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

UPCOMING PROGRAM EVENTS

Celebrating Your Journey: Honoring Our Cancer Survivors
Monday, September 11 • Painting Your Journey
Tuesday, September 12 • Journaling Your Journey
Wednesday, September 13 • A Mindful Path Beyond Your Journey
Thursday, September 14 • Celebrating Your Journey

Partnership with Doylestown Hospital • Call 215-345-2121 to register

Enhancing Connections Program – A Cancer Education Program for Parents
Tuesday, September 12 • 6:30pm • Gilda’s Club
Wednesday, September 13 • 1:00pm • Ridgeland

Rejuvenate – A Holistic Approach to Ovarian Cancer Conference
Friday, September 15 • 9:30am-2pm • See page 6 for details

Colorectal Cancer Summit – The Adriana Halper Memorial Colorectal Conference
Friday, September 22 • 8:30am-12pm • Cancer Treatment Centers of America • RSVP 215-441-3290

Cancer Transitions Post Treatment Series;
A Collaboration between CSC, CTCA and Livestrong
Thursday, September 28 - Thursday, November 2 • Ridgeland

Kid Support – Tuesday, October 3 • Gilda’s Club – Thursday, October 5 • Ridgeland

Annual Fall Fest Celebration – Sunday, October 8 • 4-6pm • Gilda’s Club

Frankly Speaking on Your Immune System and Cancer Treatment with Dr. Anthony Olszanski, MD RPh from Fox Chase Cancer Center
Thursday, October 12 • 6:30-8pm • Gilda’s Club

For more information about each event call Gilda’s Club at 215-441-3290; Ridgeland at 215-879-7733 or check out the website www.cancersupportphiladelphia.org

UPCOMING FUNDRAISING EVENTS

Pints in the Park – Thursday, September 7 • 6-9pm • Ridgeland

Run Over Cancer 5K – 8th Annual 5K Run and Walk in Memory of Alex and Arleen Boyes
Saturday, September 9 • Tyler State Park

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

Chipotle Fundraiser – Tuesday, October 17 • 4-8pm • Chipotle Street Road, Warminster

For more information and to register for events please call Kathy at Gilda’s Club, 215-441-3290 or check out the website www.cancersupportphiladelphia.org

Check out page 4 for more information about The Children and Teens Program
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<tr>
<td>Closed</td>
<td>Jammin’ with Joy 12-1pm Zumba Gold: Chair 1-1:45pm RePose Yoga at Focus Fitness* 1:30-2:45pm</td>
<td>Tai Ji and Qigong 9:30-11am Family and Friends Support Group 11am-12:30pm Multi-Level Yoga 5:30-7pm Bereavement Support Group 6-7:30pm</td>
<td>Making Connections While Navigating Cancer 11:30am-1pm Knitting Circle 12-1:30pm Yoga 1:30-2:30pm</td>
<td>Weekend Wellness: Mindfulness Meditation Workshop facilitated by Maria Fanelli, mindfulness educator 12-2pm</td>
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<td>Labor Day</td>
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<td>Mindful Meditation 10-11am Relax with Qigong 12:30-1:30pm Colorectal Cancer Meeting 1:30-3:30pm</td>
<td>Walk and Talk 11am-1pm RePose Yoga at Focus Fitness* 1:30-2:45pm</td>
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<td>Writing About Your Cancer Experience facilitated by Janet Falon, award winning writer and writing teacher 10-11:30am New! Gynecological Cancer Networking Group 11:30am-1pm Relax with Qigong 12:30-1:30pm</td>
<td>Ridgeland Art Collective: Canvas Painting Class 11am-1pm Zumba Gold: Chair 1-1:45pm RePose Yoga at Focus Fitness* 1:30-2:45pm</td>
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<td>Men’s Club Breakfast 10am-12pm</td>
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<td>Mindful Meditation 10-11am Relax with Qigong 12:30-1:30pm</td>
<td>Line Dancing with Leslie 11am-1pm Living Well with Metastatic Breast Cancer 11am-1pm RePose Yoga at Focus Fitness* 1:30-2:45pm</td>
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<td>Autumnal Equinox</td>
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Please call 215-879-7733 to register for all activities. If you no longer can attend, kindly call us to cancel. Our address is 4100 Chamounix Drive, Philadelphia, PA 19131. *Focus Fitness is located at 1111 East Lancaster Avenue, Bryn Mawr, PA 19010 and can be reached by calling 610-525-5515. All NIA classes offered by CSCGP are generously supported by the Bob Brockman NIA Fund.
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<td>Labor Day</td>
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<td>NIA Holistic Dance</td>
<td>September is Cancer Awareness Month for Gynecologic, Prostate, Childhood, Thyroid and Leukemia and Lymphoma!</td>
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**Monday**
- Tai Ji and Qigong 10-11am
- Beat Cancer with your Fork presented by BeatCancer.org 11am-12:30pm

**Tuesday**
- Pilates 9:30-10:30am
- Open Art Therapy Studio 10am-12pm
- Tai Ji and Qigong 10-11am
- Mindful Meditation 10-11am
- Mental Fitness Activities with Leigh 11am-12pm

**Wednesday**
- Chair Yoga 9:30-10:30am
- Reiki Share 10:30-11:30am
- Book Club Movie and Discussion: The Zookeeper's Wife 12-2pm
- Yoga 6:30-7:45pm
- Living with Loss Support Group - Spouse/Partner 6:30-8pm
- Living with Loss Networking Group 6:30-8pm

**Thursday**
- NIA Holistic Dance sponsored by The Bob Brockman NIA Fund 10-11am
- Crafts with Ellen: Leaf Magic 11am-12:30pm
- Living with Cancer Support Group and Lunch 1-2:30pm
- Open Art Therapy Studio 6-8pm
- Mindful Meditation 7-8pm

**Saturday**
- The Marshall Saturday Men's Breakfast presented by The Tom McDermitt Fund 8-10am

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.
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<th>Tuesday</th>
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<tr>
<td>School Survival Strategies 6:30-8pm</td>
<td>Hang Out 6:30-8pm</td>
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<td>Enhancing Connections 6:30-8pm</td>
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<td>Homework Help with Joseph 6:30-8pm</td>
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<td>Ridgeland Mindfulness 6:30-8pm</td>
<td>Ridgeland Enhancing Connections 1-2:30pm</td>
<td>Ridgeland Family Zumba Night 6:30pm-8pm</td>
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<td>East West Karate 6:45-7:30pm</td>
<td>Teen Expressions 6:30-8pm</td>
<td>Hang Out 6:30-8pm</td>
<td>Sunday Living with Loss of a Child 11am-1pm</td>
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<td>Ridgeland School Survival Strategies 6:30pm-8pm</td>
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<td>Ridgeland Bring a Friend to Hang Out Night 6:30-8pm</td>
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<td>Enhancing Connections 6:30-8pm</td>
<td>Youth Activities Committee 6:30-8pm</td>
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<td>Ridgeland Family Group 6:30pm-8pm</td>
<td>Ridgeland Enhancing Connections 1-2:30pm</td>
<td>Ridgeland Mosaic Art 6:30pm-8pm</td>
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Programs in BLACK are held at Gilda’s Club in Warminster. Programs in RED are held at Ridgeland in Philadelphia.

To request information or to register please contact:
At Gilda’s Club – Christina at 215-441-3290 • christina@cancersupportphiladelphia.org
At Ridgeland – Liz at 215-879-7733 • liz@cancersupportphiladelphia.org.

Please register 48 hours before program begins.

Rosh Hashanah Begins at Sundown
Children and Teens Program

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.

Kid, Teen and Parent Support Groups at Warminster and Ridgeland
Kid Support (4-11), Teen Support (12-16) and Parent Group are peer support groups for kids and their parents/guardians who have cancer in their life. It offers an opportunity to talk together, to learn together and to support each other. Sessions start first week of October. Registration is now open!

School Survival Strategies
Gilda’s Club • Tuesday, September 5 • 6:30-8pm
Ridgeland • Tuesday, September 19 • 6:30-8pm
Middle School and High School teens, come out and learn strategies for organization and study tips to improve your grades. Let’s shoot for Honor Roll!

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.

Gilda’s Club in Warminster
Homework Help with Joseph
Thursdays, September 14 and 28 • 6:30-8pm
Joseph is available to assist with basic arithmetic, algebra, calculus, trig, statistics, geometry, and physics. Please bring your questions. Registration required.

East West Karate
Tuesday, September 19 • 6:45-7:30pm
Join 2nd Degree Black Belt Laura Zeo from East West Karate in Warminster for a special Bully Busting seminar on Tuesday, September 19 at 6:30. Kids will learn effective verbal response scripts to deflect bullies, neutralize high-tension scenarios as well as a few common self-defense techniques!

Teen Expressions
Wednesday, September 20 • 6:30-8pm
Teens have an opportunity to creatively express themselves through various art media. Each month a different project is introduced. This is open to all teens.

Youth Activities Committee
Wednesday, September 27 • 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.

Ridgeland in Philadelphia
Mindfulness • Tuesday, September 12 • 6:30-8pm
Need to refocus after summer vacation? Come learn skills specifically for kids to focus, manage stress, regulate emotions, and help increase positivity.

Family Zumba
Thursday, September 14 • 6:30pm-8pm
Come out as a family to participate in Zumba! This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination, all while having fun!

September is Cancer Awareness Month for Gynecologic, Prostate, Childhood, Thyroid and Leukemia and Lymphoma!
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

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

MONDAYS
September 4 – Closed

September 11 – 10-11am Chair Yoga Online
11am-12:30pm Living with Cancer Support Group
12:30-2pm Writing Workshop for Health and Healing

September 18 – 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

September 25 – 10-11am Chair Yoga
11am-12:30pm Living with Cancer Side Effects Networking Group
1-2pm Friends and Family 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.

MONDAY
September 11 – 6:30-8:30pm Painting Your Journey – A Survivorship Event with Doylestown Hospital

TUESDAYS
September 5 – 12-1pm Mindfulness Meditation
2-4pm Beading – Open Studio with Beading Materials

September 12 – 11am-12:30pm Living with Cancer Support Group
2-4pm Journaling Your Journey – A Survivorship Event with Doylestown Hospital
5-6pm All Levels Yoga
7-8:30pm Breast Cancer Support Group

September 19 – 12-1pm Mindfulness Meditation
2-4pm Creating A Blog
5-6pm All Levels Yoga
7-8:30pm My Spouse Has Cancer Support Group

September 26 – 11am-12:30pm Living with Cancer Networking Group
12:30-2pm Brain Cancer Networking Group
2-4pm Collage Painting Lesson
5-6pm All Levels Yoga
7-8:30pm Newly Diagnosed Breast Cancer Group

WEDNESDAYS
September 13 – 6:30-8:30pm A Mindful Path Beyond Your Journey – A Survivorship Event with Doylestown Hospital

THURSDAYS
September 7 – 11am-12:30pm Colorectal Cancer Support Group
11am-1pm Mindful Art Therapy: Safe Place 2D Art
1-2pm Mindfulness Meditation

September 14 – 11am-12:30pm Pancreatic Cancer Networking Group
11am-1pm Mindful Art Therapy: Safe Place 2D Art
6:30-8:30pm Celebrating Your Journey – A Survivorship Event with Doylestown Hospital

September 21 – 11am-1pm Mindful Art Therapy: Gratitude Bracelet
11am-12:30 Blood Cancer Support Group
12:30-1pm Guided Meditation/Imagery
1-2pm Reiki Share

September 28 – 11am-1pm Mindful Art Therapy: Inkblot Watercolor
11am-12:30pm Gynecological Cancer Networking Group – Awareness Month Recognition

Open Tuesdays, 10am-9pm and Thursdays, 10am-2pm.
Gilda’s Club (Warminster)

Effective Management of Pain and Orthopedic Conditions with Assaf Zoor, DPT Willow Grove Hatboro Physical Therapy
Tuesday, September 19 • 11am-12:30pm
Pain Education Research has made tremendous progress in the science of pain. The more you understand pain, the less it will affect you. What is your pain keeping you from? Join us to learn more about pain and pain management.
Assaf Zoor, DPT, graduated from Temple University with a B.S. in Kinesiology and later graduated from Temple University (TU) with a Doctor of Physical Therapy in 2015. Assaf began his journey to obtain his doctorate in physical therapy because he wants to help, inspire, motivate and educate others about health and wellness.

Breast Cancer Networking Group: Aromatherapy Workshop
Tuesday, September 20 • 6:30-8pm
Susan B. Kristinaik, DHA, MSN, RN, AHN-BC, NEA-BC, Associate Director for Penn Medicine Palliative Care will share the power of using essential oils for your health and wellness. We will also discuss ways to use aromatherapy for daily care.

Mindful Art Therapy
Tuesdays • 1-3pm • Gilda’s Club
Thursdays • 1-3pm • Doylestown Hospital
Join us for a guided relaxation activity followed by an art therapy directive aimed at promoting creative expression, self-awareness, personal growth, and/or self-care. A new art therapy activity will be offered each week at Gilda’s Club and Doylestown Hospital Satellite site. No prior art experience necessary. Art materials will be provided. Group ends with the opportunity to show and discuss your art (sharing is voluntary). Projects include Safe Place 2D Art, Self-Care Collage, Gratitude Bracelet and Inkblot Watercolor.

Open Art Studio
Tuesdays • 10am-12pm
Thursdays • 6-8pm
Experience the benefits of creating while relaxing music is played in the background. There is no “planned” art therapy activity for this group. Create what you prefer and choose from a variety of art materials that will be provided. No prior art experience necessary. Group ends with the opportunity to show and discuss your art (sharing is voluntary).

The Suzanne Morgan Center at Ridgeland (Philadelphia)

Weekend Wellness: Mindfulness Meditation Workshop
facilitated by Maria Fanelli, mindfulness educator
Saturday, September 9 • 12-2pm
This workshop 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. RSVP is required.

New! NIA: Holistic Dance Fitness
sponsored by the Bob Brockman NIA Fund
Thursday, September 14 and Thursday, September 28 • 10-11am
CSCGP welcomes NIA back to our Ridgeland location! As a holistic approach to dance fitness, NIA is a tool for accessing the universal human need to move. Through using a blend of dance, martial-arts, and mind-body practices, you will be invited to explore enlightenment, sustain energy, and most of all, experience deeply the sensations of movement to increase the pleasure and joy. This highly adaptable practice is done to soulful world music which will take you on a beautiful journey within your home for life: your body.

Writing About Your Cancer Experience
facilitated by Janet Falon, award winning writer and writing teacher
Monday, September 18 • 10-11:30am
Writing about a challenging experience like dealing with cancer is healing. In this class, we’ll write about the feelings and experiences of cancer, telling our truths in a supportive and accepting atmosphere. We’ll also cover some of the to-do’s of good writing, although no writing experience or expertise is needed to participate. Come write about what you know, with the possible goal of sharing our writing with other cancer-related individuals and groups. Open to patients, survivors, family, caregivers, and anyone touched by cancer. RSVP is required.

New! Gynecological Cancer Networking Group
Monday, September 18 • 11:30am-1pm
Are you interested in meeting other women who have been diagnosed with ovarian, cervical, uterine, endometrial, or any other gynecological cancer? Anyone who is living with a gynecological cancer diagnosis is welcome to join this monthly meeting to share experiences, information, and resources while also gaining the support of others whose lives have been impacted by this diagnosis. Family members and friends who identify as caregivers are also welcome to attend this meeting. RSVP is required.
Providing FREE Cancer Support for All People Affected by Cancer.

**Locations**

Ridgeland in Philadelphia
215-879-7733

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