

# Program Calendar

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

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## 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



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

## March is Women's History Month, National Nutrition Month & Colorectal Cancer Awareness Month!

Cancer Support Community Greater Philadelphia offers two monthly networking groups dedicated to individuals impacted by Colorectal Cancers. Networking groups are designed for individuals to discuss and share common issues and experiences. Colorectal cancer networking groups are not exclusive; anyone familiar with colorectal cancers are welcome.

### Colorectal Cancer Networking Group at Ridgeland:

**Monday, March 12 • 1:30-3:30pm • Call 215-879-7733 to Register**

### Colorectal Cancer Networking Group at Doylestown Hospital:

**Thursday, March 1st • 11am-12:30pm • Call 215-345-2022 to Register**

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## In Honor of CSCGP's 25th Anniversary & National Nutrition Month CSCGP Presents: *Healthy Cooking Around the World with Chef Monica Mannion*

**Part 1: Monday, March 19th • 2-4pm @ Ridgeland**

**Part II: Monday, March 26th • 2-4pm @ Ridgeland**

In this two-part healthy cooking series, Chef Monica Mannion shows you how easy it is to incorporate healthy cooking into your routine. By taking part in both sessions, you'll leave with a menu plan and the ability to cook four healthy meals from around the world, so your meals will never feel boring! Don't forget to register – 215-879-7733.

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## Fundraiser Save The Dates

**Monte Carlo Night • Friday, April 13 • 6:30-10:30pm**

**Southampton Day Camp, B&T's Catering**

**1459 2nd Street Pike • Southampton, PA 18966**

New this year – Sensational Photo Booth, upgraded gaming tables with seating, a DJ and dancing! Professional dealers make this a fun evening for novice and experienced players alike. Fun game specials and activities throughout the evening! Tickets and Sponsorships available at <http://cancersupportphiladelphia.org/monte-carlo-night/>.

**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!

**\*\*There will be NO calendar mailing in 2018. Don't forget to email [info@cancersupportphiladelphia.org](mailto: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><b>Making Connections While Navigating Cancer</b> 11:30am-1pm</p> <p><b>Knitting Circle</b> 12-1:30pm</p> <p><b>Yoga</b> 1:30-2:30pm</p> <p><b>Singing Circle</b> 6-7pm</p> <p style="text-align: right;"><b>1</b></p>	<b>3</b>
<p><b>Writing About Your Cancer Experience</b> 10-11:30am</p> <p><b>Blood Cancer Networking Group</b> 11:30am-1pm</p> <p style="text-align: right;"><b>5</b></p>	<p><b>Ridgeland Art Collective: Open Art Studio</b> 11am-1pm</p> <p><b>RePose Yoga at Focus Fitness*</b> 1:30-2:45pm</p> <p style="text-align: right;"><b>6</b></p>	<p><b>Tai Ji &amp; QiGong</b> 9:30-11am</p> <p><b>Family &amp; Friends Support Group</b> 11am-12:30pm</p> <p><b>Metabolic Strength Training at Focus Fitness*</b> 12-1pm</p> <p><b>Pet Therapy NEW!</b> <i>with Lori Goodman</i> 12:30-1:30pm</p> <p><b>Movement &amp; Meditation</b> 5:30-7pm</p> <p><b>Bereavement Support Group</b> 6-7:30pm</p> <p style="text-align: right;"><b>7</b></p>	<p><b>NIA Holistic Dance Fitness</b> <i>sponsored by the Bob Brockman NIA Fund</i> 10-11am</p> <p><b>Making Connections While Navigating Cancer</b> 11:30am-1pm</p> <p><b>Knitting Circle</b> 12-1:30pm</p> <p><b>Yoga</b> 1:30-2:30pm</p> <p><b>Singing Circle</b> 6-7pm</p> <p><b>Volunteer Training</b> 6:30pm-7:30pm</p> <p style="text-align: right;"><b>8</b></p>	<b>10</b>
<p><b>Colorectal Cancer Meeting</b> 1:30-3:30pm</p> <p style="text-align: right;"><b>12</b></p>	<p><b>Coffee &amp; Conversation</b> 11am-12:30pm</p> <p><b>Tile Decorating</b> <i>with Jen &amp; Lauren, OT Interns</i> 1-3pm</p> <p><b>RePose Yoga at Focus Fitness*</b> 1:30-2:45pm</p> <p style="text-align: right;"><b>13</b></p>	<p><b>Tai Ji &amp; QiGong</b> 9:30-11am</p> <p><b>Family &amp; Friends Support Group</b> 11am-12:30pm</p> <p><b>Metabolic Strength Training at Focus Fitness*</b> 12-1pm</p> <p><b>Movement &amp; Meditation</b> 5:30-7pm</p> <p><b>Bereavement Support Group</b> 6-7:30pm</p> <p style="text-align: right;"><b>14</b></p>	<p><b>Making Connections While Navigating Cancer</b> 11:30am-1pm</p> <p><b>Knitting Circle</b> 12-1:30pm</p> <p><b>Yoga</b> 1:30-2:30pm</p> <p><b>Singing Circle</b> 6-7pm</p> <p style="text-align: right;"><b>15</b></p>	<p><b>Men's Group</b> 10am-12pm</p> <p><b>Self Care for Caregivers</b> <i>Facilitated by Kaitlyn &amp; Antoneta, Psychology Interns</i> 10am-12pm</p> <p><b>St. Patrick's Day</b> <b>17</b></p>
<p><b>Gynecological Cancer Group</b> 11:30am-1pm</p> <p><b>Healthy Cooking Around the World Part I</b> <i>with Chef Monica Mannion</i> 2-4pm</p> <p style="text-align: right;"><b>19</b></p>	<p><b>Lung Cancer Networking Group</b> 11am-12:30pm</p> <p><b>Ridgeland Art Collective: Open Art Studio</b> 11am-1pm</p> <p><b>RePose Yoga at Focus Fitness*</b> 1:30-2:45pm</p> <p><b>Managing Chemo-Induced Peripheral Neuropathy</b> <i>Facilitated by Gina Smith, LPT, CLT</i> 1:30-3pm</p> <p style="text-align: right;"><b>20</b></p>	<p><b>Tai Ji &amp; QiGong</b> 9:30-11am</p> <p><b>Family &amp; Friends Support Group</b> 11am-12:30pm</p> <p><b>Metabolic Strength Training at Focus Fitness*</b> 12-1pm</p> <p><b>Movement &amp; Meditation</b> 5:30pm-7pm</p> <p><b>Grief &amp; Loss Writing Workshop</b> <i>Facilitated by Janet Falon</i> 6-7:30pm</p> <p><b>Bereavement Support Group</b> 6-7:30pm</p> <p style="text-align: right;"><b>21</b></p>	<p><b>NIA: Holistic Dance Fitness</b> <i>sponsored by the Bob Brockman NIA Fund</i> 10-11am</p> <p><b>Making Connections While Navigating Cancer</b> 11:30am-1pm</p> <p><b>Knitting Circle</b> 12-1:30pm</p> <p><b>Yoga</b> 1:30-2:30pm</p> <p><b>Singing Circle</b> 6-7pm</p> <p style="text-align: right;"><b>22</b></p>	<b>24</b>
<p><b>Healthy Cooking Around the World Part II</b> <i>with Chef Monica Mannion</i> 2-4pm</p> <p style="text-align: right;"><b>26</b></p>	<p><b>Coffee &amp; Conversation</b> 11am-12:30pm</p> <p><b>Living Well with Metastatic Breast Cancer</b> 11am-12:30pm</p> <p><b>RePose Yoga at Focus Fitness*</b> 1:30-2:45pm</p> <p><b>Flower Pot Decorating &amp; Herb Planting</b> <i>with Jen &amp; Lauren, OT Interns</i> 1-3pm</p> <p style="text-align: right;"><b>27</b></p>	<p><b>Tai Ji &amp; QiGong</b> 9:30-11am</p> <p><b>Family &amp; Friends Support Group</b> 11am-12:30pm</p> <p><b>Metabolic Strength Training at Focus Fitness*</b> 12-1pm</p> <p><b>Movement &amp; Meditation</b> 5:30-7pm</p> <p><b>Bereavement Support Group</b> 6-7:30pm</p> <p style="text-align: right;"><b>28</b></p>	<p><b>Making Connections While Navigating Cancer</b> 11:30am-1pm</p> <p><b>Knitting Circle</b> 12-1:30pm</p> <p><b>Yoga</b> 1:30-2:30pm</p> <p><b>Singing Circle</b> 6-7pm</p> <p><b>Post-Treatment Support Group 8 Week Series NEW!</b> 6-7:30pm</p> <p style="text-align: right;"><b>29</b></p>	<b>31</b>

Monday	Tuesday	Wednesday	Thursday	Saturday
<p><i>National Colorectal Cancer Awareness Month</i></p>			<p><b>NIA: Holistic Dance Fitness</b> <i>sponsored by the Bob Brockman NIA Fund</i> 10-11am</p> <p><b>March Moon Craft</b> 11am-1pm</p> <p><b>Living with Cancer Support Group &amp; Lunch</b> 1-2:30pm</p> <p style="text-align: right;"><b>1</b></p>	<b>3</b>
<p><b>Tai Ji &amp; Qigong</b> 10-11am</p> <p style="text-align: right;"><b>5</b></p>	<p><b>Pilates</b> 9:30-10:30am</p> <p><b>Tea Time</b> 10:30-11am</p> <p><b>Week 2: Inner Matrix Meditative Series</b> 11am-12:30pm</p> <p><b>Living After Cancer Support Group</b> 1-3pm</p> <p style="text-align: right;"><b>6</b></p>	<p><b>Chair Yoga</b> 9:30-10:30am</p> <p><b>Reiki Share</b> 10:30-11:30am</p> <p><b>Beaded Jewelry Making</b> 1-3pm</p> <p><b>Yoga</b> 6:30-7:45pm</p> <p style="text-align: right;"><b>7</b></p>	<p><b>Morning Walk</b> 10-10:30am</p> <p><b>Living with Cancer Support Group &amp; Lunch</b> 1-2:30pm</p> <p style="text-align: right;"><b>8</b></p>	<b>10</b>
<p><b>Tai Ji &amp; Qigong</b> 10-11am</p> <p><b>Beat Cancer with Your Fork</b> <i>Presented by BeatCancer.org</i> 11am-12:30pm</p> <p style="text-align: right;"><b>12</b></p>	<p><b>Pilates</b> 9:30-10:30am</p> <p><b>Tea Time</b> 10:30-11am</p> <p><b>Crafts with Ellen</b> 1-2:30pm</p> <p><b>Living After Cancer Support Group</b> 1-3pm</p> <p><b>Ovarian Cancer Networking Group</b> 6:30-8pm</p> <p style="text-align: right;"><b>13</b></p>	<p><b>Chair Yoga</b> 9:30-10:30am</p> <p><b>Laughing About Life</b> <i>with Dr. Yvonne Kaye</i> 11am-12pm</p> <p><b>Living with Loss Networking Group</b> 6:30-8pm</p> <p><b>Living with Loss Support Group: Spouse/Partner</b> 6:30-8pm</p> <p><b>Yoga</b> 6:30-7:45pm</p> <p style="text-align: right;"><b>14</b></p>	<p><b>Morning Walk</b> 10-10:30am</p> <p><b>Arleen Boyes Quilting Circle</b> 11am-3pm</p> <p><b>Living with Cancer Support Group &amp; Lunch</b> 1-2:30pm</p> <p><b>Movie Discussion &amp; Trivia</b> 1-4pm</p> <p><b>Reiki Share</b> 6-8pm</p> <p style="text-align: right;"><b>15</b></p>	<p><b>The Marshall Saturday Men's Breakfast</b> <i>presented by The Tom McDermitt Fund: "Why are Drugs So Expensive?"</i> 8-10am</p> <p><b>Mindful Meditation</b> 9-10am</p> <p><b>St. Patrick's Day</b></p> <p style="text-align: right;"><b>17</b></p>
<p><b>Tai Ji &amp; Qigong</b> 10-11am</p> <p><b>Mental Fitness Activities with Leigh</b> 11am-12pm</p> <p style="text-align: right;"><b>19</b></p>	<p><b>Pilates • 9:30-10:30am</b> <b>Tea Time • 10:30-11am</b></p> <p><b>Week 3: Inner Matrix Meditative Series</b> 11am-12:30pm</p> <p><b>Living After Cancer Support Group</b> 1-3pm</p> <p><b>DIY Spring Bonnets with OT Interns</b> 1-3pm</p> <p><b>Blood Cancer Networking Group</b> <i>Sponsored by Leukemia &amp; Lymphoma Society</i> 6:30-8pm</p> <p style="text-align: right;"><b>20</b></p>	<p><b>Chair Yoga</b> 9:30-10:30am</p> <p><b>Reiki Share</b> 10:30-11:30am</p> <p><b>Book Club Movie: Wonder</b> 12:30-2:00pm</p> <p><b>Breast Cancer Networking Group: Healing Properties Essential Oils</b> 6:30-8pm</p> <p style="text-align: right;"><b>21</b></p>	<p><b>Let Your Yoga Dance</b> 10-11am</p> <p><b>Coloring for the Grown Up Mind</b> 12pm-1pm</p> <p><b>Living with Cancer Support Group &amp; Lunch</b> 1-2:30pm</p> <p><b>Volunteer Training</b> 6-7:30pm</p> <p style="text-align: right;"><b>22</b></p>	<b>24</b>
<p><b>Tai Ji &amp; Qigong</b> 10-11am</p> <p style="text-align: right;"><b>26</b></p>	<p><b>Pilates</b> 9:30-10:30am</p> <p><b>Tea Time</b> 10:30-11am</p> <p><b>Week 4: Inner Matrix Meditative Series</b> 11am-12:30pm</p> <p><b>Creating Edible Arrangements with OT Interns</b> 1-3pm</p> <p><b>Friends &amp; Family Networking Group</b> 6:30-8pm</p> <p style="text-align: right;"><b>27</b></p>	<p><b>Chair Yoga</b> 9:30-10:30am</p> <p><b>Journaling &amp; Beyond: Writing for Health &amp; Happiness</b> 10-11:30am</p> <p><b>Men Supporting Men</b> 6-7:30pm</p> <p><b>Women Sharing Wisdom</b> 6-7:30pm</p> <p><b>Yoga</b> 6:30-7:45pm</p> <p style="text-align: right;"><b>28</b></p>	<p><b>Morning Walk</b> 10-10:30am</p> <p><b>Living with Cancer Support Group &amp; Lunch</b> 1-2:30pm</p> <p style="text-align: right;"><b>29</b></p>	<b>31</b>

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	Saturday
		Hang Out 6:30-8pm	<b>I Want You to be Happy Day:</b> A day to set aside selfish thoughts and to make someone feel special and happy
		<b>1</b>	<b>3</b>
Kid Support Teen Support Parent Group 6:30-8pm	Tween Expressions 6:30-8pm	Homework Help with Joseph 6:30-8pm	<b>Mario Day:</b> A day to celebrate the main character of the Nintendo video games, Super Mario
<b>6</b>	<b>7</b>	<b>8</b>	<b>10</b>
Enhancing Connections with Lunch 11:30am-1:30pm Kid Support Teen Support Parent Group 6:30-8pm	Living with Loss 6:30-8pm	Hang Out 6:30-8pm	
<b>13</b>	<b>14</b>	<b>15</b>	<b>17</b> <i>St. Patrick's Day</i>
Kid Support Teen Support Parent Group 6:30-8pm	Youth Activities Committee 6:30-8pm	Homework Help with Joseph 6:30-8pm	<u>Please Note the Change</u> Flashlight Egg Hunt 3/23 7:30-8:30pm
<b>20</b>	<b>21</b>	<b>22</b>	<b>24</b>
Enhancing Connections with Lunch 11:30am-1:30pm Kid Support Teen Support Parent Group 6:30-8pm	Teen Egg Hunt 6:30-8pm	Hang Out 6:30-8pm	<b>Take a Walk in the Park Day:</b> Commune with nature and enjoy the bounties it has to offer
<b>27</b>	<b>28</b>	<b>29</b>	<b>31</b>

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](mailto:christina@cancersupportphiladelphia.org)

At Ridgeland – **Stephanie** at 215-879-7733 • [stephanie@cancersupportphiladelphia.org](mailto:stephanie@cancersupportphiladelphia.org)

Please register 48 hours before program begins.

# Children & Teens Program

**MARCH 2018**

## Enhancing Connections

**Tuesday, March 13 • 11:30am-1:30pm**

**Light Lunch Provided**

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. If you are interested in participating, please contact Christina. 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. Next session starts at Gilda's Club March 13th 11:30am-1:30pm. *Light lunch provided. We are also open to holding a session on Wednesday nights if there is interest.*



## 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. The sessions build upon each other so attendance is crucial. Group closes to new members after 2nd week. *Group begins Tuesday, March 6th, 6:30-8pm.*



## Teen Essay Contests

**Tuesday, February 6 • 6:30-8pm**

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. Visit our website or contact 215-441-3290 for more information including requirements and entry form. *Deadline to enter is midnight, April 2.*

## 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. *Pre-Registration Required.*

## Tween Expressions

**Wednesday, March 7 • 6:30-8pm**

Enjoy being creative? We will create a unique but easy project that will give you the opportunity to express yourself. *Sign up by Tuesday, March 6th.*

## Homework Help with Joseph

**Thursdays, March 8 & 22 • 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, March 21 • 6:30-8pm**

A great opportunity to get some volunteer hours in for school, your resume or whatever your goal is. We will be preparing for our Spring Egg Hunt. This is open to all tweens and teens who are members or volunteers.

## Flashlight Egg Hunt Date & Time Change

**Friday, March 23 • 7:30-8:30pm**

**Please Register by Thursday, March 22**

We are doing something extra fun this year - FLASHLIGHT EGG HUNT! Grab your biggest basket for some spring fun! Wear your boots (it will be muddy) and bring your flashlights. We will be hiding over 800 eggs. We will have games, crafts and light snacks. *At Gilda's Club. Rain Date is Saturday, March 24th, 7:30-8:30pm.*

## \*NEW\* Expressions

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.

## 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

##### March 5 – 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')

##### March 12 – 10-11am Chair Yoga

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

##### March 19 – 10-11am Chair Yoga

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

12:30-2pm Reiki Share

1-2pm Prostate Networking Group

##### March 26 – 10-11am Chair Yoga

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

12:30-2pm Writing for Health & Wellness

### 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

##### March 6 – 12-1pm Mindfulness Meditation

2-4pm Spring Painting Workshop I

5-6pm All Levels Yoga • 6-7pm Pilates with Sheila

7-7:30pm Guided Meditation & Imagery

7:30-9pm Reiki Share

##### March 13 – 11am-12:30pm Living with Cancer

Support Group

2-4pm Spring Painting Workshop II

5-6pm All Levels Yoga • 6-7pm Pilates with Sheila

7-8:30pm Breast Cancer Support Group: Speaker from

Puma Biotechnology – Nurse Educator Diane Flynn

Regarding Treatment & Beyond

##### March 20 – 12-1pm Mindfulness Meditation

2-4pm Spring Painting Workshop III

5-6pm All Levels Yoga • 6-7pm Pilates with Sheila

7-8:30pm Prostate Cancer Support Group

(Conf. Rm A, Speaker Dr. Lally)

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

##### March 27 – 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 • 6-7pm Pilates with Sheila

7-8:30pm Living with Cancer Support Group – NEW!!

#### THURSDAYS

##### March 1 – 11am-12:30pm Colorectal Cancer

Support Group

1-2pm Relaxation Workshop

##### March 8 – 11am-12:30pm Pancreatic Cancer

Support Group

##### March 15 – 11am-12:30pm Blood Cancer Support Group

12:30-1:00pm Guided Meditation/Imagery

1:00-2:00pm Reiki Share

##### March 22 – 11am-12:30pm Gynecological Cancer

Support Group

##### March 29 – Self Care Spa Day

11am-1pm Self Manicures

1-2pm Yoga/Pilates



## Don't Forget! CSCGP is at Alliance Cancer Specialists

Visit **Stephanie** at **Crozer Chester Alliance Cancer Specialists** on Thursdays for weekly wellness programs, a monthly caregiver support group, and individual counseling support.

For more information email:

[stephanie@cancersupportphiladelphia.org](mailto:stephanie@cancersupportphiladelphia.org)

Visit **Aly** at **Grand View Outpatient Center** on the 1st, 3rd & 4th Thursdays & 2nd Monday each month for wellness programs, resources and individual counseling support.

For more information email:

[aly@cancersupportphiladelphia.org](mailto:aly@cancersupportphiladelphia.org)

**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)

### March Moon

**Thursday, March 1 • 11am-1pm**

Create your own unique moon phase wall hanging decoration. We will be using clay and paint, so be prepared to get your hands a little messy. *Registration is required in order to ensure adequate supplies.*

### The Marshall Saturday Men's Breakfast

*Presented by The Tom McDermitt Fund:*

*"Why are Drugs So Expensive?"*

**Saturday, March, 17 • 8-10am**

Dr. John Williams, PHD cancer researcher and Professor at Temple University will discuss "Why drugs are so expensive". Topic will cover research, development, manufacturing and commercialization of getting a drug to market.

### Healing Properties of Essential Oils

**Wednesday, March 21 • 6:30-8pm**

Jillian Jaurigue will be on hand to discuss the many uses of essential oils. Jillian brings her experience with Young Living Essential Oils and is happy to provide insight into their benefits in providing healing and relief, including their use in massages and aromatherapy.

### Creating Edible Arrangements

*Creating Edible Arrangements with OT Interns*

**Tuesday, March 27 • 1-3pm**

Jealous and amazed by Edible Arrangements? Learn how to create your own at home. *Registration is required by 3/20 in order to ensure enough supplies for everyone.*

### Women Sharing Wisdom & Men Supporting Men

**Wednesday, March 28 • 6-8pm**

Looking to meet others impacted by cancer but not sure where to start? Women Sharing Wisdom & Men Supporting Men are the perfect places to begin. Survivors, widows, support persons and individuals currently in treatment are all welcome to attend. Dinner will be provided at 5:45. This is a great opportunity to carpool with your spouse, have dinner and support others. *Don't forget to register and we cannot accommodate food allergies.*



## The Suzanne Morgan Center at Ridgeland (Philadelphia)

### Pet Therapy • Wednesday, March 7 • 12:30-1:30pm

Once monthly Lori Goodman, certified pet therapist, will bring her lovable dogs, Lucy and Hamilton, 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.

### Self-Care for Caregivers

**Saturday, March 17 • 10am-12pm**

This educational workshop will focus on discussing the stresses and common problems that generally arise when caring for someone else. The information will be applicable to all kinds of caregivers and helpful to loved ones as well. *Facilitated by Kaitlyn Evans and Antoneta Karaj, Psychology Interns.*

### Healthy Cooking Around the World

**Monday, March 19 & Monday, March 26 • 2-4pm**

In this two-part healthy cooking series, Chef Monica Mannion shows you how easy it is to incorporate healthy cooking into your routine. By taking part in both sessions, you'll leave with a menu plan and the ability to cook four healthy meals from around the world, so your meals will never feel boring!

### 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.*

### Managing Chemo-Induced Peripheral Neuropathy

**Tuesday, March 20 • 1:30-3pm**

This educational lecture, facilitated by physical therapist Gina Smith, LPT, CLT, will focus on managing chemo-induced peripheral neuropathy, and how physical therapy-based exercises and routines can help with balance, coordination, improving range of motion, alleviating pain, and more.



# CANCER SUPPORT COMMUNITY

GREATER PHILADELPHIA

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

Address Service Request

## 2018 March Program Calendar

 **Abington**  
Jefferson Health.

 **Doylestown Health**



**Providing FREE Cancer Support  
for All People Affected  
by Cancer.**

### Locations

Ridgeland in Philadelphia

215-879-7733

Gilda's Club in Warminster

215-441-3290

Abington Jefferson Health

215-481-6700

Doylestown Hospital

215-345-2022

Alliance Cancer Specialists @  
Grand View Outpatient Center

215-453-3300

Alliance Cancer Specialist @  
Crozer Chester Medical Center

610-876-5166

**The Suzanne Morgan Center at Ridgeland**  
4100 Chamounix Drive • Philadelphia, PA 19131

215-879-7733

**Gilda's Club**

200 Kirk Road • Warminster, PA 18974

215-441-3290

[www.cancersupportphiladelphia.org](http://www.cancersupportphiladelphia.org)



## 2018 March Program Calendar