **Free**

HEALING & HOPE FOR LIVING WITH CANCER

Meets Mon. 3-4 p.m. **Free**

GRIEF/BEREAVEMENT SUPPORT SERIES

When you lose a loved one to cancer, we're here to help. This 8-Week series offers time for personal sharing, education about grief, resilience and identifying healthy ways of coping.

Tuesdays 3-4 p.m. **Free**

US, TOO PROSTATE CANCER SUPPORT GROUP

Helps men and their families with free information, materials and peer-to-peer support. For information, call 320-259-1411.

Meets 4th Tue. • 7 p.m. **Free**

BREAST CANCER SUPPORT GROUP

First Thursday of each month 4-5 p.m. **Free**

YOUR STORY (Individual Session or Classroom Experience)

Guided by a CSB/SJU student-partner writing prompts are explored, together. For example, writing about your first car or an important time to you and with your student-partners' help turning your experience into a poem or short story!

Individual Session **Free**

Thursday Class 3-4 p.m. **Free**

ADDITIONAL SERVICES

PALLIATIVE CARE

Focus on providing relief from the symptoms, pain and stress of a serious illness. The goal is to improve quality of life for both the patient and the family. Cost is covered by most health plans.

Referral required. 320-656-7117