

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

Cancer Treatment Centers of
America
267-603-1908

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 2019, there was over 13,000 visits to all CSCGP sites. That's 3,000 more visits than 2018!! Thank you for allowing us to tag along on your cancer journey and for sharing CSCGP mission with others. Here are just a few important accomplishments from last year.

- 13,332 total visits
- 311 New Members joined last year
- 2,048 programs

-45% healthy lifestyle activities, i.e. yoga, meditation, reiki, Pilates, etc

-28% professionally facilitated clinical support/networking groups

-7% educational events

-20% social opportunities, so that no one faces cancer alone

- Provided 95 free counseling sessions
- Connected with approximately 2,300 people through community events, hospital outreach & speaking engagements.

In 2020, CSCGP plans to continue expanding the current program offerings and provide emotional support to many more families impacted by cancer. To help achieve those goals, we are excited to announce the opening of a new satellite site at Cancer Treatment Centers of America. This partnership will allow both organizations to provide resources to even more individuals and families impacted by cancer. CSCGP @ CTCA will be open on Tuesdays & Thursdays starting in March, is accessible by public transportation and provides free parking. To learn more about upcoming support groups, educational opportunities and wellness activities or how to volunteer please check out page 5 or email Courtney@cancersupportphiladelphia.org.

****Monthly Calendars are available at www.cancersupportphiladelphia.org and via weekly emails.** Email info@cancersupportphiladelphia.org to update your current email address to ensure accurate electronic calendar delivery. Those **without** email access should call Janet Ruben @ 215-879-7733 in order to continue receiving a mailed copy each month.



| Monday | Tuesday | Wednesday | Thursday | Saturday |
|---|---|--|---|--|
| <p>Writing About Your Cancer Experience 10-11:30am</p> <p>Qigong 1-2:30pm</p> <p style="text-align: right;">2</p> | <p>New Member Orientation 10:30-11:30am</p> <p>Survivor Story Box Series 11:30am-1pm</p> <p>Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p style="text-align: right;">3</p> | <p>Tai Chi & Qigong 9:30-11am</p> <p>Workout Wednesday 1-2pm</p> <p>Yoga Therapy for Cancer 5:30-7pm</p> <p>Bereavement Support Group Series 6-7:30pm</p> <p style="text-align: right;">4</p> | <p>Making Connections While Navigating Treatment Support Group 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Restorative Yoga 1:30-2:30pm</p> <p>Someone I Love: Helping Children Navigate a Loved One's Diagnosis 6-7:30pm</p> <p style="text-align: right;">5</p> | 7 |
| <p>Bereavement Group Series 11am-12:30pm</p> <p>Qigong 1-2:30pm</p> <p>New Member Orientation 1:30-2:30pm</p> <p style="text-align: right;">9</p> | <p>New Member Orientation 10:30-11:30am</p> <p>Survivor Story Box Series 11:30am-1pm</p> <p>Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p style="text-align: right;">10</p> | <p>Tai Chi & Qigong 9:30-11am</p> <p>Caregiver Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>Yoga Therapy for Cancer 5:30-7pm</p> <p>Bereavement Support Group Series 6-7:30pm</p> <p style="text-align: right;">11</p> | <p>Making Connections While Navigating Treatment Support Group 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Restorative Yoga 1:30-2:30pm</p> <p>Someone I Love: Helping Children Navigate a Loved One's Diagnosis 6-7:30pm</p> <p style="text-align: right;">12</p> | 14 |
| <p>Bereavement Group Series 11am-12:30pm</p> <p>Qigong 1-2:30pm</p> <p style="text-align: right;">16</p> | <p>New Member Orientation 10:30-11:30am</p> <p>Living Well with Metastatic Cancer Networking Group 11am-12:30pm</p> <p>Reaching Beyond: OT Healthy Living Series 1:30-2:30pm</p> <p>Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p style="text-align: right;">17</p> | <p>Tai Chi & Qigong 9:30-11am</p> <p>Workout Wednesday 1-2pm</p> <p>Reiki Share 2-3:30pm</p> <p>Yoga Therapy for Cancer 5:30-7pm</p> <p>Bereavement Support Group Series 6-7:30pm</p> <p style="text-align: right;">18</p> | <p>Making Connections While Navigating Treatment Support Group 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Restorative Yoga 1:30-2:30pm</p> <p>Someone I Love: Helping Children Navigate a Loved One's Diagnosis 6-7:30pm</p> <p style="text-align: right;">19</p> | <p>Men's Group & Breakfast 10am-12pm</p> <p>Ridgeland Resource Fair 11am-1pm</p> <p style="text-align: right;">21</p> |
| <p>Bereavement Group Series 11am-12:30pm</p> <p>Qigong 1-2:30pm</p> <p style="text-align: right;">23</p> | <p>New Member Orientation 10:30-11:30am</p> <p>Reaching Beyond: OT Healthy Living Series 1:30-2:30pm</p> <p>Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p style="text-align: right;">24</p> | <p>Tai Chi & Qigong 9:30-11am</p> <p>Caregiver Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>Yoga Therapy for Cancer 5:30-7pm</p> <p style="text-align: right;">25</p> | <p>Making Connections While Navigating Treatment Support Group 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Restorative Yoga 1:30-2:30pm</p> <p>Someone I Love: Helping Children Navigate a Loved One's Diagnosis 6-7:30pm</p> <p style="text-align: right;">26</p> | 28 |
| <p>Bereavement Group Series 11am-12:30pm</p> <p>Qigong 1-2:30pm</p> <p style="text-align: right;">30</p> | <p>New Member Orientation 10:30-11:30am</p> <p>Pysanky Egg Decorating 11am-1pm</p> <p>Reaching Beyond: OT Healthy Living Series 1:30-2:30pm</p> <p>Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p style="text-align: right;">31</p> | <p>March is Colorectal Cancer Awareness Month</p> | | |

| Monday | Tuesday | Wednesday | Thursday | Saturday |
|--|--|--|--|--|
| Tai chi 10-11am 2 | Pilates 9:30-10:30am Tea Time 10:30-11am Crafts with Ellen 1-3pm New Member Orientation 1-2pm Pancreatic Cancer Networking Group 6:30-8pm 3 | Qigong 9:30-10:30am Reiki Share 10:30-11:30am Breast Cancer Networking Group 11am-12:30pm Beaded Jewelry Making 1-3pm Cancer in the Kitchen 1-3pm Yoga 6:30-7:45pm 4 | NIA Presented by the Bob Brockman NIA Fund 10-11am Spring Watercolors 6-7:30pm The Adriana Halper Colorectal Cancer Lecture w/ Dr. Robert Akbari 6-8pm 5 | 7 |
| Tai chi 10-11am 9 | Pilates 9:30-10:30am Tea Time 10:30-11am New Member Orientation 11am-12pm Living After Cancer Support Group 1-3pm Ovarian Cancer Networking Group 6:30-8pm 10 | Breast Cancer Networking Group 11am-12:30pm Laughing About Life with Dr. Yvonne Kaye 11am-12:30pm Cancer in the Kitchen 1-3pm Mahjong 1-3pm Yoga 6:30-7:45pm Living with Loss Support Group 6:30-8pm 11 | New Member Orientation 10-11am Healthier Shamrock Shakes 6-7pm 12 | 14 |
| Tai chi 10-11am Meditation with Melissa 11am-12pm Health Matters with Leigh 1-12pm 16 | Pilates 9:30-10:30am Tea Time 10:30-11am New Member Orientation 1-2pm Reaching Beyond: OT Series 1-2pm Blood Cancer Networking Group sponsored by the Leukemia & Lymphoma Society 6:30-8pm 17 | Qigong 9:30-10:30am Reiki Share 10:30-11:30am Wool Applique Club 10:30-12:30pm Breast Cancer Networking Group 11am-12:30pm Resource Fair 11am-1pm Cancer in the Kitchen 1-3pm Yoga 6:30-7:45pm Living with Loss Support Group 6:30-8pm 18 | NIA Presented by the Bob Brockman NIA Fund 10-11am Exploring Housing Options over Lunch with Dave Marcolla, PA/NJ Licensed Realtor 11:30am-12:30pm Arleen Boyes Quilting Circle 11am-3pm New Member Orientation 6-7pm 19 | The Marshall Saturday Men's Breakfast Sponsored by the Tom McDermitt Fund 8-10am 21 |
| Tai chi 10-11am 23 | Pilates 9:30-10:30am Tea Time 10:30-11am Pysanky Egg Decorating 11am-1pm Reaching Beyond: OT Series 1-2pm Living After Cancer Support Group 1-3pm Friends and Family Networking Group 6:30-8pm 24 | Journaling & Beyond: Writing for Health & Happiness 10-11:30am Breast Cancer Networking Group 11am-12:30pm Cancer in the Kitchen 1-3pm Mahjong 1-3pm Yoga 6:30-7:45pm Living with Loss Support Group 6:30-8pm 25 | Laughing About Life with Dr. Yvonne Kaye 11am-12:30pm English Paper Piecing 1-4pm Volunteer Training 6-7:30pm 26 | 28 |
| Tai chi 10-11am 30 | Pilates 9:30-10:30am Tea Time 10:30-11am New Member Orientation 1-2pm Reaching Beyond: OT Series 1-2pm Book Club: The Testaments 6:30-7:30pm 31 | <p>Join us. CSCGP provides 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.</p> | | |

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 Group 6:30-8:00pm 3 | Hang Out 6:30-8:00pm 4 | Hang Out & Math Help with Joseph 6:30 - 8:00pm 5 |
| Kid Support Teen Support Parent Group 6:30-8:00pm 10 | Living with Loss 6:30-8:00pm 11 | Hang Out & Math Help with Joseph 6:30 - 8:00pm 12 |
| Kid Support Teen Support Parent Group 6:30-8:00pm 17 | Open Art Studio 6:30-8:00pm 18 | Hang Out & Math Help with Joseph 6:30 - 8:00pm 19 |
| Kid Support Teen Support Parent Group 6:30-8:00pm 24 | Youth Activities Committee 6:30-8:00pm 25 | Hang Out & Math Help with Joseph 6:30 - 8:00pm 26 |
| Kid Support Teen Support Parent Group 6:30-8:00pm 31 | | |

**Kid Support, Teen Support, Parent Group
Each Tuesday 6:30-8pm**

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.

**Living with Loss for Families
Wednesday, March 11th 6:30-8:00pm**

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 meets 2nd Wednesday of each month.

**Youth Activities Program
Wednesday, March 25th 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.

**Hang Out
Various Nights 6:30-8:00pm**

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.

Ben Strauss Youth Contest

Look on our website for information about:

- Essay contests for middle and high school students
- Scholarship to CSCGP High School members
- Scholarships for college age CSCGP members

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

March 2 – 10-10:50am Chair Yoga

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

1-2pm Colorectal Cancer Networking Meeting

March 9 – 10-10:50am Chair Yoga

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

1-2:30pm Writing for Health & Wellness

March 16 – 10-10:50am Chair Yoga

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

1-2pm Prostate Cancer Networking Group

March 23 – 10-10:50am Chair Yoga

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

1-2pm Guided Imagery for Relaxation & Self-Care Discussion

March 30 – 10-10:50am Chair Yoga

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

1-2pm Bell Rung, Now What? Post Cancer Discussion

Cancer Support Community Greater Philadelphia @ Cancer Treatment Centers of America • 267-603-1908

Open Tuesdays & Thursdays

1331 E. Wyoming Ave • Philadelphia, PA 19124

Accessible by bus & free off street parking available

TUESDAYS

March 3 – 10:30-11am Morning Mindfulness

11am-12:30pm Writing for Health & Wellness

1-2pm NIA Presented by the Bob Brockman NIA Fund

2-3pm Support & Snacks

March 10 – 10:30-11am Morning Mindfulness

11am-12pm Lymphedema Networking Group

1-2pm NIA Presented by the Bob Brockman NIA Fund

2-3pm Support & Snacks

March 17 – 10:30-11am Morning Mindfulness

11am-12pm Healthier Shamrock Shakes

1-2pm NIA Presented by the Bob Brockman NIA Fund

2-3pm Caregivers Connect Group

March 24 – 10:30-11am Morning Mindfulness

11am-12pm Lymphedema Networking Group

1-2pm Guided Imagery for Relaxation

2-3pm Caregivers Connect Group

March 31 – 10:30-11am Morning Mindfulness

11am-12pm "How to be a good friend to someone with Cancer"

1-2pm Guided Imagery for Relaxation

2-3pm Caregivers Connect Group

THURSDAYS

March 5 – 10:30-11am Morning Mindfulness

11-12pm Support & Snacks

March 12 – 10:30-11am Morning Mindfulness

11-12pm Living with Cancer Support Group

12-1:30pm The Invisible Wall: Communication Between Patients and Their Families

March 19 – 10:30-11am Morning Mindfulness

11-12pm Living with Cancer Support Group

March 26 – 10:30-11am Morning Mindfulness

11-12pm Living with Cancer Support Group

12-1:30pm Q&A with the Dietitians: Food and Stress

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

March 3 – 12-1pm Mindfulness Meditation

2-4pm Painting Workshop

5-6pm All Levels Yoga

7-8:30pm Bereavement Support Group

7-9pm Reiki/Meditation

March 10 – 11am-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

March 17 – 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

March 24 – 11am-12:30pm Brain Cancer Networking Group

2-4pm Painting Workshop

5-6pm All Levels Yoga

6-7pm Pilates with Sheila

7-8:30pm Young Adult Cancer Support Group

March 31 – 2-4pm Painting Workshop

5-6pm All Levels Yoga

6-7pm Pilates

7-9pm Evening Painting Workshop

THURSDAYS

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

12:30-1:30pm Mindfulness Meditation

March 12 – 11am-1pm Painting Workshop

March 19 – 11am-12:30pm Blood Cancer Support Group

12:30-1:30pm Mindfulness Meditation

March 26 – 11am-1pm Painting Workshop

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

For more information or to register for an event at Abington or CTCA email Courtney@cancersupportphiladelphia.org



Gilda's Club (Warminster)

The Adriana Halper Colorectal Cancer Lecture Thursday March 5th, 6-8pm

Dr. Robert Akbari, Board Certified Colorectal surgeon, from the Doylestown Health system, will be speaking on the advances in colorectal surgery, as well as post-operative care & recovery. Come learn with other survivors, caregivers, and friends. Dinner will be provided by the Adriana Halper Fund. Please RSVP by March 3rd.

Resource Fair

Wednesday March 18th, 11am-1pm

Come see what amazing resources our community has to offer from complementary therapies to home care. Ask questions, get information, and expand your support network. We will be offering light refreshments, so stop in and check it out! Whether you have a cancer diagnosis yourself, or are supporting someone through theirs, this event is for you!

Exploring Housing Options with Dave Marcolla, PA/NJ Licensed Realtor

Thursday March 19th, 11:30-12:30pm

A house is likely the biggest investment you may ever make. It requires solid advice and smart decisions. Sometimes life's twists and turns cause us to need to sell our house, downsize, relocate or even borrow against the equity in our house. If these, or other real estate related topics like investing in real estate, are on your mind... join us for a casual question and answer session with our resident real estate expert and Board Member, Dave Marcolla over lunch. Please rsvp by Tuesday March 17th

Pysanky Egg Decorating,

Tuesday March 24th, 11am-1pm

Just in time for spring! Come join Chrystyna from Manor College's Ukrainian Heritage Studies Center & Museum as she shows us how to do the traditional art of Pysanka egg decorating. All ages are welcome, and no prior knowledge of the pysanka practice is needed.



The Suzanne Morgan Center at Ridgeland (Philadelphia)

Reaching Beyond: OT Healthy Living Series Tuesday, March 17 – Tuesday March 31, 1:30 – 2:30 pm

A continuation of the series from February, this one hour class is designed to show the importance of being active and reaching beyond your current potential. Using a holistic approach, occupational therapy students from the University of the Sciences will provide a different activity each week.

Activities will include movement through dance and exercise, exploring your creativity through crafts and writing, and embracing healthy life style choices (such as sleep hygiene and healthy cooking). This series will run from January 28 through March 31 (no class March 3 or March 10). We encourage you to sign up for as many of these sessions as possible to get the full range of benefits from the program, but you can pick and choose as well.

Ridgeland Resource Fair

Saturday, March 21, 11am – 1pm

Come join us for a Resource Fair at Ridgeland in the Ridgeland Barn on Saturday, March 21 from 11:00 a.m. - 1:00 p.m. (alternate date Saturday, April 18). This event looks to highlight organizations or events in our local community that provide additional support and resources which our members often need, but may be challenged to find. We are also inviting several of our organizational and educational research affiliates who have partnered with us in the past to recruit for enrollment in research studies, focus groups, or surveys. Our hope is to directly connect our members to important resources outside of our organization. Light snacks and beverages will be provided.

Pysanky Egg Decorating

Tuesday, March 31, 11am – 1pm

Just in time for spring! Come join Chrystyna from Manor College's Ukrainian Heritage Studies Center & Museum as she shows us how to do the traditional art of Pysanka egg decorating. All ages are welcome, and no prior knowledge of the pysanka practice is needed.

ALLIANCE CANCER SPECIALISTS

CSCGP is happy to be a part of Alliance Cancer Specialists at their Doylestown, Crozer-Chester, and Sellersville locations. This partnership allows us to provide resources to even more individuals and families impacted by cancer in the Greater Philadelphia area. By being an asset to Alliance staff, we are able to better connect those living with cancer to the financial, emotional, and educational support they may need. We are available to assist with financial assistance for treatment and medication, transportation needs, emotional support, and any other areas individuals may need assistance in, and are on site at each location one day a week. Please reach out to aly@cancersupportphiladelphia.org or stephanie@cancersupportphiladelphia.org to learn more!

2020 Fundraiser Save The Dates

Mission Possible – April 26, 2020

In Fashion – May 6, 2020

Swing for Cancer Support @ Philadelphia Cricket Club – August 17, 2020

Pints in the Park – September TBD

PAWS 4 Life Walk – October 3, 2020

Gala – October 8, 2020

Raise a Glass – November 19, 2020

For more information regarding any fundraising events or to volunteer please contact Kathy @ 215-441-3290 or email at kathy@cancersupportphiladelphia.org

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.

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*TM, 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





CANCER SUPPORT COMMUNITY

GREATER PHILADELPHIA

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

Address Service Request

2020 March Program Calendar

 **Abington
Jefferson Health**



Comprehensive Cancer Care Network

 **Doylestown Health**



An Affiliate of the
CANCER SUPPORT COMMUNITY




**CANCER SUPPORT
COMMUNITY**
GREATER PHILADELPHIA

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for All People Affected
by Cancer.**

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