

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

CSCGP is bursting with activities this October. Please take some time to review the entire calendar as there are many unique events taking place this month.

Frankly Speaking: Cancer and Immunotherapy with Dr. Anthony Olszanski **Thursday, October 12 • 6:30-8pm • Gilda's Club**

This free workshop offers information on one of the most exciting new discoveries and treatments for cancer, immunotherapy. Patients and their loved ones are invited to join us as we learn how the immune system interacts with cancer, treatments that are currently available as well as treatments that are being developed, and tips to manage common side effects. Dr. Olszanski, current vice chair of the department of hematology/oncology at Fox Chase Cancer Center, is the director of the Early Clinical Drug Development Phase I Program and co-director of the Melanoma and Skin Cancer Program. Dr. Olszanski is board-certified in internal medicine, medical oncology and clinical pharmacology. He focuses on the treatment of lung cancer and cutaneous malignancies with a focus on melanoma. Dinner will be provided beginning at 6:15pm; however we cannot accommodate for allergies. Call 215-441-3290 to register.

*I came to CSCGP at Gilda's Club feeling alone and afraid,
but quickly found myself a member of a community
bonded by love and concern.*

– Joan, Breast Cancer Survivor

An Introduction to the Cancer Experience Registry as a Platform for Sharing, Connecting, and Learning *presented by CSC Headquarters Research Manager, James Johnson, MPH, CPH*

Saturday, October 14 • 10:30am-12pm • Ridgeland

Wednesday, October 25 • 11:30am-12:30pm • Gilda's Club

Share your cancer experience. Make a difference! The Cancer Experience Registry is a unique online community that allows people facing cancer to share their experience, identify the issues that impact their lives, take surveys, access resources and learn from each other. It is free, confidential and open to anyone who had been diagnosed with cancer or provides care to a cancer patient. Join researchers from CSC Research and Training Institute to learn how to take part in this opportunity.

Please note: Mindfulness Workshop: Accessing the Power of Presence *facilitated by Maria Fanelli. Stress Management and Mind-Body Health Educator* will immediately follow on **Saturday, October 14 • 12-2pm**

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

Monday	Tuesday	Wednesday	Thursday	Saturday
<p>Writing About Your Cancer Experience facilitated by Janet Falon, award winning writer and writing teacher 10-11:30am</p> <p>New! Blood Cancer Networking Group 11:30am-1pm</p> <p>Relax with Qigong 12:30-1:30pm</p> <p style="text-align: right;">2</p>	<p>New! Creative Kitchen: Baker's Dozen 10:30am-12pm</p> <p>Jammin' with Joy 12-1pm</p> <p>Zumba Gold: Chair 1-1:45pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">3</p>	<p>Tai Ji and Qigong 9:30-11am</p> <p>Family and Friends Support Group 11am-12:30pm</p> <p>New! Metabolic Strength Training at Focus Fitness* 12-1pm</p> <p>New! Movement and Meditation 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p style="text-align: right;">4</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>Cancer Transitions: Moving Beyond Treatment (pre-registration is required) 6-8pm</p> <p style="text-align: right;">5</p>	<p style="text-align: right;">7</p>
<p style="text-align: center;">Closed</p> <p>Indigenous People's Day Columbus Day</p> <p style="text-align: right;">9</p>	<p>New! Chair Exercise: Strength and Flexibility 11am-12pm</p> <p>Quick and Healthy Cooking Class: Post-Workout Smoothies 12-1pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">10</p>	<p>Tai Ji and Qigong 9:30-11am</p> <p>Family and Friends Support Group 11am-12:30pm</p> <p>New! Metabolic Strength Training at Focus Fitness* 12-1pm</p> <p>New! Movement and Meditation 5:30-7pm</p> <p>Bereavement as a Rite of Passage: A Look at Grieving Rituals Across Cultures presented by Seran Schug, PhD, Medical and Psychological Anthropologist, Licensed Professional Counselor, Dance/Movement Therapist, and Mindfulness Instructor 6-7:30pm</p> <p style="text-align: right;">11</p>	<p>NIA: Holistic Dance Fitness sponsored by the Bob Brockman NIA Fund 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>Cancer Transitions: Moving Beyond Treatment (pre-registration is required) 6-8pm</p> <p style="text-align: right;">12</p>	<p>An Introduction to the Cancer Experience Registry as a Platform for Sharing, Connecting, and Learning presented by CSC Headquarters Research Manager, James Johnson, MPH, CPH 10:30am-12pm</p> <p>Mindfulness Workshop: Accessing the Power of Presence 12-2pm</p> <p style="text-align: right;">14</p>
<p>Gynecological Cancer Networking Group 11:30am-1pm</p> <p>Relax with Qigong 12:30-1:30pm</p> <p>Colorectal Cancer Meeting 1:30-3:30pm</p> <p style="text-align: right;">16</p>	<p>New! Coffee and Conversations 10:30-11:30am</p> <p>Ridgeland Art Collective: Canvas Painting Class 11:30am-1pm</p> <p>Zumba Gold: Chair 1-1:45pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">17</p>	<p>Tai Ji and Qigong 9:30-11am</p> <p>Family and Friends Support Group 11am-12:30pm</p> <p>New! Metabolic Strength Training at Focus Fitness* 12-1pm</p> <p>New! Movement and Meditation 5:30-7pm</p> <p>Bereavement Support Group 6-7:30pm</p> <p style="text-align: right;">18</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>Cancer Transitions: Moving Beyond Treatment (pre-registration is required) 6-8pm</p> <p style="text-align: right;">19</p>	<p>Q&A with Steve Bloom, Senior VP of Corporate Development for Verastem Pharmaceuticals hosted by the Ridgeland Men's Club (All are welcome to attend, regardless of gender!) 10am-12pm</p> <p style="text-align: right;">21</p>
<p>Mindful Meditation 10-11am</p> <p>Relax with Qigong 12:30-1:30pm</p> <p style="text-align: right;">23</p>	<p>Autumn Arts, Crafts and Music 11am-1pm</p> <p>Living Well with Metastatic Breast Cancer 11am-1pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">24</p>	<p>Tai Ji and Qigong 9:30-11am</p> <p>Family and Friends Support Group 11am-12:30pm</p> <p>New! Metabolic Strength Training at Focus Fitness* 12-1pm</p> <p>New! Movement and Meditation 5:30-7pm</p> <p style="text-align: right;">25</p>	<p>NIA: Holistic Dance Fitness sponsored by the Bob Brockman NIA Fund 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>Cancer Transitions: Moving Beyond Treatment (pre-registration is required) 6-8pm</p> <p style="text-align: right;">26</p>	<p>Digital Sherpa Workshop: Learning how to navigate the internet and social media for support, resources and information presented by Patient Empowerment Network in collaboration with Drexel University, CSCGP, and the CSC Headquarters Research and Training Institute 11am-1:30pm</p> <p style="text-align: right;">28</p>
<p>Relax with Qigong 12:30-1:30pm</p> <p>Open Mic Night: Ridgeland's Got Talent! 6-7:30pm</p> <p style="text-align: right;">30</p>	<p>Line Dancing with Leslie! 11am-12:30pm</p> <p>Quick and Healthy Cooking Class: Spooky Halloween Treats! 12:30-1:30pm</p> <p>RePose Yoga at Focus Fitness* 1:30-2:45pm</p> <p style="text-align: right;">Halloween 31</p>	<p><i>October is National Breast and Liver Cancer Awareness Month</i></p>		

Monday	Tuesday	Wednesday	Thursday	Saturday
<p>Mindfulness Meditation 10-11pm Tai Ji and Qigong 10-11am</p> <p style="text-align: right;">2</p>	<p>Pilates 9:30-10:30am Tea Time 10:30-11am Living After Cancer Support Group 1-3pm Mindful Art: Mountain String Art 1-3pm Lung Cancer Networking Group 6:30-8pm</p> <p style="text-align: right;">3</p>	<p>Chair Yoga 9:30-10:30am Reiki Share 10:30-11:30am Beaded Jewelry Making 1-3pm CancerCare Connect Education Workshop: What's New in the Treatment of Waldenstrom's Macroglobulinemia 1:30-2:30pm Yoga 6:30-7:45pm Young Survivors Coalition 6:30-8pm</p> <p style="text-align: right;">4</p>	<p>NIA Holistic Dance sponsored by The Bob Brockman NIA Fund 10-11am Coffee and Crayons 11am-12pm Living with Cancer Support Group and Lunch 1-2:30pm Craft: Leaf Art 6-8pm</p> <p style="text-align: right;">5</p>	<p style="text-align: right;">7</p> <p style="text-align: center;">Fall Fest Live music, food and fun for the entire family! 4-6pm</p> <p style="text-align: right;">Sunday 8</p>
<p style="text-align: center;">Closed</p> <p>Indigenous People's Day Columbus Day</p> <p style="text-align: right;">9</p>	<p>Pilates 9:30-10:30am Tea Time 10:30-11am Living After Cancer Support Group 1-3pm Mindful Art: Affirmation Stone 1-3pm Ovarian Cancer Networking Group 6:30-8pm</p> <p style="text-align: right;">10</p>	<p>Chair Yoga 9:30-10:30am Laughing About Life with Dr. Yvonne Kaye 11am-12pm Cancer and Careers Webinar: Working Through Treatment 1-2pm Yoga 6:30-7:45pm Living with Loss Networking Group 6:30-8pm Living with Loss Support Group - Spouse/Partner 6:30-8pm</p> <p style="text-align: right;">11</p>	<p>Morning Walk 10-10:30am Metastatic Cancer Networking Group 11am-12:30pm Living with Cancer Support Group and Lunch 1-2:30pm Mahjong 1-3pm Frankly Speaking: Cancer and Immunotherapy with Dr. Anthony Olszanski 6:30-8pm</p> <p style="text-align: right;">12</p>	<p style="text-align: right;">14</p>
<p>Tai Ji and Qigong 10-11am Mindful Meditation 10-11am Mental Fitness Activities with Leigh 11am-12pm</p> <p style="text-align: right;">16</p>	<p>Pilates 9:30-10:30am Tea Time 10:30-11am Meditation with Melissa 11am-12:30pm Living After Cancer Support Group 1-3pm Mindful Art: Lavendar Playdough 1-3pm Blood Cancer Networking Group sponsored by Leukemia and Lymphoma Society 6:30-8pm</p> <p style="text-align: right;">17</p>	<p>Chair Yoga 9:30-10:30am Reiki Share 10:30-11:30am Book Club: Family Pictures by Jane Green 1:30-2:30pm Yoga 6:30-7:45pm Breast Cancer Networking Group Pink Party 6-8pm</p> <p style="text-align: right;">18</p>	<p>Morning Walk 10-10:30am Arleen Boyes Quilting Circle 11am-3pm An Inside Job: A Psychologist Shares Healing Wisdom for Your Cancer Journey and An Inside Job Companion: Making Healing Personal with Dr. Susan Apollon, PhD. 11am-12:30pm Living with Cancer Support Group and Lunch 1-3pm Movie Discussion and Trivia: Gifted 1-4pm Reiki Share 6-8pm</p> <p style="text-align: right;">19</p>	<p style="text-align: right;">21</p>
<p>Tai Ji and Qigong 10-11am Beat Cancer with your Fork presented by BeatCancer.org 11am-12:30pm</p> <p style="text-align: right;">23</p>	<p>Pilates 9:30-10:30am Tea Time 10:30-11am Living After Cancer Support Group 1-3pm Mindful Art : Wood Canvas 1-3pm Friends and Family Networking Group 6:30-8pm</p> <p style="text-align: right;">24</p>	<p>Chair Yoga 9:30-10:30am Journaling and Beyond: Writing for Health and Happiness 10-11:30am Cancer Experience Registry Information and Luncheon 11:30am-12:30pm Women Sharing Wisdom with Dr. Ginsberg 6-7:30pm New! Men Supporting Men 6-7:30pm</p> <p style="text-align: right;">25</p>	<p>Morning Walk 10-10:30am Metastatic Cancer Networking Group 11am-12:30pm Crafts: Thanksgiving Trees 11am-12:30pm Living with Cancer Support Group and Lunch 1-2:30pm Mahjong 1-3pm Volunteer Training 6-7:30pm Pizza and Movie Night 6-8pm Mindful Meditation 7-8pm</p> <p style="text-align: right;">26</p>	<p style="text-align: right;">28</p>
<p>Tai Ji and Qigong 10-11am</p> <p style="text-align: right;">30</p>	<p>Pilates 9:30-10:30am Tea Time 10:30-11am Living After Cancer Support Group 1-3pm Mindful Art: Pumpkin Décor 1-3pm DIY Healthy Halloween Snacks 3-4:30pm Halloween</p> <p style="text-align: right;">31</p>	<p>Please help us GO GREEN! Consider changing your calendar delivery method to electronic instead of snail mail. Update your email address and calendar preference to info@cancersupportphiladelphia.org</p>		

Tuesday	Wednesday	Thursday	Sunday
<p>Family Support 6:30-8pm</p> <p style="text-align: right;">3</p>	<p>Youth Activities Committee 6:30-8pm</p> <p><u>Ridgeland</u> Hang Out 6:30-8pm</p> <p style="text-align: right;">4</p>	<p>Hang Out 6:30-8pm</p> <p><u>Ridgeland</u> Family Support 6:30-8pm</p> <p style="text-align: right;">5</p>	<p>Fall Fest Many Kid Events. Come Dressed as your favorite wizard!! 4-6pm</p> <p style="text-align: right;">8</p>
<p>Enhancing Connections 6:30-8pm</p> <p style="text-align: right;">10</p>	<p>Living with Loss 6:30-8pm</p> <p><u>Ridgeland</u> Music Therapy with Chrystine 6:30-8pm</p> <p style="text-align: right;">11</p>	<p>Homework Help with Joseph 6:30-8pm</p> <p><u>Ridgeland</u> Family Support 6:30-8pm</p> <p style="text-align: right;">12</p>	<p style="text-align: right;">15</p>
<p>Family Support 6:30-8pm</p> <p style="text-align: right;">17</p>	<p>Hang Out 6:30-8pm</p> <p><u>Ridgeland</u> Hang Out 6:30-8pm</p> <p style="text-align: right;">18</p>	<p>Hang Out 6:30-8pm</p> <p><u>Ridgeland</u> Family Support 6:30-8pm</p> <p style="text-align: right;">19</p>	<p>Living with Loss of a Child 11am-1pm</p> <p style="text-align: right;">22</p>
<p>Enhancing Connections 6:30-8pm</p> <p><u>Ridgeland</u> Halloween Art 6:30pm-8pm</p> <p style="text-align: right;">24</p>	<p>Teen Halloween Party 6:30-8pm</p> <p style="text-align: right;">25</p>	<p>Homework Help with Joseph 6:30-8pm</p> <p><u>Ridgeland</u> Family Support 6:30-8pm</p> <p style="text-align: right;">26</p>	<p style="text-align: right;">29</p>
<p>Happy Halloween!</p> <p style="text-align: right;">31</p> <p>Halloween</p>	<p><i>Programs in BLACK are held at Gilda's Club in Warminster. Programs in RED are held at Ridgeland in Philadelphia.</i></p> <p><i>To request information or to register please contact:</i></p> <p><i>At Gilda's Club – Christina at 215-441-3290 • christina@cancersupportphiladelphia.org</i></p> <p><i>At Ridgeland – Liz at 215-879-7733 • liz@cancersupportphiladelphia.org.</i></p> <p><i>Please register 48 hours before program begins.</i></p>		

Enhancing Connections

We are excited to participate 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 years. If you are interested in participating, please contact Christina or Liz.



Family Support at Gilda's Club and Ridgeland

Open to all our CTP Members no matter where they are in their cancer experience. This program will allow time for separate kid, teen and parent groups as well as combined family activities. Each week will have a topic; a commitment to the entire session is encouraged but not required. Weekly topics will be shared in the CTP weekly email blast.

Living with Loss

We are collecting names to start a Living with Loss group for our CTP Members. If you are interested, please contact Christina or Liz.

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 hours pre-registration required.

Breakfast with Santa • Saturday, December 9 Ann's Choice

Contact Christina or Liz for instructions to sign up.

Cancer awareness and advocacy are a daily occurrence at CSCGP but this month we are setting aside some extra time to celebrate the men and women thriving with and beyond breast cancer. Please join your fellow members at one of our various breast cancer specific events this month.

Breast Cancer Networking Group: Pink Parties

Tuesday, October 10 • 7-8:30pm • Doylestown Hospital
Tuesday, October 24 • 7-8:30pm • Doylestown Hospital
Wednesday, October 18 • 6-8pm • Gilda's Club

Pink Party: A Breast Health Event for Every Woman

Monday, October 23 • 7-8pm
Health & Wellness Center, Warrington
A special event hosted by Doylestown Health in honor of Breast Cancer Awareness Month.

Living Well with Metastatic Breast Cancer Support Group

Tuesday, October 24 • 11am-1pm • Ridgeland Mansion

Cancer awareness
and advocacy

Gilda's Club in Warminster

Youth Activities Committee

Wednesday, October 4 • 6:30-8pm

Do you need volunteer hours or would you like an opportunity to give back? We will be preparing for Fall Fest. This is open to all tweens and teens.

Homework Help with Joseph

Thursdays, October 12 and 26 • 6:30-8pm

Joseph is available to assist with basic arithmetic, algebra, calculus, trig, statistics, geometry, and physics. Please bring your questions. Registration required.

Teen Halloween Party

Wednesday, October 25 • 6:30-8pm

Ghost stories, snacks and more! This is open to all teens.

Ridgeland in Philadelphia

Music Therapy with Christine

Wednesday, October 11 • 6:30-7:30pm

Spend a fun evening expressing yourself through music.

Halloween Art

Tuesday, October 24 • 6:30pm-8pm

Prepare for the upcoming holiday by completing a spooky Halloween art project.

SAVE THE DATES

19th Annual Paws 4 Life Dog Walk Saturday, October 7 • Gilda's Club

This is a fun family event including the walk, fun contests, vendors, raffles, photos, food, and more! Registration begins at 9am. Please park at Warminster Community Park • 300 Veterans Way • Warminster, PA

Chipotle Fundraiser

They will donate 50% of your order on Tuesday, October 17 between the hours of 4-9pm at the Chipotle • 25 Street Road West • Warminster, PA Bring flyer posted on our Facebook page or website or pick up a flyer at one of our locations.

"In Fashion!" Fashion Show and Luncheon Merion Cricket Club

Thursday, November 16 • 11am

Featuring the Spring/Summer 2018 collection from Brunello Cucinelli.

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

October 2 – 10-11am **Chair Yoga**

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

October 9 – 10-11am **Chair Yoga**

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

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

October 16 – 10-11am **Chair Yoga**

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

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

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

October 23 – 10-11am **Chair Yoga**

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

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

October 30 – 10-11am **Chair Yoga**

11am-12:30pm **Living with Cancer Treatment Side Effects Networking Group**

LWC Support Groups are open to anyone with an active cancer diagnosis; LWC Side Effects Networking Group also includes those individuals who have completed treatment and need support surrounding the long term side effects and/or fears of recurrence.



Gilda's Club (Warminster)

Craft: Leaf Art • Thursday, October 5 • 6-8pm

Fall into creativity with an art project using nature's autumn beauty. Bring a few of your own leaves to use for the project if desired—we will go outside and collect some before the project, weather permitting.

Laughing About Life with Dr. Yvonne Kaye Wednesday, October 11 • 11am-12:30pm

She's back! Dr. Yvonne Kaye returns to Gilda's Club and she is prepared to help others use humor for healing. Dr. Kaye will be laughing at Gilda's on the second Wednesday of each month from 11am-12:30pm. Nourish your body with chair yoga at 9:30am and your spirit at 11am each month!

Breast Cancer Networking Group - Pink Party! Wednesday, October 18 • 6-8pm

October is National Breast Cancer Awareness month and it's great that organizations are wearing pink, raising money and advocating for better prevention, detection and treatment; but instead let's celebrate YOU! This a party for anyone with first hand breast cancer experience. We will create fun crafts

Continued...

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

MONDAY

October 23 – 7-8pm **Pink Party: A Breast Health Event for Every Woman,** a special event hosted by Doylestown Health in honor of Breast Cancer Awareness Month – Health and Wellness Center, Warrington

TUESDAYS

October 3 – 12-1pm **Mindfulness Meditation**

2-4pm **Beading – Open Studio with Beading Materials**

5-6pm **All Levels Yoga**

6-7pm **Optimizing Nutrition Throughout the Cancer Journey and A Sampling of our entrees and desserts – Presented by Prevail Rx**

7-7:30pm **Guided Meditation with Barbara Marini**

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

October 10 – 11am-12:30pm **Living with Cancer Support**

5-6pm **All Levels Yoga**

7-8:30pm **Breast Cancer Support Group – PINK PARTY**
New Britain Baptist Food Larder Drive – bring an item to donate

October 17 – 12-1pm **Mindfulness Meditation**

2-4pm **Falling Leaves Acrylic Painting**

5-6pm **All Levels Yoga**

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

7-8:30pm **Prostate Cancer Support Group**
Speaker – Dr. Flashner with Lupron Rep Kelso Brohe

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

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

2-4pm **Fall Tree Acrylic Painting**

5-6pm **All Levels Yoga**

7-8:30pm **Newly Diagnosed Breast Cancer Group – PINK PARTY – New Britain Baptist Food Larder Drive – bring an item to donate**

October 31 – 11am-2pm **Halloween Painting**

2-4pm **Fall Earring Workshop**

5-6pm **All Levels Yoga**

Closed 6pm for Halloween

THURSDAYS

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

1-2pm **Mindfulness Meditation**

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

October 19 – 11am-12:30 **Blood Cancer Support Group**

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

1-2pm **Reiki Share**

October 26 – 11am-12:30pm **Gynecological Cancer Networking Group**

Open Tuesdays, 10am-9pm and Thursdays, 10am-2pm.

honoring your journey and meet new friends. Bring a meal to share and an old bra. Unsure if a support group is right for you? This is a great night to try it out!

An Inside Job: A Psychologist Shares Healing Wisdom for Your Cancer Journey and An Inside Job Companion: Making Healing Personal with Dr. Susan Apollon, PhD. Thursday, October 19 • 11am-12:30pm

Aware of the chaos that usually accompanies a diagnosis of cancer, Susan wishes to offer a more calming, deeper, richer perspective of what we call healing. She does this by enthusiastically and passionately presenting practical steps, insightful advice and valuable tools which she has shared for 30 years with those diagnosed with cancer. She blends all with heartwarming, true stories and findings from her research of those who have survived and thrived their illness. Her goal: to empower and enable you to shift to a more positive perspective that offers hope, inspiration and the possibility of a physical, emotional, and spiritual healing experience. Susan Barbara Apollon is a Pennsylvania-licensed psychologist who has specialized in integrative oncology, grief, and trauma for early 30 years. She is also a breast cancer survivor and a researcher of consciousness and energy.

Cancer Experience Registry Information and Luncheon Wednesday, October 25 • 11:30am-12:30pm

Share your cancer experience. Make a difference! The Cancer Experience Registry is a unique online community that allows people facing cancer to share their experience, identify the issues that impact their lives, take surveys, access resources and learn from each other. It is free, confidential and open to anyone who had been diagnosed with cancer or provides care to a cancer patient. Join researchers from CSC Research and Training Institute for lunch to learn how to take part in this opportunity.

Men Supporting Men • Wed., October 25 • 6-7:30pm

This group is for any man who has had cancer in their life, as the individual with the diagnosis, the caregiver, or even a friend. The group aims to provide a space for men to talk about how cancer has impacted them. As well as a place to share their questions, concerns and experiences cancer has brought into their life with other men in similar situations.

Pizza and Movie Night • Thursday, October 26 • 6-8pm

Bring your family and come make-your-own mini pizzas for dinner—followed by a not-so-scary showing of Casper, the friendly ghost!



The Suzanne Morgan Center at Ridgeland (Philadelphia)

New! Metabolic Strength Training at Focus Fitness
facilitated by certified personal trainer, Joann Fegley, MBA, MS in Exercise Physiology and Kinesiology
Every Wednesday Afternoon • 12-1pm

This hour-long fitness class will promote rebuilding strength and stamina; aid in regaining mobility and flexibility; and foster reduction in fatigue. Low impact activities will be practiced to reduce strain on joints. Target areas will include arms, core, lower back and legs. This is a great class for anyone who is interested in boosting energy and stamina; increasing bone density; or seeking a way to kick start wellness lifestyle.

New! Movement and Meditation facilitated by certified yoga therapist, Michelle Stortz

Every Wednesday Evening at Ridgeland • 5:30-7pm

This class combines instruction on the basics of meditation with offerings of simple, mindful movement. Movement styles range from yoga/chair yoga, Qi Gong, dance, to open movement explorations. Meditation instruction will encompass different practices and applications. All levels welcome. No experience necessary. Walk-ins welcome.

Bereavement as a Rite of Passage: A Look at Grieving Rituals Across Cultures presented by Seran Schug, PhD, Medical and Psychological Anthropologist, Licensed Professional Counselor, Dance/Movement Therapist, and Mindfulness Instructor

Wednesday, October 11 • 6-7:30pm

Learn about the ways in which various cultures utilize rituals to navigate transformational events, such as the loss of a loved one, to manage shifts in emotions and identity. Discussion among the group will be built in to talk about personal rituals. You will leave with new knowledge and perhaps new ideas about personal rituals to incorporate into your life. RSVP is required.

Q&A with Steve Bloom, Senior VP of Corporate Development for Verastem Pharmaceuticals hosted by the Ridgeland Men's Club (All are welcome to attend, regardless of gender!)

Saturday, October 21 • 10am-12pm

Don't miss this must-attend event to get the scoop on current trends in oncology pharmaceuticals, research focus, and current policy. Steve Bloom, a pharmacist by trade, is knowledgeable in a vast range of areas in the pharmaceutical industry. The session will involve a presentation by Steve followed by an open Q&A period. RSVP is required.

Digital Sherpa Workshop: Learning how to navigate the internet and social media for support, resources, and information presented by Patient Empowerment Network in collaboration with Drexel University, CSCGP, and the CSC Headquarters Research and Training Institute
Saturday, October 28 • 11am-1:30pm

The Digital Sherpa Program aims to help individuals living with cancer and their families to become more tech-savvy. This workshop will teach basic internet and social media skills to help locate information and support for you and your family. The workshops are always a lot of fun and free! CSCGP members, known as "Climbers," are paired with university students, known as "Sherpas," who have been specially trained by Patient Empowerment Network to offer skills such as: using the internet, social media skills, using rideshare apps to get to appointments, and more! RSVP is required!



CANCER SUPPORT COMMUNITY

GREATER PHILADELPHIA

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

Address Service Request

2017 October Program Calendar

 **Abington**
Jefferson Health.

 **Doylestown Health**



2017 October Program Calendar

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

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