

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

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

A letter to our community

I want to take this opportunity to share some important information with all of you, the members and volunteers of our community. Effective July 19, 2017, we will no longer be providing ongoing programming at Temple University Cancer Center. While this was a difficult decision to make, we will continue to maintain our commitment to serve the communities surrounding Temple University. We plan to do this by providing workshops and lectures through partnerships with local organizations and churches. This will allow us to reach a wider audience and increase accessibility to those most in need.

As always, please continue to share your thoughts, feedback and input. Our primary goal is to continue to provide the highest quality activities for all of you. I also know that our excellent program staff are continually working to develop new and interesting activities at all of our locations. These locations, The Suzanne Morgan Center at Ridgeland, Gilda's Club, Doylestown Hospital and Abington-Jefferson Health are available at no charge for your participation.

Please do not hesitate to reach out to me directly with any questions. My best wishes to all of you for an enjoyable and healthy summer,


Kelly Harris, CEO



The families and staff at CSCGP would like to thank the following for contributing to our Camp Kids this summer:

Charles River Labs, Precision for Oncology, Beneficial Bank, Burlington Stores, McGhee Funeral Home, All State Insurance in Feasterville, Maggios, The Daly Family and Friends, Acme, Rita's, Costco and Walmart, Chris Daly, Carrie Theiss, Tammy Brenner, Dan Brenner, Sam Brenner, and Peggy Sommar, Bridge Valley Elementary School, Reif Family Silverman Family Partnerships, Gym Guyz of Greater Bucks. Without all of you, Camp would not have been possible. Thank you for your time and your generosity.

We would also like to thank the Camp Counselors for coming out each day and making sure our 36 campers had a blast! Thank you Jewel Cook, Brittany Kowalski, Kara Lehman, Joe Azzarano, Jess Azzarano, Tori Buterbaugh, Sophia Smargissi, Emily Steinberg, Robert Rocco, Kya Matysczak, Kenzie Matysczak, Emily Clark, Evan Clark, Brett Lyall, Keddy Lyall, Matteo Barila, Giana Maccarella, Grace Maccarella and Kim Gildein.

Monday	Tuesday	Wednesday	Thursday	Saturday
	<p>STEP AFRICA! Dance Performance at The Mann Center 10:30-12:15pm Zumba Gold: Chair 1-1:45pm RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p>World Lung Cancer Day 1</p>	<p>Tai Ji and Qigong 9:30-11am Family and Friends Support Group 11am-12:30pm Multi-Level Yoga 5:30-7pm Bereavement Support Group 6-7:30pm</p>	<p>Making Connections While Navigating Cancer 11:30am-1pm Knitting Circle 12-1:30pm Yoga 1:30-2:30pm</p>	
<p>Writing for Wellness 10-11:30am Relax with Qigong 12:30-1:30pm</p>	<p>Aromatherapy Workshop <i>facilitated by Susan B. Kristiniak, DHA, MSN, RN, AHN-BC, NEA-BC, Associated Director for Penn Medicine Palliative Care</i> 11am-1pm</p>	<p>Tai Ji and Qigong 9:30-11am Family and Friends Support Group 11am-12:30pm Multi-Level Yoga 5:30-7pm Bereavement Support Group 6-7:30pm</p>	<p>Line Dancing with Leslie! 11am-1pm Knitting Circle 12-1:30pm Yoga 1:30-2:30pm</p>	
NATIONAL HEALTH CENTER WEEK				
7	<p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p>	9	10	12
<p>Mindful Meditation 10-11am Relax with Qigong 12:30-1:30pm Colorectal Cancer Meeting 1:30-3:30pm</p>	<p>Ridgeland Art Collective: Canvas Painting Class 11am-1pm Zumba Gold: Chair 1-1:45pm</p>	<p>Tai Ji and Qigong 9:30-11am Family and Friends Support Group 11am-12:30pm Community Night at The Franklin Institute 5-8pm Multi-Level Yoga 5:30-7pm Bereavement Support Group 6-7:30pm</p>	<p>Making Connections While Navigating Cancer 11:30am-1pm Knitting Circle 12-1:30pm Yoga 1:30-2:30pm</p>	<p>Men's Club Breakfast 10am-12pm</p>
14	15	16	17	19
<p>Relax with Qigong 12:30-1:30pm</p>	<p>Walk and Talk at Bartram's Garden 11am-1pm RePose Yoga at Focus Fitness* 1:30-2:45pm</p>	<p>Tai Ji and Qigong 9:30-11am Family and Friends Support Group 11am-12:30pm Multi-Level Yoga 5:30-7pm Bereavement Support Group 6-7:30pm</p>	<p>Healthy Gut, Stronger You! <i>facilitated by Kellie Lynch, RN, certified cancer coach</i> 11:30am-1pm Knitting Circle 12-1:30pm Yoga 1:30-2:30pm</p>	<p>Post Treatment Series: Approaches to Life After Cancer Treatment Topic #2) Rebuilding Your Financial Life After Cancer <i>facilitated by Bruce H. Sham, CLF & Nancy Ann Kelly of MassMutual Greater Philadelphia</i> 10am-12pm Mindfulness Workshop: Mini-Mindfulness Retreat 12-2pm</p>
21	22	23	24	26
<p>Mindful Meditation 10-11am Relax with Qigong 12:30-1:30pm</p>	<p>Jammin' with Joy 11:30am-1pm Zumba Gold: Chair 1-1:45pm</p>	<p>Tai Ji and Qigong 9:30-11am Family and Friends Support Group 11am-12:30pm Multi-Level Yoga 5:30-7pm Grief and Loss Workshop: Mindful Approaches to Honoring Joy and Sorrow <i>facilitated by Maria Fanelli, mindfulness educator</i> 6-7:30pm</p>	<p>Knitting Circle 12-1:30pm Yoga 1:30-2:30pm</p>	 <p>See page 4 for more information about The Children and Teen Program at Ridgeland</p>
28	29	30	31	

Monday	Tuesday	Wednesday	Thursday	Saturday
<p><i>Summer Sun Safety Month!</i></p>	<p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Meditation with Melissa 11am-12:30pm</p> <p>Living After Cancer Support Group 1-3pm</p> <p>Ovarian Cancer Networking Group 6:30-8pm</p> <p>World Lung Cancer Day 1</p>	<p>Chair Yoga 9:30-10:30am</p> <p>Reiki Share 10:30-11:30am</p> <p>Beaded Jewelry Making 1-3pm</p> <p>Yoga 6:30-8pm</p> <p>Young Survivors Coalition 6:30-8pm</p>	<p>NIA Holistic Dance <i>sponsored by The Bob Brockman NIA Fund</i> 10-11am</p> <p>Living with Cancer Support Group and Lunch 1-3pm</p>	
	<p>Tai Ji and Qigong 10-11am</p> <p>Mindful Meditation 10-11am</p>	<p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Crafts-Fabric Flower Making 11am-12:30pm</p> <p>Lung Cancer Networking Group 6:30-8pm</p>	<p>Chair Yoga 9:30-10:30am</p> <p>Living with Loss Support Group - Spouse/Partner 6:30-8pm</p> <p>Living with Loss Networking Group 6:30-8pm</p> <p>Yoga 6:30-8pm</p>	<p>Morning Walk 10-11am</p> <p>Metastatic Cancer Networking Group 11am-12:30pm</p> <p>Living with Cancer Support Group and Lunch 1-3pm</p> <p>Mahjong 1-3pm</p>
<p>Tai Ji and Qigong 10-11am</p> <p>Beat Cancer with your Fork <i>presented 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 <i>sponsored by Leukemia and Lymphoma Society</i> 6:30-8pm</p>	<p>Chair Yoga Online 9:30-10:30am</p> <p>Reiki Share 10:30-11:30am</p> <p>Book Club: The Zookeeper's Wife by Diane Ackerman 1:30-2:30pm</p> <p>Yoga 6:30-8pm</p> <p>Breast Cancer Networking Potluck and Bonfire 6:30-8pm</p>	<p>Morning Walk 10-11am</p> <p>Living with Cancer Support Group and Lunch 1-3pm</p> <p>Movie Discussion and Trivia: Memoirs of a Geisha 1-3pm</p> <p>Reiki Share 6-8pm</p> <p>Mindful Meditation 7-8pm</p>	
<p>Tai Ji and Qigong 10-11am</p> <p>Mindful Meditation 10-11am</p> <p>Mental Fitness Activities with Leigh 11am-12pm</p>	<p>Camp Gilda 9:15am-3:30pm</p> <p>Pilates 9:30-10:30am</p>	<p>Camp Gilda 9:15am-3:30pm</p> <p>Women Sharing Wisdom with Dr. Ginsberg 6-7:30pm</p> <p>Yoga 6:30-8pm</p>	<p>Camp Gilda 9:15am-3:30pm</p> <p>Arleen Boyes Quilting Circle 11am-3pm</p> <p>Mahjong 1-3pm</p> <p>Volunteer Training 6-7:30pm</p>	
<p>Living with The Loss of a Child Networking Group 11am-1pm</p> <p>Sunday 27</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>Gardening 101: Developing Your Green Thumb 6-8pm</p> <p>Friends and Family Networking Group 6:30-8pm</p>	<p>Chair Yoga 9:30-10:30am</p> <p>Journaling and Beyond: Writing for Health and Happiness 10-11am</p> <p>Yoga 6:30-8pm</p>	<p>Morning Walk 10-11am</p> <p>Living with Cancer Support Group and Lunch 1-3pm</p> <p>Crochet Club 6-8pm</p>	
<p>Tai Ji and Qigong 10-11am</p>				

Children and Teen Program

AUGUST 2017

Tuesday	Wednesday	Thursday	Saturday
<p>Back to School Party 6:30-8pm <u>Ridgeland</u> Dance Movement Group 6:30-8pm</p> <p>World Lung Cancer Day 1</p>	<p>Ice Cream Sandwich Day Hang Out 6:30-8pm</p> <p>2</p>	<p><u>Ridgeland</u> Back to School Party 6:30-8pm</p> <p>3</p>	<p>5</p>
<p>Book Swap Bring a book you have enjoyed and swap it with a friend. Gilda's Railroad 6:30-8pm <u>Ridgeland</u> Teen Writing Group 6:30pm-8pm 8</p>	<p>Lunch and Afternoon Matinee 11:30am-2pm</p> <p>9</p>	<p><u>Ridgeland</u> Mural Arts 6:30-8pm</p> <p>10</p>	<p>12</p>
<p>Hang Out 6:30-8pm</p> <p>15</p>	<p>Tell a Joke Day Post your favorite joke on our Facebook Page.</p> <p>16</p>	<p><u>Ridgeland</u> Hang Out 6:30-8pm</p> <p>17</p>	<p>19</p>
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Special Equestrians visit sponsored by Milton Roy Americas of Ivyland. Monday, Tuesday, Thursday and Friday. Pre-registration required.</p> </div>		<p><u>Ridgeland</u> Family Game Night 6:30-8pm</p> <p>24</p>	<p>26</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>Living with Loss of a Child 11am-1pm Sunday 27</p>
<p>Gilda's Railroad 6:30-8pm Science with Peggy 6:30-8pm</p> <p>29</p>	<p>Teen Expressions 6:30-8pm <u>Ridgeland</u> Teen Expressions 6:30pm-8pm</p> <p>30</p>	<p><u>Ridgeland</u> Scavenger Hunt and Ice Cream Social 6:30-8pm</p> <p>31</p>	

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 – Liz at 215-879-7733 • liz@cancersupportphiladelphia.org.

Please register 48 hours before program begins.

Children and Teen Program

AUGUST 2017

Horseback Riding at Special Equestrians

Sponsored by Milton Roy

This is the 7th year that Milton Roy Americas of Ivyland has sponsored our CSCGP kids to visit Special Equestrians. The kids learn how to ride and care for a horse. Special registration forms are required.

Enhancing Connections

We are excited to participate in a research study providing cancer education to parents. Enhancing Connections is a free, five 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 years.

If you are interested in participating, please contact Christina Wise at Gilda's Club in Warminster (215) 441-3290, Christina@cancersupportphiladelphia.org or Liz Martin at Ridgeland Mansion in Philadelphia (215) 879-7733, Liz@cancersupportphiladelphia.org

Back to School Party • Gilda's Club • Tuesday, August 1

Back to School Party • Ridgeland • Thursday, August 3 6:30-8pm

MUST REGISTER by Monday, July 24 for both sites.

We are thinking about the new school year. It's a fun night to get some new materials for school. Play some games, do some raffles, get some school supplies. All supplies are donated by local organizations.



Kid Support, Teen Support and Parent Group at Warminster and Ridgeland

Kid Support (4-11), Teen Support (12-16) and Parent Group are peer support groups for kids 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.

Call for information about our next session in the fall.

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.

Gilda's Club in Warminster

Book Swap and Gilda's Railroad

Tuesday, August 8 • 6:30-8pm

Come out and watch our G-scale trains in our Bachmann Train Garden. Try to stump Jim with a train question. Please note that we do not run the trains in the rain.

Tuesday, August 29 • 6:30-8pm

Peggy delighted us each week at Camp Kids. She is coming back for a family night of science fun. Become a dragon, crush a flower, fill up a balloon without blowing it up.

Ridgeland in Philadelphia

Dance Movement Group • Tuesday, August 1 • 6:30-8pm

Come learn a new way to express yourself through the movement of dance. We will learn how to move together and have a good time. No prior experience with dance necessary, dancers of all levels are welcome.

Teen Writing Group • Tuesday, August 8 • 6:30-8pm

A group for teens to spend time writing stories, poetry, journaling and to exercise our imagination, share our writing with others, and to have fun with others. Group open to writers of all levels, and those interesting in starting!

Mural Arts • Thursday, August 10 • 6:30-8pm

Come create together a community mural that represents our Children and Teen Program members.

Scavenger Hunt • Wednesday, August 30 • 6:30-8pm

Members work as teams to complete a scavenger hunt around Ridgeland that includes games and puzzles, and ends in an ice cream sundae!



The Suzanne Morgan Center at Ridgeland (Philadelphia)

STEP AFRiCA! Dance Performance • The Mann Center Tuesday, August 1 • 10:30am-12:15pm

STEP AFRiCA integrates traditional African dance with percussive step dance styles and has become one of the top 10 African American dance companies in the nation. All are invited to RSVP for this event as we join together to experience this energetic performance!

Aromatherapy Workshop facilitated by Susan B. Kristiniak, DHA, MSN, RN, AHN-BC, NEA-BC, Associated Director for Penn Medicine Palliative Care

Tuesday, August 8 • 11am-1pm

Explore the power of using essential oils for your health and wellness while learning how they work. We will also discuss ways to use aromatherapy for daily care. Limited space is available for this hands on workshop! RSVP required!

Line Dancing with Leslie!

Thursday, August 10 • 11am-1pm

Our member, Leslie Wilson, will teach the steps to old favorites and maybe we'll learn a few new moves, too! This monthly class will provide a fun workout experience for all!

Continued

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

August 7 – 10-11am **Chair Yoga Online**

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

August 14 – 10-11am **Chair Yoga Online**

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

12:30-2pm **Writing Workshop for Health and Healing**

August 21 – 10-11am **Chair Yoga**

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

12:30-2pm **Reiki** (Held on the 2nd Floor in “Quiet Room” in Inpatient Oncology)

1-2pm **Prostate Cancer Support Group**

August 28 – 10-11am **Chair Yoga**

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

1-2pm **NEW! Friends and Family Networking Group**

Celebrating Your Journey: Honoring Our Cancer Survivors

Monday, September 11 – Thursday, September 14.

This series is a collaboration between Doylestown Health’s Cancer Institute and the Cancer Support Community Greater Philadelphia. Join us for four days of FREE wellness events focusing on self-expression, awareness and emotional well-being for cancer survivors. Registration required for each event.

Monday, September 11 – 6:30-8:30pm

Painting Your Journey

Conference Room J, Doylestown Hospital

Tuesday, September 12 – 2-4pm

Journaling Your Journey

Conference Room C, Doylestown Hospital

Wednesday, September 13 – 6:30-8:30pm

A Mindful Path Beyond Your Journey

Conference Room G/H, Doylestown Hospital

Thursday, September 14 – 6:30-8:30pm

Celebrating Your Journey

Conference Room J, Doylestown Hospital

Please call 215-345-2121 to register for events.

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

Doylestown now has Breast Cancer and Prostate Support Groups

TUESDAYS

August 1 – 12-1pm **Mindfulness Meditation**

2-4pm **Watercolor Painting – Basics and Beyond**

5-6pm **All Levels Yoga**

7-7:30pm **Guided Imagery and Meditation**

7:30-9pm **Reiki Share**

August 8 – 11am-12:30pm **Living with Cancer Support Group**

2-4pm **Beaded Jewelry Workshop – Birthstone Bracelets**

5-6pm **All Levels Yoga**

6-9pm **Painting with a Twist – ReCreate a Masterpiece**

August 15 – 12-1pm **Mindfulness Meditation**

2-4pm **Birthstone Earrings**

5-6pm **All Levels Yoga**

August 22 – 11am-12:30pm **Living with Cancer Support Group**

12:30-2pm **Brain Cancer Networking Group**

2-4pm **Acrylic Painting – Basics and Beyond**

5-6pm **All Levels Yoga**

7-8:30pm **Newly Diagnosed Breast Cancer Group**

August 29 – **Self Care Spa Day Events – Join Some or ALL**

10:30am-12pm **Self Manicures and Hand Massages**

12-1pm **Healthy Lunch**

1-2pm **Self Massage**

2-3pm **Autogenic Relaxation**

3-5pm **Expressive Painting Workshop**

5-6pm **All Levels Yoga**

6-9pm **Self Manicures and Hand Massages**

THURSDAYS

August 3 – 11am-12:30pm **Colorectal Cancer Support Group**

1-2pm **Mindfulness Meditation**

August 10 – 11am-12:30pm **Pancreatic Cancer Networking Group**

1-2pm **Beaded Jewelry Workshop – Charm Bracelets**

August 17 – 11am-12:30 **Blood Cancer Support Group**

12:30-1pm **Guided Meditation/Imagery**

1-2pm **Reiki Share**

August 24 – 11am-12:30pm **Gynecological Cancer Networking Group**

August 31 – **Self Care Spa Day**

10:30am-12pm **Self Manicures and Hand Massages**

12-1pm **Healthy Lunch**

1-2pm **Self Massage**

Please Note: Cancer Support Community at Doylestown Hospital hours have changed, we are now open Tuesdays, 10am-9pm and Thursdays, 10am-2pm. Come visit us during these hours!



Gilda's Club (Warminster)

Camp Gilda • August 22-24 • 9:15am-3pm

Women affected by cancer deserve a break from doctors, treatment, and everyday life. Camp Gilda is designed to celebrate, support and to inspire women along the cancer journey. This retreat is for any woman who has undergone cancer treatment and/or supported a loved one along their journey. We ask that you make a commitment to attend at least one whole day of programming, from 9:15am-3pm. Attend workshops on a variety of topics—from baking, journaling, art therapy, to the benefits of tea and juicing. Let us help you recharge!

Tuesday, August 22

Tea Demo • Walk/Stretch

Watercolor Craft • Aromatherapy

Wednesday, August 23

Chair Yoga • Therapeutic Bath Salts

Baking Demo • Spirituality and Humor

Thursday, August 24

Zumba • Meditation • Juicing • DIY Mandala

Registration is required by August 15 and will be capped at 20 participants. Lunch will be provided each day, unfortunately we cannot accommodate for food allergies. Call 215-441-3290 to register or for more information.

Living With the Loss of A Child Networking Group

Sunday, August 27 • 11am-1pm

Silence isn't always golden; especially after the death of a child. People are fearful of saying the "wrong thing" or bringing up painful memories, leaving grieving parents feeling isolated and unable to share their experience and child with others. Gilda's Club is excited to partner with CHOP to offer meet up opportunities for parents who have experienced the death of their child to cancer. These events are open to any grieving parents after the loss of their young child regardless of when or where they received treatment. Carolyn Long, MSW bereavement social worker on the Pediatric Advanced Care Treatment at CHOP will be facilitating the monthly discussions. Meet ups are scheduled at Gilda's Club on Sunday, August 27 and September 24 from 11am-1pm. Advance registration is required; please speak with Beth Cribb or Christina Wise if you are interested.

Gardening 101: Developing Your Green Thumb

Tuesday, August 29 • 6-8pm

Jealous of everyone else's garden? Susan Priore will share her gardening successes and failures as well as what she learned through the Penn State Master Gardener Program in an effort to help your garden bloom. Starting with the differences and needs of annuals, perennials and bulbs, Susan will show you how to add color and interest to your deck, patio or landscape. Come prepared to get your hands dirty and bring your gardening questions.



The Suzanne Morgan Center at Ridgeland (Philadelphia)

Community Night • The Franklin Institute Wednesday, August 16 • 5-8pm

The Franklin Institute offers free admission to the Philadelphia community once each month! We are looking forward to a fun and educational evening of exploring the exhibits. Please RSVP as this will allow us to make sure that we are able connect with each other at this event.

Walk and Talk • Bartram's Garden Tuesday, August 22 • 11am-1pm

Join us as we walk and talk our way through the oldest surviving botanic garden in North America. Please RSVP for this event to receive additional information.

Healthy Gut, Stronger You!

Facilitated by Kellie Lynch, RN, certified cancer coach

Thursday, August 24 • 11:30am-1pm

Come learn about how nutrition affects our gut at a biological level and how a healthy gut can strengthen your health! RSVP is required for this education and interactive nutrition workshop. Refreshments will be provided.

Post Treatment Series: Approaches to Life After Cancer Treatment Topic #2) Rebuilding Your Financial Life After Cancer *facilitated by Bruce H. Sham, CLF and Nancy Ann Kelly of MassMutual Greater Philadelphia* Saturday, August 26 • 10am-2pm

Our post-treatment series provides opportunities to connect with fellow members who are working through the process of transitioning into life after cancer treatment. The second topic of our series will focus on a discussion of rebuilding your financial life after cancer treatment. All are welcome to attend and we encourage everyone to check out the **Mindfulness Workshop: Mini-Mindfulness Retreat** *facilitated by Maria Fanelli from 12-2pm* immediately following this post-treatment workshop. RSVP is required!

Grief and Loss Workshop: Mindful Approaches to Honoring Joy and Sorrow *facilitated by Maria Fanelli, mindfulness educator*

Wednesday, August 30 • 6-7:30pm

This workshop, as facilitated by Maria Fanelli, will focus on the use of mindfulness techniques and exercises to aid in the process of honoring joy and sorrow after the loss of a loved one. All are welcome to attend and RSVP is strongly encouraged. Refreshments will be provided.



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

Address Service Request

2017 August Program Calendar

 **Abington**
Jefferson Health.

 **Doylestown Health**



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