

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
215-481-4642

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

Thank You!

The Families and Staff at CSCGP would like to thank the following for contributing to our Camp Kids and Teen Camp this summer: Charles River Labs, Beneficial Bank, Burlington Stores, Merck, Maggios, Chris Daly, Debbie Scialanca, Bunny Boyle, Lisa Flickstein, McGhee Funeral Home, John McLaughlin All State Insurance in Feasterville, Tom Daly, Acme, Costco, Giant, Weis's Market, Peggy Sommar, Karen and Richard Reif, Gym Guyz of Greater Bucks, Patricia Allingham Carlson, Don Giovanni, Village Pantry, Wendy Armour, Mr. & Mrs. Mike McDevitt, Kevin Spiegel, Denise Bey, and Mr. Charles Hicks. Without all of you, our Camps would not have been possible. Thank you for your time and your generosity.

We would also like to thank the Camp Kids Counselors for coming out each day and making sure our campers had a blast!! Thank you, Emily Alpin, Jess Azzarano, Joe Azzarano, Tori Buterbaugh, Sophia Smargissi, Marco Barila, Matteo Barila, Robert Roccomo, Kya Matysczak, Kenzie Matysczak, Emily Clark, Evan Clark, Brett Lyall, Keddy Lyall, Cyrus Patel, Grace Maccarella and Abby Stover.

Looking Ahead

Lots of amazing programs and fundraising events planned for September and October. Mark your calendar and sign up soon! Visit www.cancersupportphiladelphia.org for more information and to register.

Ovarian Conference • Friday, September 14 • Blue Bell Country Club

September
Fall Fest • Sunday, October 30 • Gilda's Club

Celebration of Hope • Friday, October 26 • Ridgeland

PLEASE HELP! We are asking for photos of yourself and those you have met through Cancer Support Community Greater Philadelphia. In addition, we would like a 2-3 sentence response of what CSCGP means to you and the impact it has had. With your help, we can remember all of the wonderful faces that have come through CSCGP, celebrate the friendships made, and look forward to all there is to still come. If interested please send your photo and short response to support@cancersupportphiladelphia.org as well as any questions or concerns. *It is requested that everything is sent no later than September 30th.*

Run Over Cancer Fundraiser • Saturday, September 15 • Tyler State Park

**PAWS for Life Dog Walk Fundraiser
Saturday, September 29 • Warminster Community Park.**

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



Monday	Tuesday	Wednesday	Thursday	Saturday
		<p>Tai chi & Qigong 9:30-11am</p> <p>Processing with Poetry Group 10-11am</p> <p>Family & Friends Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>Movement & Meditation 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p style="text-align: right;">1</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 style="text-align: right;">2</p>	
<p>Qigong 10-11:30am</p> <p>Writing About Your Cancer Experience 10-11:30am</p> <p style="text-align: right;">6</p>	<p>Music Bingo 1-2:30pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">7</p>	<p>Tai chi & Qigong 9:30-11am</p> <p>Family & Friends Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>Movement & Meditation 5:30-7pm</p> <p>Colorectal Cancer Group 6-7:30pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p style="text-align: right;">8</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>Back to School Kid's Party 6:30-8pm</p> <p style="text-align: right;">9</p>	
<p>Qigong 10-11:30am</p> <p style="text-align: right;">13</p>	<p>Ridgeland Art Collective: Open Art Studio 11am-12:30pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">14</p>	<p>Tai chi & Qigong 9:30-11am</p> <p>Processing with Poetry Group 10-11am</p> <p>Family & Friends Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>Movement & Meditation 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p style="text-align: right;">15</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>Mindfulness & Stress Release Session 6-7pm</p> <p style="text-align: right;">16</p>	<p>Men's Group 10am-12pm</p> <p style="text-align: right;">18</p>
<p>Qigong 10-11:30am</p> <p>Gynecological Cancer Networking Group 1-2:30pm</p> <p style="text-align: right;">20</p>	<p>Cards for Kids 1-2:30pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">21</p>	<p>Tai chi & Qigong 9:30-11am</p> <p>Family & Friends Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>Movement & Meditation 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p style="text-align: right;">22</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>Mini Summer Concert Series #3 6-7:30pm</p> <p style="text-align: right;">23</p>	
<p>Qigong 10-11:30am</p> <p style="text-align: right;">27</p>	<p>Living Well with Metastatic Breast Cancer 11am-12:30pm</p> <p>Ridgeland Art Collective: Open Art Studio 11am-12:30pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">28</p>	<p>Tai chi & Qigong • 9:30-11am</p> <p>Processing with Poetry Group 10-11am</p> <p>Family & Friends Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>Movement & Meditation 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p>Book Club 6-7:30pm</p> <p style="text-align: right;">29</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 style="text-align: right;">30</p>	

Monday	Tuesday	Wednesday	Thursday	Saturday
<p>Thinking of Joining Us at Gilda's Club?</p> <p>We provide FREE services for all people with cancer and their loved ones. Learn more by attending an Orientation Meeting, check out Gilda's Club calendar page for dates & times. Please RSVP to 215-441-3290. These informal sessions will introduce you to our program of hope and support and are a requirement before participating in support groups.</p>				
		<p>Chair Yoga 9:30-10:30am</p> <p>Reiki Share 10:30-11:30am</p> <p>New Member Orientation 11am-12pm</p> <p>Beaded Jewelry 1-3pm</p> <p>Yoga 6:30-7:45pm</p>	<p>Walking 10-11am</p> <p>Living with Cancer Support Group 1-2:30pm</p> <p>Family Movie Night: A Wrinkle in Time 6-8pm</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>Share A Meal Night 6-7pm</p>	<p>Chair Yoga 9:30-10:30am</p> <p>Laughing About Life 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>Walking 10-11am</p> <p>Living with Cancer Support Group 1-2:30pm</p> <p>Planning for the Future Financial Lecture <i>presented by Penn Community Bank</i> 2-3pm</p> <p>Clay Crafts 4-6pm</p>	
<p>Tai chi 10-11am</p> <p>New Member Orientation 12-1pm</p>				
<p>Tai chi 10-11am</p> <p>Early Detection, Treatment Progress & Reoccurrence <i>presented by BeatCancer.org</i> 11am-12:30pm</p>	<p>Camp Gilda 9:30am-3pm</p> <p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Ovarian Networking Support Group 6:30-8pm</p>	<p>Camp Gilda 9:30am-3pm</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 6:30-8:30pm</p>	<p>Camp Gilda 9:30am-3pm</p> <p>Walking 10-11am</p> <p>Arleen Boyes Quilting Circle 11am-3pm</p> <p>Living with Cancer Support Group 1-2:30pm</p> <p>Reiki Share 6-8pm</p>	<p>The Marshall Saturday Men's Breakfast 8-10am</p>
<p>Tai chi 10-11am</p> <p>Crochet Club: Watermelon Trivet 11am-1pm</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>Mahjong 1-3pm</p> <p>New Member Orientation 2-3pm</p> <p>Women Sharing Wisdom 6-7:30pm</p> <p>Men Supporting Men 6-7:30pm</p>	<p>Coloring for Adults! 11am-12pm</p> <p>Living with Cancer Support Group 1-2:30pm</p> <p>Volunteer Training 6-7:30pm</p>	
<p>Tai chi 10-11am</p> <p>Health Matters with Leigh 11am-12pm</p>	<p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Friends & Family Networking Group 6:30-8pm</p>	<p>Chair Yoga 9:30-10:30am</p> <p>Knitting & Crochet Circle 1-2pm</p>	<p>Walking 10-11am</p> <p>Laughing About Life 11am-12pm</p> <p>Living with Cancer Support Group 1-2:30pm</p> <p>New Member Orientation 7-8pm</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.

Tuesday	Wednesday	Thursday
	Hang Out 6:30-8pm	Hang Out 6:30-8pm
	1	2
Gilda's Railway & Ice Cream 6-8pm 7th Annual Back to School Party 6:30-8pm	Hang Out 6:30-8pm	Hang Out 6:30-8pm Back to School Party at Ridgeland 6:30-8pm
7	8	9
Gilda's Railway & Ice Cream 6-8pm Hang Out 6:30-8pm	Hang Out 6:30-8pm	Hang Out 6:30-8pm
14	15	16
←	9th Annual Special Equestrians Visit sponsored by Milton Roy of Ivyland	→
Gilda's Railway & Ice Cream 6-8pm		
21	22	23
Sew Much Fun TBD Gilda's Railway & Ice Cream 6-8pm	Hang Out 6:30-8pm	Hang Out 6:30-8pm
28	29	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 – **Mowie** at 215-897-7733 • mowie@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. If you are interested in participating, please contact Christina or Aly.



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. Kids are in groups according to age. Next series begins Tuesday, October 2. Parent Orientation for new members to the group is Tuesday, September 25.



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 Railway & Ice Cream

Join us most Tuesday Nights in our Bachmann Train Garden. Help run & watch our trains. Trains run from 6-8pm weather permitting. You are welcome to bring your own G-gauge trains to run on the track too!! Please let us know you are coming.

Special Equestrians

Milton Roy has generously offered to send our kids horseback riding again this year at Special Equestrians. Kids can pick one night to attend. August 20th-23rd. Dates filling up very quickly. *Contact Christina to get form to sign up. Deadline to register is Monday, July 9.*

Back to School Parties

Gilda's Club • Tuesday, August 7
Ridgeland • Thursday, August 9

Last day to register is Monday, July 31st. Both parties are 6:30-8pm. Please register with child's name, grade and school. We will have games, crafts and raffles. Each registered child will receive some school supplies to help out for this upcoming school season. This party is a blast!! Be sure to at least start your summer homework for an extra raffle ticket. Did you complete your camp adventure book?

Sew Much Fun • Tuesday, August 28 • Time TBD

Join our quilting group to make a pillowcase for your bed. We will have material but feel free to bring your own if you want to specialize it. Space is limited.

Living with Loss – New Group Forming

We are gathering names for families who are interested in attending a limited time Bereavement group. Age 5+. Looking to start late fall. *Please contact Christina for more information.*



Satellite Locations

Abington Jefferson Health

Asplundh Cancer Pavilion • 215-481-4642

Open Mondays • 3941 Commerce Ave. • Willow Grove, PA 19090

Located on the 1st floor next to Image Recovery.

MONDAYS

August 6 – 10-10:50am **Chair Yoga**

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

*Pre-Registration Required

12:45-2pm **Reiki Share**

August 13 – 10-10:50am **Chair Yoga**

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

*Pre-Registration Required

1-2:30pm **Writing For Health & Wellness**

August 20 – 10-10:50am **Chair Yoga**

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

*Pre-Registration Required

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

August 27 – 10-10:50am **Chair Yoga**

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

*Pre-Registration Required

1-2pm **Life After Cancer Networking Group**

For more information or to register for an event email bethc@cancersupportphiladelphia.org

**Anyone interested in joining the weekly LWC Support Group must speak with Beth Cribb before attending. Registration is preferred for all programs; drop-in visitors will be welcomed at Networking Groups and workshops.*

Doylestown Hospital • 215-345-2022

Open Tuesdays & 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

August 7 – 12-1pm **Mindfulness Meditation**

2-4pm **Garden Rock Painting Workshop**

5-6pm **All Levels Yoga**

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

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

August 14 – 11am-12:30pm **Living with Cancer Support Group**

2-4pm **Splatter Painting Workshop**

5-6pm **All Levels Yoga**

August 21 – 12-1pm **Mindfulness Meditation**

2-4pm **Abstract Painting Workshop**

5-6pm **All Levels Yoga**

7-8:30pm **My Spouse Has Cancer Support Group**

August 28 – 11am-12:30pm **Living with Cancer Support Group**

2-3:30pm **Brain Cancer Networking Group**

5-6pm **All Levels Yoga**

7:30-9pm **Living with Cancer Support Group**

THURSDAYS

August 2 – 11am-12:30pm **Colorectal Cancer Support Group**

1-2pm **Relaxation Workshop**

August 9 – 11am-12:30pm **Pancreatic Cancer Support Group**

1-2pm **Mindfulness Meditation**

August 16 – 11am-12:30pm **Blood Cancer Support Group**

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

1-2pm **Reiki Share**

August 23 – 11am-12:30pm **Gynecological Cancer Support Group**

1-2pm **Mindfulness Meditation**

August 30 – 11am-2pm **Summer Adult Art Camp**

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)

Camp Gilda • August 14-16 • 9:30am-3pm

Three days of FREE camp for women who have been impacted by cancer. A program that we have hosted the past couple of years, it has been a huge hit each time. This year will include crafts, chats, and camaraderie. *This is a space limited program, so please RSVP immediately. First time attendees will receive priority when signing up.*

Friends & Family Networking Group Tuesday, August 28 • 6:30-8pm

Are you supporting someone with a cancer diagnosis? Needing some support yourself, and want to talk with others who are in similar situations? This group is meant to provide support to the key people who are caregivers, meal providers, or drivers to appointments. Your stresses and concerns are important, and to take time for yourself is key. *Registration is required for this group, so please call 215-441-3290 by Thursday, August 23.*

Knitting & Crochet Circle Wednesday, August 29 • 1-2pm

Working on a project, and don't have the motivation at home to work on it? Come sit with others, have some tea or coffee, and work on it together! Although there won't actually be a facilitator to teach you how to knit or crochet, there may be someone that can help you brush up on your skills!



The Suzanne Morgan Center at Ridgeland (Philadelphia)

NEW! Workout Wednesday • Every Wednesday, 1-2pm

Join us for our newest fitness class! The class will be based around gentle strength training, with all abilities and fitness levels in mind. Dress comfortably and bring a water bottle.

Processing with Poetry Group Wednesdays August 1, 15 & 29 • 10-11am 8th & 22nd

Poetry can be a way to process the many challenges, experiences, and emotions that may accompany life with cancer. Join us for a time-limited group to engage in poetry writing exercises and to be nourished by reading the poems of published poets.

Mindfulness & Stress Release Session Thursday, August 16 • 6-7pm

Join us for an evening Mindfulness & Stress Release Session that will integrate mindfulness practices and creative exercises.

Men's Group • Saturday, August 18 • 10am-12pm

Join our men's group for a hot meal and social time in a relaxed atmosphere that provides a supportive experience. Caregivers are always welcome.

Cards for Kids • Tuesday, August 21 • 1-2:30pm

Join us for an activity to make cards for children who have been hospitalized to help uplift their spirits. We will send the bundle of cards to the nonprofit organization Cardz for Kidz who will distribute the cards to hospitals across the country.

Mini Summer Concert Series #3 Thursday, August 23 • 6-7:30pm

Join us for a laid-back summer evening outside the house for live acoustic music by one of our own staff members! Bring your friends and family. We will provide light refreshments. Please feel free to bring your own chairs or blankets for sitting.



CANCER SUPPORT COMMUNITY

GREATER PHILADELPHIA

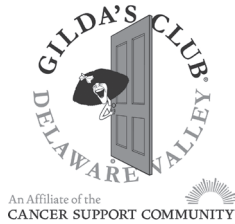
The Suzanne Morgan Center at Ridgeland
4100 Chamounix Drive • Philadelphia, PA 19131
www.cancersupportphiladelphia.org

Address Service Request

2018 August Program Calendar

 **Abington**
Jefferson Health.

 **Doylestown Health**



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for All People Affected
by Cancer.

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