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
Temple University Hospital 215-707-8050

Dear CSCGP Community,

There are no lazy days of summer at CSCGP! Between Children and Teen Camps and birthday celebrations our sites are bursting with programs and excitement. Can you believe that this is the fifth year for the Children and Teen Summer Camp? Christina Wise and her incredible team of interns and volunteers continue to find new ways to engage children each and every summer. This year, 45 children and teens will attend a week of camp at Gilda’s Club for FREE. This exciting opportunity would not be possible without our members, volunteers and donors. Every year, we gain new volunteers and donations for camp. A very special thank you to CSCGP Board member Chris Daly for locating new donations, organizing kitchen volunteers and feeding the children.

The Ridgeland birthday party will be on Thursday, July 20. We will have family friendly food, fun and entertainment! We will be screening the revised version of Beauty and the Beast in the barn and providing concession style refreshments (popcorn, burgers, hotdogs, etc.). One of our members plans to kick off the event with a pop-up shop fundraiser in the Ridgeland tent with a variety of local crafts and food available for purchase with a portion of proceeds benefitting CSCGP. The party will be from will be from 6-8:30pm. Please join us as we celebrate 24 years of helping local families, all are welcome!

Thank you for your continued support,

Kelly Harris, CEO

Children and Teen Summer Camp 2016
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<tr>
<td><strong>Mindful Meditation</strong>&lt;br&gt;10-11am</td>
<td><strong>The Healing Power of Nature at John Heinz National Wildlife Refuge:</strong>&lt;br&gt;<strong>The Practice of Mindful Walking, Self-Reflection and Sharing</strong> facilitated by Karin Marcus 10am-1pm&lt;br&gt;<strong>RePose Yoga at Focus Fitness</strong> 1:30-2:45pm&lt;br&gt;<strong>Children &amp; Teen Program:</strong>&lt;br&gt;<strong>Tai Ji and Qigong</strong>&lt;br&gt;<strong>Multi-Level Yoga</strong>&lt;br&gt;<strong>Bereavement Support Group</strong>&lt;br&gt;</td>
<td><strong>Tai Ji and Qigong</strong>&lt;br&gt;9:30-11am&lt;br&gt;<strong>Family and Friends Support Group</strong>&lt;br&gt;11am-12:30pm&lt;br&gt;<strong>Multi-Level Yoga</strong>&lt;br&gt;5:30-7pm&lt;br&gt;<strong>Bereavement Support Group</strong>&lt;br&gt;6-7:30pm</td>
<td><strong>Your Personal Lens:&lt;br&gt;An iPhone Photography Class</strong> (all skill levels welcome)&lt;br&gt;facilitated by Phyllis Sheny, award winning digital artist and photographer&lt;br&gt;11:30am-2pm&lt;br&gt;<strong>Children &amp; Teen Program:</strong>&lt;br&gt;<strong>Family Game Night and Ice Cream Social</strong>&lt;br&gt;6:30-8pm</td>
<td><strong>Men’s Club Breakfast</strong>&lt;br&gt;10am-12pm</td>
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<td><strong>Writing for Wellness</strong>&lt;br&gt;10-11:30am</td>
<td><strong>Ridgeland Art Collective:</strong>&lt;br&gt;<strong>Canvas Painting Workshop</strong>&lt;br&gt;facilitated by professional artist, Jerry Puryear&lt;br&gt;<strong>Zumba Gold: Chair</strong> 1-1:45pm&lt;br&gt;<strong>RePose Yoga at Focus Fitness</strong> 1:30-2:45pm&lt;br&gt;<strong>Children &amp; Teen Program:</strong>&lt;br&gt;<strong>Movie Matinee</strong> 2-4pm</td>
<td><strong>Mindfulness Workshop:</strong>&lt;br&gt;<strong>Mini-Mindfulness Retreat</strong>&lt;br&gt;12-2pm</td>
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<td><strong>Mindful Meditation</strong>&lt;br&gt;10-11am</td>
<td><strong>Living Well with Metastatic Breast Cancer</strong>&lt;br&gt;11am-1pm&lt;br&gt;<strong>Zumba Gold: Chair</strong>&lt;br&gt;1-1:45pm&lt;br&gt;<strong>Children &amp; Teen Program:</strong>&lt;br&gt;<strong>Zumba</strong> 1-2pm&lt;br&gt;<strong>RePose Yoga at Focus Fitness</strong> 1:30-2:45pm</td>
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<td><strong>Knitting Circle</strong>&lt;br&gt;12-1:30pm&lt;br&gt;<strong>Yoga</strong>&lt;br&gt;1:30-2:30pm&lt;br&gt;<strong>Children &amp; Teen Program:</strong>&lt;br&gt;<strong>Hang Out - Bring a Friend</strong>&lt;br&gt;6-8:30pm</td>
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<td><strong>Writing for Wellness</strong>&lt;br&gt;10-11:30am</td>
<td><strong>Tranquil Sounds:</strong>&lt;br&gt;<strong>Music and Meditation</strong> 1:30-2:30pm</td>
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<td>Independence Day</td>
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<td>Tai Ji and Qigong 10-11am</td>
<td>Beat Cancer with your Fork presented by BeatCancer.org 11am-12:30pm</td>
<td>Chair Yoga 9:30-10:30am</td>
<td>NIA Holistic Dance sponsored by The Bob Brockman NIA Fund 10-11am</td>
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<td>Tai Ji and Qigong 10-11am</td>
<td>Mindful Meditation 10-11am</td>
<td>Chair Yoga 9:30-10:30am</td>
<td>Morning Walk 10-10:30am</td>
<td>Tai Ji and Qigong 10-11am</td>
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<td>Meditative Gardening 10-11am</td>
<td>Tai Ji and Qigong 10-11am</td>
<td>Chair Yoga 9:30-10:30am</td>
<td>Morning Walk 10-10:30am</td>
<td>Tai Ji and Qigong 10-11am</td>
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<td>Pilates 9:30-10:30am</td>
<td>Tea Time 10:30-11am</td>
<td>Journaling and Beyond: Writing for Health and Happiness 10-11:30am</td>
<td>Metastatic Cancer Networking Group 11am-12:30pm</td>
<td>Living with The Loss of a Child Networking Group 11am-1pm</td>
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<td>Living with The Loss of a Child Networking Group 11am-1pm</td>
<td>Mindful Meditation 10-11am</td>
<td>Tai Ji and Qigong 10-11am</td>
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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.
## Children and Teen Program

### JULY 2017

<table>
<thead>
<tr>
<th>Tuesday</th>
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<td><strong>Independence Day</strong> 4</td>
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<tr>
<td><strong>Ridgeland Teen Expressions</strong>  6:30-8pm</td>
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<tr>
<td><strong>Ridgeland Family Game Night and Ice Cream Social</strong> 6:30-8pm</td>
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<tr>
<td><strong>Camp Kids at Gilda’s Club</strong>  • Monday, July 10 - Friday, July 14</td>
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<tr>
<td><strong>Teen Camp</strong> 9:30am-3:30pm (No Evening Programs) 18</td>
<td>19</td>
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<td><strong>Ridgeland Movie Matinee</strong> 2-4pm</td>
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<td><strong>Ridgeland 24th Birthday Party: Outdoor Movie</strong> 6:30-8pm</td>
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<td><strong>Christmas in July</strong> 6:30-?</td>
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<td><strong>Lunch &amp; Movie: The Boss Baby</strong> 12-2:30pm 25</td>
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<td><strong>Ridgeland Zumba 1-2pm</strong></td>
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<td><strong>Teen’s Only Dinner and Movie: Kong Skull Island</strong> 6-8pm</td>
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<td><strong>Ridgeland Hang Out Bring a Friend</strong> 6:30-8pm</td>
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<td><strong>Living with the Loss of a Child</strong> 11am-1pm</td>
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<td><strong>Sunday</strong></td>
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All programs are held at Gilda’s Club in Warminster unless designated for Ridgeland.

To register or to request information about all Children and Teen Programs please contact Christina at 215-441-3290, ext.115 or christina@cancersupportphiladelphia.org and/or liz@cancersupportphiladelphia.org.

Please register for all programs at least 48 hours in advance unless specially noted.

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### Enhancing Connections

Enhancing Connections is a parent education program for newly diagnosed parents. This is a research study that we are participating in starting in September. If you would like more information, please contact Christina or Liz.
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
July 3 – Closed for July 4 Holiday
July 10 – 10-11am Chair Yoga
11am-12:30pm Living with Cancer Support Group
12:30-2pm Writing Workshop for Health and Healing
July 17 – 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
July 24 – 10-11am Chair Yoga
11am-12:30pm Living with Cancer Support Group
1-2pm Friends and Family Networking Group
July 31 – 10-11am Chair Yoga
11am-12:30pm Living with Cancer Support Group
1-2pm Art as Therapy: Creating Mandalas

Temple University Hospital • 215-707-8050
Open Tuesdays, Wednesdays and Thursdays
3401 N. Broad St • Philadelphia, PA 19140
Located in the Cancer Center Conference Room on the Fourth Floor of the Ambulatory Care Center (ACC Building), Zone D

MONDAY
July 10 – 1:30-3pm Head/Neck and Esophageal Support Group (Basement, Classroom A)
TUESDAYS
July 4 – 2-3pm Smoking Cessation (Fifth Floor, Conference Room-5ACC, Zone D)
Please Call (267) 707-9067
July 18 – 1-2:30pm Lung Support Group (Basement, Classroom A)
WEDNESDAYS
July 19 – 1:30-3:30pm Latino Support Group (Conference Room)
July 26 – 1:30-3:30pm Breast Cancer Support Group (Conference Room)
THURSDAYS
July 13 – 1:30-3:30pm Art Therapy (Conference Room)
July 20 – 4:45-6pm Friends and Family Support Group: Managing Medical Care Expenses Gain important information and resources available (Conference Room)
July 27 – 5-6:30pm Prostate Support Group (Basement, Classroom A)
*The programs highlighted in red are facilitated by Temple University Hospital staff.

Continued... Children and Teen Program

SAVE THE DATE

Back to School Party at Gilda’s Club Tuesday, August 1
Back to School Party at Ridgeland Thursday, August 3
6:30-8pm
MUST REGISTER by Monday July 24 for both sites. We are getting ready for the school year. Come play some games, enter raffles and take home school supplies. All supplies are donated by local organizations.

Horseback Riding at Special Equestrians
Sponsored by Milton Roy
Monday, August 21 • Tuesday, August 22 and Wednesday, August 23 • 6:30-8pm
This is the 7th year that Milton Roy Americas of Ivyland has sponsored our Children and Teen Program to visit Special Equestrians. The kids learn how to ride and care for a horse. Special registration forms are required. Space is limited. For information contact christina@cancersupportphiladelphia.org

Cancer Specific Support Groups
Various cancer specific groups meet monthly to provide the emotional support for cancer patients and their loved ones. Support groups address various issues related to initial diagnosis, treatment, medication management, lifestyle changes, and other relevant concerns.

Creative Expression Therapy and Art Therapy
Both support groups use creative activities to address the effects of cancer, promote self-awareness, stress management, and more.

Latino Support Group
Latino cancer support group meets monthly to provide emotional well-being services to cancer patients and their families.

Look Good Feel Better
Look Good Feel Better is a program that teaches beauty techniques to cancer patients to help them manage the appearance-related side effects of cancer treatment.

Recreational Activities
Fun filled activities for patients and their guest to relax and enjoy. Activities will be hosted in the lobby area in the form of arts and crafts, games, group activities, and more.
Continued... Satellite Locations

Doylestown Hospital • 215-345-2022
Open Tuesdays, Wednesdays and Thursdays
595 West State Street • Doylestown, PA 18901
Located on the hospital’s first level near the main entrance

The Suzanne Morgan Center at Ridgeland (Philadelphia)

Please register for all Ridgeland programs by calling 215-879-7733 or by emailing alexis@cancersupportphiladelphia.org

Tuesday, July 11 • 10am-1pm
Join us as we conclude our series of monthly walks at the scenic John Heinz National Wildlife Refuge! This leisurely walk on flat terrain will provide many opportunities for self-reflection and sharing. Be sure to bring a pen, journal, water, lunch, and snacks to enjoy along the way. RSVP is required.

Your Personal Lens: An iPhone Photography Class (all smart phones and skill levels welcome!) facilitated by Phyllis Sheny, award winning digital artist and photographer
Thursday, July 13 • 10am-1pm
Learn to use the iPhone as a tool for creative expression. Topics will include iPhone basics; what makes a great photograph; composition; and lighting. Ample time will be provided to practice shooting photos and refreshments will be provided. Feel free to also bring past photos that you have shot to share with the group, as well. This class will be great for those who wish to improve current photography skills and beginners are also welcome to attend. All smart phones, not just iPhones, are welcome, too! RSVP is required.

Ridgeland Art Collective: Canvas Painting Workshop facilitated by professional artist, Jerry Puryear
Tuesday, July 18 • 11am-1pm
The Ridgeland Art Collective explores various styles of artwork each month. With guidance from our instructor and support from our community of members, we provide a space to form connections with others while using art as a creative outlet.

Divine Sleep Yoga Nidra: A Guided Meditation Experience facilitated by Michelle Stortz, certified yoga instructor specializing in cancer care
Wednesday, July 26 • 5:30-7pm
Are you having sleepless nights? Struggling with anxiety? Suffering from a distracted, wandering mind? Divine Sleep Yoga Nidra is a guided meditation that systematically leads you into a deep state of relaxation. This experience will bring awareness to every part of your being. RSVP is required.
Mindfulness Workshop: Mini-Mindfulness Retreat
Saturday, July 29 • 12-2pm
These engaging monthly classes will explore aspects of the mind-body connection to stress and stress reduction using mindfulness techniques and exercises taught and practiced during class. Sessions include periods of various mindfulness practices, instruction and teaching, and lively group discussions. Our facilitator, Maria Fanelli, brings lightness and openness to class that makes everyone feel welcome. It is a great class for all!

Children and Teen Program at Ridgeland
For more information about our Children and Teen Program at Ridgeland, please contact liz@cancersupportphiladelphia.org or call (215) 879-7733 ext. 224. Please register for all children and teen programs a least 48 hours in advance unless specially noted.

Breast Cancer Networking Group Potluck and Bonfire
Wednesday, July 19 • 6:30-8pm
Take minute to celebrate the summer and make new breast friends. This is a great opportunity to network with other women with first hand breast cancer experience. If you have ever considered seeking out support this is the perfect time. Bring a dinner item to share and Gilda’s Club will provide the dessert. Please let us know what you will be bringing when registering.

BOOK CLUB
The Whip: A novel inspired by the story of Charley Parkhurst
Wednesday, June 21 • 1:30-2:30pm
All are welcome!! The Whip is inspired by the true story of a woman, Charlotte “Charley” Parkhurst (1812-1879) who lived most of her extraordinary life as a man in the old west. Author, Karen Kondazian humanizes a larger-than-life woman, who concealed her gender, embraced one of the most dangerous professions of the west and became the first woman to vote in the United States.

Living with the Loss of a Child
Sunday, July 30 • 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, July 30, August 7 and September 24 from 11am-1pm. Advance registration is required; please speak with Beth Cribb or Christina Wise if you are interested.

SAVE THE DATE
2017 Camp Gilda
Gilda’s Club
August 22, 23 and 24
Call Gilda’s Club at 215-441-3290 or check your email for program details.
Providing FREE Cancer Support for All People Affected by Cancer.

**Locations**

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Gilda's Club in Warminster  
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