

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

We provide FREE services for all people with cancer and their loved ones. Learn more by attending an Orientation meeting, check the calendar for dates and times. These informal sessions will introduce you to our program of hope and support and are a requirement before participating in support groups.

Locations

The Suzanne Morgan Center
@ Ridgeland (Philadelphia)
215-879-7733

Gilda's Club (Warminster)
215-441-3290

Abington Jefferson Health
215-481-4642

Doylestown Hospital
215-345-2022

Alliance Cancer Specialist @
The Cancer Institute of
Doylestown Hospital

Alliance Cancer Specialist @
Grand View Outpatient Center
215-453-3300

Alliance Cancer Specialist @
Crozer Chester Medical Center
610-876-5166

Dear CSCGP Members & Volunteers,

In June 2018, The Clinical Oncology Society of Australia (COSA) issued formal guidelines recommending exercise as part of an oncology treatment plan. COSA standard recommends that individuals avoid inactivity, be as physically active as they are able and to meet the following goals each week:

1. At least 150 minutes of moderate-intensity or 75 minutes of vigorous intensity aerobic exercise (ex. Walking, running, swimming)
2. Two-three resistance exercise sessions targeting major muscle groups (ex. Lifting weights, yoga) Source: <https://www.health.harvard.edu/blog/exercise-as-part-of-cancer-treatment-2018061314035>

Let us help you move! On any given week, CSCGP offers 15 free exercise classes!!! Try a class today!

Class spotlight: Yoga Therapy for Cancer with Michelle Stortz , C-IAYT, RYT500, MFA – Wednesdays 5:30-7:00pm @ The Suzanne Morgan Center at Ridgeland

Did you know that it's easier to meditate after movement or exercise? This class explores a variety of movement styles, then harnesses the mind into the stillness of meditation. Movement modalities range from yoga/chair yoga, Qi Gong, non-impact dance, and somatic explorations. Meditations encompass concentration practices, loving kindness and visualization. All levels welcome. No experience necessary

Class spotlight: Pilates with Sheila Kelly – Tuesdays 9:30-10:30am @ Gilda's Club & Tuesdays 6:00-7:00pm @ Doylestown Hospital

Did you know that the physiological benefits from Pilate movements improve muscular strength and endurance, posture, increase range of motion and provide an overall better ability to perform activities of daily living? All levels welcome. No experience necessary.

"After surgery and treatment, I could barely lift my arm, with Pilates and Sheila's guidance, I've regained full range of motion." -Breast Cancer Survivor

Check out the calendar for the full list of classes. Don't see the right class for you? Let us know, maybe we can help.



Kid Support, Teen Support and Parent Group Begins October 1st

Kid Support (4-11), Teen Support (12-16) and Parent Group are 10 week curriculum-based peer focused support groups for kids, teens and their parents/guardians who have cancer in their life. Offering an opportunity to talk together, to learn together and to support each other. In addition to being educational and supportive, we also encourage family communication through games and art. Each time we meet, we have a different topic related to cancer. Kids are grouped according to age.



Follow Us @ CSCPhilly On Social Media
Check in @Gildas200 & @Ridgeland4100 When Visiting


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

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 • *Movement Rx is located at 333 E Lancaster Avenue, Suite 4, Wynnewood, PA 19096. The class is a suggested \$5 donation, which is not affiliated with the Cancer Support Community of Greater Philadelphia. The studio can be reached at **610-896-1575**.

Monday	Tuesday	Wednesday	Thursday	Saturday
	Pilates 9:30-10:30am Tea Time 10:30-11am Mindfulness Series 1-2:30pm Neuropathy Networking Group 6:30-8pm 1	Chair Yoga 9:30-10:30am Reiki Share 10:30-11:30am Beaded Jewelry Making 1-3pm Yoga 6:30-7:45pm 2	NIA Presented by the Bob Brockman NIA Fund 10-11am Living with Cancer Support Group 1-2:30pm Flavors of Fall 4-5:30pm New Member Orientation 6-7pm 3	5
Tai chi 10-11am Crochet and Knitting Circle 11:30am-1pm Seasons of Change 1-2pm New Member Orientation 2-3pm 7	Pilates 9:30-10:30am Tea Time 10:30-11am Mindfulness Series 1-2:30pm Living After Cancer Support Group 1-3pm Ovarian Cancer Networking Group 6:30-8pm 8	Laughing About Life with Dr. Yvonne Kaye 11am-12:30pm Mahjong 1-3pm Yoga 6:30-7:45pm Living with Loss Networking Group 6:30-8:00pm 9	Qigong 10-11am Healing with Color Meditation 11am-12pm Living with Cancer Support Group 1-2:30pm Flavors of Fall 4-5:30pm 10	12
CLOSED 14	Pilates 9:30-10:30am Tea Time 10:30-11am Mindfulness Series 1-2:30pm New Member Orientation 3-4pm Blood Cancer Networking Group sponsored by the Leukemia & Lymphoma Society 6:30-8pm 15	Chair Yoga 9:30-10:30am Reiki Share 10:30-11:30am Wool Applique Club 10:30am-12:30pm Breast Cancer Networking Group: Guided Imagery w/ Dr. Franco 6:30-8pm 16	NIA Presented by the Bob Brockman NIA Fund 10-11am Arleen Boyes Quilting Circle 11am-3pm Living with Cancer Support Group 1-2:30pm Flavors of Fall 4-5:30pm Volunteer Training 6-7:30pm Reiki Share 6-8pm 17	The Marshall Saturday Men's Breakfast Sponsored by the Tom McDermitt Fund 8-10am 19
Tai chi 10-11am Meditation with Melissa 11am-12pm Fall Fabric Wreaths 11am-1pm Seasons of Change 1-2pm 21	Pilates 9:30-10:30am Tea Time 10:30-11:00am Mindfulness Series 1-2:30pm Living After Cancer Support Group 1-3pm Friends and Family Networking Group 6:30-8pm 22	New Member Orientation 11am-12pm Mahjong 1-3pm Yoga 6:30-7:45pm 23	Laughing About Life with Dr. Yvonne Kaye 11am-12:30pm Brain Games with Leigh 12:30-1:30pm Living with Cancer Support Group 1-2:30pm English Paper Piecing 1-4pm 24	26
Tai chi 10-11am Seasons of Change 1-2pm 28	Pilates 9:30-10:30am Tea Time 10:30-11:00am Mindfulness Series 1-2:30pm Increasing Engagement with CSCGP 3-4pm 29	Journaling & Beyond: Writing for Health & Happiness 10-11:30am NCCN Webinar: Metastatic Breast Cancer 1-3pm New Member Orientation 6:30-7:30pm 30	Living with Cancer Support Group 1-2:30pm 31	Thinking of Joining CSCGP? We provide FREE services for all people with cancer and their loved ones. Learn more by attending an Orientation Meeting. Check out the calendar for dates and times. These informal sessions will introduce you to our program of hope and support and are a requirement before participating in support groups.

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
Kid Support Teen Support Parent Support 6:30-8:00pm 1	Hang Out 6:30-8:00pm 2	Math Help With Joseph 6:30-8:00pm 3
Kid Support Teen Support Parent Support 6:30-8:00pm 8	Youth Activities Program 6:00-8:00pm 9	Math Help With Joseph 6:30-8:00pm 10
Kid Support Teen Support Parent Support 6:30-8:00pm 15	Living with Loss 6:30-8:00pm 16	Math Help With Joseph 6:30-8:00pm 17
Kid Support Teen Support Parent Support 6:30-8:00pm 22	Youth Activities Program 6:00-8:00pm 23	Math Help With Joseph 6:30-8:00pm Friday Halloween Party 6:00-8:00pm 24
Kid Support Teen Support Parent Support 6:30-8:00pm 29	Hang Out 6:30-8:00pm 30	 31

Hangout • 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 hrs advance registration is required.

Math Help with Joseph

Most Thursdays 6:30-8:00pm Or by appointment

Need help with math? Joseph can help with basic arithmetic to trig. Registration closes noon day of event. Contact Christina if you prefer an appointment.

Youth Activities Program

Wednesday, October 9th & 23rd 6:30-8:00pm

This is an opportunity to give back to our program. Help prepare for upcoming activities, events and parties. Great for teens needing service hours.

Halloween Party • Friday, October 25th 6:00pm - 8:00pm

Kids, teens and parents join us for our HUGE Halloween Party. Our theme is Hotel Transylvania. Come dressed in your favorite character or as a human! We will serve dinner and lots of snacks. Games, activities and an Escape Room too! After the party, those who are brave can stay a little longer for a walk through the house to hear some of our ghost stories! Members if you are looking for a fun way to give back, join our planning committee!

Living with Loss for Families

A bereavement group for those who have lost someone to cancer. We use games, art and activities to facilitate our discussions. A separate group for parents/guardians coincides. This group is for 5 - 16 yr olds. Typically this group meets 2nd Wednesday of each month, but the first group is on a special night Wednesday, October 16th.

To request information or to register please contact:

At Gilda's Club – **Christina at 215-441-3290 • christina@cancersupportphiladelphia.org**

At Ridgeland – **Chinwe at 215-879-7733 • chinwe@cancersupportphiladelphia.org**

Please register 48 hours in advance unless otherwise indicated.

Satellite Locations

Abington Jefferson Health

Asplundh Cancer Pavilion • 215-481-4642

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

Located on the 1st floor next to Image Recovery.

MONDAYS

October 7 – 10-10:50am **Chair Yoga**

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

1 -2pm **Colorectal Cancer Networking Meeting**

October 14 – 10-10:50am **Chair Yoga**

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

1-2pm **Bell rung, now what? Post Cancer Discussion**

October 21 – 10-10:50am **Chair Yoga**

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

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

October 28 – 10-10:50am **Chair Yoga**

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

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

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

Looking Ahead

Straight Talk about Cancer & Living with Loss School Groups

These groups take place in middle and high schools during the school day. If you would like to find out if we are in your child's school or for information about bringing these groups to your school, please contact us.

Sign up Today

Breakfast with Santa

**Saturday, December 7th 10:00am - 12:00pm
at Ann's Choice**

Registration closes Tuesday, November 12th.

To register, contact Christina christina@cancersupportphiladelphia.org With child(ren)'s name, age and 3 gift ideas. Also include adults attending (please limit). Our wonderful neighbors at Ann's Choice will be hosting us once again this year. We will have photos with Santa taken by Brenda of Bren Photography, Entertainment by Tamanend Middle School Gold' n 'Blues and the amazing Dave Soldano of Sounds of Freedom DJ's. Breakfast will be provided by Ann's Choice premier culinary team. We will also have crafts, games, and a great time to dance with friends.

Doylestown Hospital • 215-345-2022

Open Tuesdays & Thursdays

595 West State Street • Doylestown, PA 18901

Located on the hospital's first level near the main entrance.

Join us behind the Red Door located on the corridor
off the Main Lobby; second door on the right

TUESDAYS

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

2-4pm **Painting Workshop**

5-6pm **All Levels Yoga**

6-7pm **Pilates with Sheila**

7-8:30pm **Bereavement Support Group**

7-9pm **Reiki/Meditation**

October 8 – 11-12:30pm **Living with Cancer Support Group**

2-4pm **Painting Workshop**

5-6pm **All Levels Yoga**

6-7pm **Pilates with Sheila**

7-9pm **Breast Cancer Support Group- Pink Party – Bring
an Appetizer to Share, Prizes and Giveaways**

October 15 – 12-1pm **Mindfulness Meditation**

2-4pm **Painting Workshop**

5-6pm **All Levels Yoga**

6-7pm **Pilates with Sheila**

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

7-8:30pm **Prostate Cancer Support Group - Conference
Room I**

October 22 – 11-12:30pm **Living with Cancer Support
Group**

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

5-6pm **All Levels Yoga**

6-7pm **Pilates with Sheila**

7-8:30pm **Young Adult (17-29) Support Group**

October 29 – 12-1 pm **Mindfulness Meditation**

2-4pm **Art Workshop**

5-6pm **All Levels Yoga**

6-7pm **Pilates with Sheila**

7-9pm **Fall Evening Painting Workshop**

THURSDAYS

October 3 – 11am-12:30pm **Colorectal Cancer Support
Group**

12:30-1:30pm **Mindfulness Meditation**

October 10 – NEW 11am-1:30pm **Painting Workshop**

October 17 – 11am-12:30pm **Blood Cancer Support
Group**

12:30-1:30pm **Mindfulness Meditation**

October 24 – NEW 11am-1:30pm **Painting Workshop**

October 31 – 11am-1pm **Halloween Painting Workshop**

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)

Seasons of Change

Mondays, 7th, 21st, and 28th • 1-2pm

Seasons of Change is a program that will run four times for three to four weeks throughout the year in Fall, Winter, Spring and Summer. We will be exploring cancer from the perspective of each season and the changes that may occur within this time period. For this season of Fall we will be doing activities such as crafts and mindfulness exercises to prepare ourselves for the change to come.

Mindfulness Series

Tuesdays 1-2:30pm

Join our visiting OT interns from the University of the Sciences, as each week they host a mindfulness activity. From coloring and meditation, to crafts and walks, come get in touch with your mind, body, and spirit. See how a mindfulness practice can help ease the struggles of your everyday life, and bring peace and comfort. Please make sure to register so we have enough supplies, and we recommend you try and come each week to get the full benefit!

Healing with Color Meditation

Thursday, October 10th • 11am-12pm

This month Stacey will lead you through a powerful group meditation to help you release negativity so you can envision yourself living your healthiest, most joyful life possible! Holographic Memory Resolution® is a client centered, mind-body-energy-color therapy that facilitates access to past memories to help resolve the painful emotions associated with them. HMR® helps clients resolve the distortions in the cells and fields of their body caused by past trauma through two integrative techniques, emotional reframing and color immersion, subsequently boosting immune system functioning. This technique is profoundly empowering for those who wish to tap into their own inner healing abilities.

Breast Cancer Networking Group: Guided Imagery with Dr. Miriam Franco,

Wednesday, October 16th • 6:30-8pm

Dr. Franco, the Host of Imagine That, is a psychologist and Guided Imagery specialist. She will share and demonstrate how powerful our imaginative processes can be in helping us let go of stress, prepare for challenging life events and improve daily coping. Attendees will learn introductory relaxation techniques that when combined with sensory images evoke rapid shifts in perception, mood and behavior and can be practiced easily at work, before sleep or during transitions in the day.



The Suzanne Morgan Center at Ridgeland (Philadelphia)

Frankly Speaking about Cancer: What do I Tell the Kids Thursday, October 3, 2019 • 6:00 – 7:30 p.m.

This workshop focuses on having difficult conversations about cancer diagnosis and treatment. People impacted by cancer and their loved ones are invited to join us as we learn what kids know about cancer at different ages, how to talk about cancer, tips for answering common questions, ways to help your child, and additional resources.

Is a Vegan or Vegetarian Diet Right for Me?

Thursday, October 10, 2019 • 6:00 – 7:30 p.m.

Many people with active or a history of cancer look at their diet as part of how they care for their health. So many people want to know what the right foods are and wonder if going vegan or vegetarian is right for them. Join Zach Breeding, Advanced Clinical Dietitian at the Cancer Treatment Centers of America Philadelphia, for a discussion on vegan and vegetarian diets and cancer. We will explore: 1) The foods that are/aren't consumed on vegan and vegetarian eating plans; 2) How to maintain overall nutritional health (calories, vitamins, minerals, etc.) when cutting out animal-based foods; and 3) If going vegan or vegetarian can reduce cancer risk, prevent a recurrence, and/or help someone become cancer free. There will be food samples to share.

Cooking with Chef Monica: Simply Healthy Nutrition

Tuesday, October 15, 2019 • 11:00 – 1:00 p.m.

Join us as Chef Monica helps you to integrate healthy nutrition into your life in simple ways for wellbeing both during and after treatment. There will be samples of the food to share, and you will leave with the recipes from the program.

Pink Ribbon Culture Discussion

Tuesday, October 22, 2019 • 1:00 – 2:30 p.m.

What is the "pink ribbon culture" and how does it contribute to our understanding of breast cancer? How does it impact our expectations about breast cancer and how to navigate treatment? Join us for this facilitated discussion session where we will look at the different aspects of the "pink ribbon culture" and its effects.

Frankly Speaking about Metastatic Breast Cancer Lecture

Tuesday, October 22, 2019 • 6:00 – 7:30 p.m.

This workshop offers information on the latest treatments for metastatic breast cancer. In addition to learning about treatment options and side effect management, patients and their loved ones will also learn about ways to cope with the social and emotional challenges of this diagnosis. This lecture is being presented by Dr. Christina Clay, MD, oncologist with Alliance Cancer Specialists. Dinner will be provided.

Save the Date

Fall Special Fundraising Events

Help your pup become the 2020 Dog Walk Marshal!

Saturday, October 5 • 9am-12pm

You (and your canine best friend) can make a difference! Help your pup raise funds to support our free programs... so that no one faces cancer alone. Ask friends, neighbors, and colleagues to support you and your dog's efforts. You can create your own (or your dog's own) Facebook fundraiser. Just click on Fundraisers on the left side panel under explore on your Facebook page, then fill out the form selecting Cancer Support Community Greater Philadelphia as the non-profit. You can also collect cash and checks and turn in at one of our 7 locations. The top dog wins a great prize, receives free entry to the 2020 Paws 4 Life Dog Walk and will be next year's Dog Walk Marshal!

21st Annual Gala - Unmasking Cancer

Thursday, October 10th • 6:30pm

The Lucy @ 231 S. Broad Street, Philadelphia

6:30 PM Cocktails

7:30 PM Dinner

For more information and tickets visit

<https://cancersupportphiladelphia.org/gala/>

Raise a Glass for Cancer Support

Cheers to 26 Years

Thursday, November 21, 2019

The Event Center at Cornerstone

46 N Sugan Rd, New Hope, PA

6:30 PM

For more information and tickets visit

<https://cancersupportphiladelphia.org/raiseaglass/>

Before you make decisions about treatment
ASK ABOUT YOUR OPTIONS



A SERVICE of the CANCER
SUPPORT COMMUNITY



Facing a cancer treatment decision?
We can help.

The Cancer Support Community and its network of affiliates have offered support, education and hope to people impacted by cancer for nearly 30 years. Now, *Open to Options™*, helps you identify important questions about your treatment options based upon your personal needs.

Call (215)879-7733 or (215)441-3290 to schedule an appointment



Did you know?

Many people need to travel for medical reasons, and too often the cost of temporary accommodations can be a major barrier to accessing life-saving treatment or critical respite during recovery.

Having free, short-term housing can help ease a patient's financial concerns, while giving them the hope and energy they need to overcome illness.

The Airbnb community will provide free housing for cancer patients and caregivers who meet certain geographic and income criteria. Please share the toll-free number dedicated to this service with your friends and families. 1-877-793-0498 Looking to give back? Join the Airbnb's Open Homes community. Hosts can provide a free and welcoming space for people to heal. To learn more about how to be a host: <https://airbnbopenhomes.pxf.io/csc-greater-philadelphia1>

#AirbnbAffiliate



We included an affiliate link to sign up for Airbnb Open Homes. If you use the link to sign up, we may earn a commission.





**CANCER SUPPORT
COMMUNITY**
GREATER PHILADELPHIA

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for All People Affected
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Address Service Request

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Abington
Jefferson Health.



Doylestown Health



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