

Program Calendar

*Providing FREE
professional programs
and emotional support,
education and hope for
people impacted
by cancer,
so that no one faces
cancer alone.*

Join Us

The New Member Meeting is an opportunity to meet with staff to learn about CSCGP's programs and support groups. To schedule a "New Member Meeting" and begin taking part in our FREE programming, please call the corresponding locations phone number to schedule a time to meet with us.

Locations

Ridgeland (Philadelphia)
215-879-7733

Gilda's Club (Warminster)
215-441-3290

Abington Jefferson Health
215-481-6700

Doylestown Hospital
215-345-2022

Alliance Cancer
Specialist @ Grand View
Outpatient Center
215-453-3300

Alliance Cancer
Specialist @ Crozer
Chester Medical Center
610-876-5166


Volunteers mean the world to us at Cancer Support Community Greater Philadelphia. As an integral part of our service to our members, volunteers not only take the time to come out for events and speak at our groups, they also are the face of our mission and support out in the community! In recognition of our volunteers, we are holding a Volunteer Appreciation luncheon and discussion to thank you for your service. We'll be presenting and discussing why volunteers are so important to us and our members. Volunteers, keep an eye out for your invitation, we'd love to see you on Thursday, April 26th at Gilda's Club.

Cancer Support Community is in search of fresh faces and stories for the Frankly Speaking Workshop Series.

This workshop series is presented at CSC affiliates across the county. This is an excellent opportunity to share your story with others and participate in a professional photo shoot. Patients and their family members that represent the following cancer diagnoses are in demand: Metastatic Breast Cancer, CML, AML, CLL and Multiple Myeloma. **Participants will be compensated \$100 for their time.**

Photo shoots are scheduled for *Friday, April 20th at Gilda's Club* and *Monday, April 22nd at Ridgeland*. For individuals with MBC and their family members there is an **additional opportunity to earn \$100** by participating in a focus group on Monday, April 22nd. Please email laura@cancersupportphiladelphia.org if you are interested, please specify the diagnosis and location. Someone will be in touch closer the event to confirm and provide exact times.

Your vote counts! Check out the 2018 CSCGP Ben Strauss Scholarship applicants and vote for your favorite. Voting will be open April 4th through April 19th. Applicant's video must answer the question "What have you gained from your experience at CSCGP?" Videos can be viewed at ALL locations or through the website at: cancersupportphiladelphia.org/ben-strauss-scholarship.



Check out page 4 for
more information about
The Children and
Teens Program

****There will be NO calendar mailing in 2018.** Don't forget to email info@cancersupportphiladelphia.org to update your current email address to ensure accurate electronic calendar delivery. Those **without** email access should call Beth at 215-441-3290 in order to continue receiving a mailed copy each month.

Monday	Tuesday	Wednesday	Thursday	Saturday
<p>Qigong 10-11:30am</p> <p>Writing About Your Cancer Experience 10-11:30am</p> <p>Blood Cancer Networking Group 11:30am-1pm</p> <p style="text-align: right;">2</p>	<p>Ridgeland Art Collective: Open Art Studio 11am-1pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">3</p>	<p>TaiJi & QiGong 9:30-11am</p> <p>Family & Friends Support Group 11am-12:30pm</p> <p>Metabolic Strength Training at Focus Fitness* 12-1pm</p> <p>Pet Therapy NEW! <i>with Lori Goodman</i> 12:30-1:30pm</p> <p>Movement & Meditation 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p style="text-align: right;">4</p>	<p>NIA Holistic Dance Fitness <i>sponsored by the Bob Brockman NIA Fund</i> 10-11am</p> <p>Making Connections While Navigating Cancer 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Yoga • 1:30-2:30pm</p> <p>Singing Circle • 6-7pm</p> <p>Post Treatment Support Group 8 Week Series 6-7:30pm</p> <p style="text-align: right;">5</p>	<p style="text-align: right;">7</p>
<p>Qigong 10-11:30am</p> <p>Colorectal Cancer Meeting 1:30-3:30pm</p> <p style="text-align: right;">9</p>	<p>Coffee & Conversation 11am-12:30pm</p> <p>Walk & Talk <i>with Natalie, OT Intern</i> 1-2:30pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">10</p>	<p>TaiJi & QiGong 9:30-11am</p> <p>Family & Friends Support Group 11am-12:30pm</p> <p>Metabolic Strength Training at Focus Fitness* 12-1pm</p> <p>Movement & Meditation 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p style="text-align: right;">11</p>	<p>Making Connections While Navigating Cancer 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Yoga 1:30-2:30pm</p> <p>Singing Circle 6-7pm</p> <p>Post Treatment Support Group 8 Week Series 6-7:30pm</p> <p>Volunteer Training 6:30pm-7:30pm</p> <p style="text-align: right;">12</p>	<p style="text-align: right;">14</p>
<p>Qigong 10-11:30am</p> <p>Gynecological Cancer Group 11:30am-1pm</p> <p>Fighting Fatigue <i>with Natalie, OT Intern</i> 1-2:30pm</p> <p>National Volunteer Week: April 15-21</p> <p style="text-align: right;">16</p>	<p>Lung Cancer Networking Group 11am-12:30pm</p> <p>Ridgeland Art Collective: Open Art Studio 11am-1pm</p> <p>RePose Yoga at Focus Fitness* 1:30pm-2:45pm</p> <p style="text-align: right;">17</p>	<p>TaiJi & QiGong 9:30-11am</p> <p>Family & Friends Support Group 11am-12:30pm</p> <p>Metabolic Strength Training at Focus Fitness* 12-1pm</p> <p>Movement & Meditation 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p style="text-align: right;">18</p>	<p>NIA Holistic Dance Fitness <i>sponsored by the Bob Brockman NIA Fund</i> 10-11am</p> <p>Making Connections While Navigating Cancer 11:30am-1pm</p> <p>Knitting Circle • 12-1:30pm</p> <p>Yoga • 1:30-2:30pm</p> <p>Spaghetti Dinner & Game Night 5:30-7:30pm</p> <p>Singing Circle • 6-7pm</p> <p>Post Treatment Support Group 8 Week Series 6-7:30pm</p> <p style="text-align: right;">19</p>	<p>Men's Group 10am-12pm</p> <p>Communicating Effectively with Your Healthcare Provider <i>Facilitated by Rebecca Czarkowski, RN</i> 11am-12:30pm</p> <p style="text-align: right;">21</p>
<p>Qigong 10-11:30am</p> <p>Frankly Speaking Photo Shoot & Metastatic Breast Cancer Focus Group <i>*See cover for more information</i> Time TBD</p> <p style="text-align: right;">23</p>	<p>Living Well with Metastatic Breast Cancer 11am-12:30pm</p> <p>Coffee & Conversation 11am-12:30pm</p> <p>Introduction to CancerLife App & Lunch 11:30am-12:30pm</p> <p>Creative Collages <i>with Natalie, OT Intern</i> 1-3pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">24</p>	<p>TaiJi & QiGong 9:30-11am</p> <p>Family & Friends Support Group 11am-12:30pm</p> <p>Metabolic Strength Training at Focus Fitness* 12-1pm</p> <p>Movement & Meditation 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p style="text-align: right;">25</p>	<p>Making Connections While Navigating Cancer 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Cancer & Careers Webinar: Working Through Treatment 12-1pm</p> <p>Yoga • 1:30-2:30pm</p> <p>Singing Circle • 6-7pm</p> <p>Post Treatment Support Group 8 Week Series 6-7:30pm</p> <p style="text-align: right;">26</p>	<p style="text-align: right;">28</p>
<p>Qigong 10-11:30am</p> <p style="text-align: right;">30</p>	<p><i>Esophageal Cancer Awareness Month</i></p>			

Monday	Tuesday	Wednesday	Thursday	Saturday
	<p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Week 5: Inner Matrix Meditative Series 11am-12:30pm</p> <p>Living After Cancer Support Group 1-3pm</p> <p>Lung Cancer Networking Group 6:30-8pm</p>	<p>Chair Yoga 9:30-10:30am</p> <p>Beaded Jewelry Making 1-3pm</p> <p>Young Adult Ice Cream Social 5:30-7pm</p> <p>Yoga 6:30-7:45pm</p>	<p>NIA: Holistic Dance Fitness <i>sponsored by the Bob Brockman NIA Fund</i> 10-11am</p> <p>Living with Cancer Support Group & Lunch 1-2:30pm</p> <p>April Showers Craft 3-5pm</p>	
	<p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Living After Cancer Support Group 1-3pm</p> <p>Crafts with Ellen 1-3pm</p> <p>Ovarian Cancer Networking Group 6:30-8pm</p>	<p>Chair Yoga 9:30-10:30am</p> <p>Reiki Share 10:30-11:30am</p> <p>Laughing About Life with Dr. Yvonne Kaye 11am-12pm</p> <p>Mahjong • 1-3pm</p> <p>Yoga • 6:30-7:45pm</p> <p>Living with Loss Networking Group 6:30-8pm</p>	<p>Living with Cancer Support Group & Lunch 1-2:30pm</p> <p>Pysanka Egg Decorating 5:30-8pm</p>	
<p>The Ketogenic Diet & Metabolic Therapies for Cancer <i>Sponsored by BeatCancer.org</i> 11am-12:30pm</p>				
	<p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Living After Cancer Support Group 1-3pm</p> <p>Blood Cancer Networking Group 6:30-8pm</p>	<p>Chair Yoga 9:30-10:30am</p> <p>Reiki Share 10:30-11:30am</p> <p>Yoga 6:30-7:45pm</p> <p>Breast Cancer Networking Group: How Integrative Medicine Can Help Cancer Survivors with Dr. Mehta 6:30-8pm</p>	<p>Arleen Boyes Quilting Circle 11am-3pm</p> <p>Introduction to CancerLife App & Lunch 1-2pm</p> <p>Living with Cancer Support Group & Lunch 1-2:30pm</p> <p>Reiki Share • 6-8pm</p> <p>Tree of Life Dreamcatchers 6-8pm</p> <p>Financial Lecture with Penn Community Bank 6:30-8pm</p>	<p>The Marshall Saturday Men's Breakfast <i>presented by The Tom McDermitt Fund</i> 8-10am</p>
	<p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Living After Cancer Support Group 1-3pm</p> <p>Friends & Family Networking Group 6:30-8pm</p>	<p>Chair Yoga • 9:30-10:30am</p> <p>Journaling & Beyond: Writing for Health & Happiness 10-11:30am</p> <p>Laughing About Life with Dr. Yvonne Kaye 11am-12pm</p> <p>Mahjong • 1-3pm</p> <p>Men Supporting Men 6-7:30pm</p> <p>Women Sharing Wisdom 6-7:30pm</p> <p>Yoga • 6:30-7:45pm</p>	<p>Let Your Yoga Dance 10-11am</p> <p>Living with Cancer Support Group & Lunch 1-2:30pm</p> <p>Volunteer Appreciation 5:30-7pm</p>	
<p>Tai Ji & Qigong 10-11am</p>				
<p>Tai Ji & Qigong 10-11am</p> <p>Mental Fitness Activities 11am-12pm</p>	<p><i>National Oral, Head & Neck Cancer Awareness Month</i></p>			

Please call 215-441-3290 to register for all activities. If you no longer can attend, kindly call us to cancel.

Our address is 200 Kirk Road • Warminster, PA 18974. All NIA classes offered by CSCGP are generously supported by the Bob Brockman NIA Fund.

Monday	Tuesday	Wednesday	Thursday
Videos for CSCGP Ben Strauss Scholarship Due by Midnight 2	Expressions Art Workshop 6-8pm 3	Expressions Art Workshop 6-8pm 4	 5
Teen Essays for Contest Due by Midnight 9	Kid Support Teen Support Parent Group 6:30-8pm 10	Expressions Art Workshop 6-8pm National Submarine Day! Sandwich or Ship? 11	Homework Help with Joseph 6:30-8pm Hang Out 6:30-8pm Grilled Cheese Sandwich Day! 12
National Stress Awareness Day! Take a deep breath, go outside, enjoy a hobby – all are examples of ways to destress. 16	Expressions Art Projects Due Today Kid Support Teen Support Parent Group 6:30-8pm 17	Teen Expressions 6:30-8pm 18	Hang Out 6:30-8pm Homework Help with Joseph 6:30-8pm 19
Take a Chance Day! Try a new food, or activity. 23	Kid Support Teen Support Parent Group 6:30-8pm 24	Youth Activities Committee 6:30-8pm Penguin Awareness Day! 25	Volunteer Appreciation Day! Register to attend our special Thank You Event. 26
National Honesty Day! Remember the boy who cried wolf story? 30			

Programs in **BLACK** are held at Gilda’s Club in Warminster. Programs in **RED** are held at Ridgeland in Philadelphia.

To request information or to register please contact:

At Gilda’s Club – **Christina** at 215-441-3290 • christina@cancersupportphiladelphia.org

At Ridgeland – **Stephanie** at 215-879-7733 • stephanie@cancersupportphiladelphia.org

Please register 48 hours before program begins.

Enhancing Connections

We are participating in a research study providing cancer education to parents. Enhancing Connections is a free, 5 session psychoeducational program delivered in a group format to parents with a cancer diagnosis (Stage 0-3) who have a child between the ages of 5-17 yrs. We have already held one complete series of the program and had all very positive feedback. Others who do not meet the criteria but are interested in the group, may join a waiting list. If you are interested in participating, please contact Christina.



Kid Support, Teen Support & Parent Group

Kid Support (4-11), Teen Support (12-16) and Parent Group are peer support groups for kids, teens and their parents/guardians who have cancer in their life. It offers an opportunity to talk together, to learn together and to support each other. In addition to being educational and supportive, we also encourage family communication through games and art. Each time we meet, we have a different topic related to cancer.



Teen Essay Contests

We are excited to share our 6th Annual Teen Essay Contests! TWO contests. One for Middle School (6th-8th grades) and one for High School (9th-12th grade).

Essays are to be about your experience with cancer. LET YOUR VOICE BE HEARD! *Deadline for entries is April 9th.* Two sets of Prizes: 1st Prize is a \$200.00 gift card, 2nd Prize is a \$100.00 gift card, 3rd prize is a \$50.00 gift card. For more information about our contests, visit our website for essay guidelines and required entry form or contact Christina.

CSCGP Ben Strauss Scholarship

We are proud to host our 2nd annual scholarship opportunity for our 12th grade members who plan to continue their education. *Video entries are due midnight, April 2nd.* Members will be voting in all groups April 4th through April 19th and the winner will be announced April 23rd. The winner will receive the scholarship at our annual Gala in early May.

Expression Art Show

The CSCGP Ben Strauss Youth Program is delighted to present the 1st Annual Expressions Art Show. All members from kindergarten to 5th grade are encouraged to submit a piece of artwork expressing how CSCGP has helped them in their experience with cancer. We will be offering workshops at Gilda's Club so the mess is with us!! Workshop Tuesday, April 3rd 5-8pm and Wednesdays, April 4th & 11th 5-8pm. Art students from William Tennent High School will be available to offer assistance. *Artwork submissions along with a brief description are due by Monday, April 17th.*

All entries will be submitted into a grand prize drawing of \$200.00 to be put towards attending a summer camp or other summer program of your choice. All participants will receive a certificate and a prize. Drawing will occur on Tuesday, April 18th. Winner will be notified and invited to attend our annual Gala to accept their grand prize. Other prizes handed out at art show at Gilda's Club.

Hang Out • Various Nights • 6:30-8pm

While parents/guardians are attending their own group or activity, kids/teens can enjoy all the games, activities and craft supplies we have in our program. *48 hour Pre-Registration Required.*

Teen Expressions

Wednesday, April 18 • 6:30-8pm

Do you love art? We have a once a month workshop for teens to create a piece of art. Enjoy being creative? We create a unique but easy project that will give you the opportunity to get your hands dirty. *Sign up by Tuesday, April 17.*

Homework Help with Joseph

Thursdays, April 5 & 19 • 6:30-8pm

Joseph will be available to assist with basic arithmetic, algebra, calculus, trig, statistics, geometry, and physics. Please bring your questions. *Registration required by Wednesday before the event.*

Youth Activities Committee

Wednesday, April 25 • 6:30-8pm

A great opportunity to get some volunteer hours in for school, your resume or just to give back to CSCGP. This is open to all tweens and teens who are members or volunteers.

Fundraiser Save The Dates

Bingo • Monday, May 14 • Centennial Station 3004 Centennial Station • Warminster, PA 18974

Doors open at 6pm and games begin at 7pm. \$10 admission for 16 games. Cash prizes, raffle baskets, 50/50, refreshments and more!

Golf Outing • Monday, June 18 Commonwealth National Golf Club 250 Babylon Road • Horsham, PA 19044

Golf with us at the exclusive Commonwealth National Golf Club in Horsham ranked as one of the top 20 courses in the USA. Enjoy deluxe burger, dog and French fry bar lunch, auction/raffles, on course beer tasting, hole in one contests (you could win a Mercedes or trip to the Super Bowl) cocktails, celebrity meet and greet, dinner, and more.

Satellite Locations

Abington Jefferson Health • 215-481-6700

Open Mondays • 1200 Old York Road • Abington, PA 19001

Located in the Garden Training Room on the Ground Floor of the Widener Building, Parking Passes Provided

MONDAYS

April 2 – 10-11am Chair Yoga

11am-12:30pm **Living with Cancer Support Group** –
Guest Speaker Charles Coltman on Cancer Life Application
12:30-2pm **Reiki Share**
(Held on the 2nd Floor 2W 'Quiet Room')

April 9 – 10-11am Chair Yoga

11am-12:30pm **Living with Cancer Support Group** –
Guest Speaker Nancy Darcy on Cancer Nutrition
12:30-2pm **Writing for Health & Wellness**

April 16 – 10-11am Chair Yoga

11am-12:30pm **Living with Cancer Support Group** –
Guest Speaker Joan Rose on Integrative Healthcare
1-2pm **Prostate Networking Group**

April 23 – 10-11am Chair Yoga

11am-12:30pm **Living with Cancer Support Group**
12:30-2pm **Reiki Share**
(Held on the 2nd Floor 2W 'Quiet Room')
1-2pm **Friends & Family Networking Group**

April 30 – 10-11am Chair Yoga

11am-12:30pm **Living with Cancer Support Group**

What you need to know about the Pennsylvania Medical Marijuana Program

Patients, Cancer Support Community Members & Doylestown Hospital Staff Welcome

Tuesday, May 15 • 6:30-8pm • Conference Room J

Medical Marijuana is now legal in Pennsylvania. Come hear **Christine Roussel, PharmD, BCOP**, Assistant Director of Doylestown Health's Pharmacy, discuss details and updates about the PA Medical Marijuana Program. Special focus on how and when marijuana could be used medically and which patients would be eligible will be reviewed. A question and answer period will follow.

Social workers can obtain 1.5 CEUS and currently we are pursuing nursing CEUS.

Please register online at www.doylestownhealth.org, go to the Classes and Events link on the page. You can also register at Pulseline at 215-345-2121. Please call Lauren at Cancer Support Community for more information at 215-345-2022.

Doylestown Hospital • 215-345-2022

Open Tuesdays and Thursdays

595 West State Street • Doylestown, PA 18901

Located on the hospital's first level near the main entrance

Join us behind the Red Door located on the corridor off the Main Lobby; second door on the right

TUESDAYS

April 3 – 12-1pm Mindfulness Meditation

2-4pm **Tree Painting Workshop**
5-6pm **All Levels Yoga** • 6-7pm **Pilates with Sheila**
7-7:30pm **Guided Meditation & Imagery**
7:30-9pm **Reiki Share**

April 10 – 11am-12:30pm Living with Cancer Support Group

2-4pm **Flower Painting Workshop**
5-6pm **All Levels Yoga** • 6-7pm **Pilates with Sheila**
6-7:30pm **Journaling Workshop**
with Janet Fallon, Conference Rm J
7-8:30pm **Breast Cancer Support Group – Self Care Spa**

April 17 – 12-1pm Mindfulness Meditation

2-4pm **Landscape Painting Workshop**
5-6pm **All Levels Yoga**
7-8:30pm **Prostate Cancer Support Group**
(Conf. Rm A, Speaker Urologist, Dr. Michael Bickel, M.D.)
7-8:30pm **My Spouse Has Cancer Support Group**

April 24 – 11am-12:30pm Living with Cancer Support Group

12:30-2pm **Brain Cancer Networking Group**
2-4pm **Beaded Jewelry Workshop**
5-6pm **All Levels Yoga**
7-8:30pm **Living with Cancer Support Group – NEW!!**

THURSDAYS

April 5 – 11am-12:30pm Colorectal Cancer Support Group

1-2pm **Relaxation Workshop**

April 12 – 11am-12:30pm Pancreatic Cancer Support Group

1-2pm **Mindfulness Meditation**

April 19 – 11am-12:30pm Blood Cancer Support Group

12:30-1pm **Guided Meditation/Imagery**
1-2pm **Reiki Share**

April 26 – 11am-12:30pm Gynecological Cancer Support Group

1-2pm **Mindfulness Meditation**

Please Note: FREE Valet Parking is NOW Available at Doylestown Hospital, tipping is not allowed. Valet is available at the Main Entrance from 7am to 5pm and at the Pavilion from 7:30am to 4:30pm. Cancer Support Community members are welcome to use valet for attending our CSC programs. Please feel free to use this service when coming to treatment or programs at the hospital.



Gilda's Club (Warminster)

Young Adult Ice Cream Social **Wednesday, April 4 • 5:30-7pm**

This event is for young adults ages 16 to 32 who have been impacted by the cancer experience. Come out to socialize and network with others! Bring your favorite ice cream topping!

April Showers & Flowers Craft **Thursday, April 5 • 3-5pm**

Get crafty with us and make some raindrop and flower sun catchers! Take them home or hang some in the windows of at the clubhouse to decorate for Spring!

The Ketogenic Diet & Metabolic Therapies For Cancer

Sponsored by BeatCancer.org

Monday, April 9 • 11am-12:30pm

Learn about the ketogenic diet and metabolic therapies for cancer with our *BeatCancer.org* experts. Find out about possible alternatives when it comes to health and wellness during cancer.

Breast Cancer Networking Group: How Integrative Medicine Can Help Cancer Survivors with Dr. Mehta **Wednesday, April 18 • 6:30-8pm**

Dr. Pallav Mehta will discuss various evidence-based integrative and lifestyle strategies that have been shown to improve quality of life and outcomes in cancer survivors. Dr. Mehta is the Director of Integrative Oncology & Practice Development at MD Anderson Cancer Center @ Cooper and Medical Director, Bott Cancer Center at Holy Redeemer. *Lecture is open to everyone.*

Tree of Life Dreamcatchers **Thursday, April 19 • 6-8pm**

Celebrate Arbor Day this year by making and taking home a tree dreamcatcher. We will have supplies to make a basic tree, and beads to decorate it however you would like! *Please remember to register so we have enough supplies.*

CancerLife • Please Reference Site Calendars **Monday, April 2, Thursday, April 19 & Tuesday, April 24**

CancerLife App is revolutionizing care by empowering users to be more aware and in-control of their treatment ... and lives. Patients can use the tool to track symptoms, report symptoms to healthcare team, keep family & friends informed of ongoing treatment and increase social network. Founder, Charles Coltman will be visiting various sites to share CancerLife and seek out app 'testers.' *Please reference Ridgeland, Gilda's Club and Abington Jefferson site calendars for details. Lunch will be provided.*



The Suzanne Morgan Center at Ridgeland (Philadelphia)

Pet Therapy • Wednesday, April 4 • 12:30-1:30pm

Once monthly, Lori Goodman, certified pet therapist, will bring her lovable dogs for an open pet therapy hour. Enjoy coffee, tea, and snacks, and get to interact with the dogs and learn just how healing and stress-relieving pet therapy can be! Both dogs are non-shedding and are certified therapy dogs.

Fighting Fatigue • Monday, April 16 • 1-2:30pm

In this educational workshop, learn the ways in which you can combat the fatigue that may be impacting your activities of daily living. Energy conservation and work simplification techniques will be explained so you can limit the effects of fatigue and make the most of the energy you have. Facilitated by Natalie Quindlen, Occupational Therapy Doctoral Intern.

Men's Group • Saturday, April 21 • 10am-12pm

Join our men's group for a light breakfast and social time in a relaxed atmosphere that provides a supportive experience. Caregivers are always welcome. Most months, we will also hear a speaker during the group. On April 21, enjoy breakfast from 10-11am and then hear a lecture on *Communicating Effectively with Your Healthcare Provider (see description below).*

Communicating Effectively with Your Healthcare Provider **Saturday, April 21 • 11am-12:30pm**

In this educational lecture, *facilitated by Rebecca Rivkin-Czarkowski, RN*, learn how to make the most of your visits with your healthcare providers. Feel prepared and confident in your ability to ask questions and have the conversations that give you the information you want. *Rebecca is a nurse advocate with Guardian Nurses Healthcare Advocates.*

Post-Treatment Support Group Eight-Week Series **Thursdays March 29 through May 24 • 6-7:30pm** **(No Session May 3)**

This new support group series is for members who have completed their active treatment for any type of cancer. The group will focus on varying issues related to rehabilitation after treatment, including physical and emotional changes, managing anxiety, shifts in relationship to self and others, meaning-making, managing a healthy lifestyle, and more. *Please RSVP so that we have enough members to hold the group sessions.*



CANCER SUPPORT COMMUNITY

GREATER PHILADELPHIA

The Suzanne Morgan Center at Ridgeland
4100 Chamounix Drive • Philadelphia, PA 19131
www.cancersupportphiladelphia.org

Address Service Request

2018 April Program Calendar

 **Abington**
Jefferson Health.

 **Doylestown Health**



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for All People Affected
by Cancer.

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215-879-7733

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GREATER PHILADELPHIA

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