



## Digital Program Calendar

### Monday March 30, 2020

- Qigong - \*\* FACEBOOK LIVE\*\*** **Time 10:30 AM**  
Join us on Facebook Live for this class at <https://www.facebook.com/cscphilly/>. Qigong means "Energy work, or "movement". The rhythmic movements combined with deep breathing help to bring a sense of peace and grounding.
- Living With Cancer Support Group \*ZOOM\*** **Time 11:00 AM**  
To attend Living with Cancer Support Group, you must currently attend this group at Asplundh Cancer Pavilion. Please contact Courtney for access to join. [Courtney@cancersupportphiladelphia.org](mailto:Courtney@cancersupportphiladelphia.org).
- Meditation with Melissa \*ZOOM\*** **Time 12:00 PM**  
Mind-Body Wellness programs seek to support our members who want to practice and be mindful of their health in a supportive, group environment. All levels and meditation experiences welcome! Email [info@cancersupportphiladelphia.com](mailto:info@cancersupportphiladelphia.com) for instructions on how to join.
- Bell rung, now what? Post Cancer Discussion \*ZOOM\*** **Time 1:00 PM**  
Now what? The fear of recurrence and question of what to do after cancer is real. Let's discuss the transition from patient to survivor and strategies for healing emotionally and physically. This session is open to anyone who has completed cancer treatment, or traveled the journey with a loved one and looking to share support. If you are interested are attending this **online group** please register below and email [info@cancersupportphiladelphia.org](mailto:info@cancersupportphiladelphia.org). Someone will follow up with a consent form, group procedures and instructions on how to join the meeting.
- Living With Cancer Networking Group \*ZOOM\*** **Time 2:30 PM**  
This group will be held online and open to current members that have completed new member paperwork and are currently living with a cancer diagnosis in their household. Caregivers and family members are welcome. If you are interested are attending this **online group** please email [info@cancersupportphiladelphia.org](mailto:info@cancersupportphiladelphia.org). Someone will follow up with a consent form, group procedures and instructions on how to join the meeting.
- Teens ONLY! Networking Group \*ZOOM\*** **Time 3:45 PM**  
This group is for our CSCGP teens only!! Please be sure you have a private quiet space to talk. We will meet via zoom. Contact [christina@cancersupportphiladelphia.org](mailto:christina@cancersupportphiladelphia.org) for zoom link.

### Tuesday March 31, 2020

- Chair Pilates & Stretching \*\*FACEBOOK LIVE\*\*** **Time 10:30 AM**  
Join us on FACEBOOK LIVE at <https://www.facebook.com/cscphilly/>. This class will integrate gentle stretching and strengthening movements based on traditional Pilate's exercises. Instead of a mat, all movement will take place seated in a chair or using the chair for support.
- New Member Orientation \*ZOOM\*** **Time 1:00 PM**  
Looking to join CSCGP? We will be hosting weekly Zoom calls for those wanting to get support through our community. If you are interested are attending this **online group** please email [info@cancersupportphiladelphia.org](mailto:info@cancersupportphiladelphia.org). Someone will follow up with a new member paperwork, consent form, group procedures and instructions on how to join the meeting.
- Children & Teen Program – Show & Tell \*ZOOM\*** **Time 3:00 PM**  
Camera is open to the kids to share what's new, art work, toys, etc. Email [Christina@cancersupportphiladelphia.org](mailto:Christina@cancersupportphiladelphia.org) for link to group.
- Children & Teen Program - Parent's Only Group \*ZOOM\*** **Time 7:45 PM**  
Parents Only! Open to all CTP parents/guardians. Check in with each other, share ideas to entertain the kids, share how your family is dealing with cancer, dealing with isolation, lack of outside help, etc. Email [Christina@cancersupportphiladelphia.org](mailto:Christina@cancersupportphiladelphia.org) for link to group.

### Wednesday April 1, 2020

- Workout Wednesday \*\*ON FACEBOOK LIVE! \*\*** **Time 1:00 PM**  
Join us on FACEBOOK LIVE on the CSCGP Facebook page at <https://www.facebook.com/cscphilly/>. Workout Wednesday, taught by Avante Bailey, is a modified cross-training experience that includes obstacles, boxing pad-work, resistance bands, combat ropes and plenty of other surprises!
- Children & Teen Program Quizzo \*ZOOM\*** **Time 3:00 PM**  
Looking for something fun to do? Join in on our Quizzo game. Spend some time with your friends from CSCGP. Don't forget to have paper and pencil ready! Email [Christina@cancersupportphiladelphia.org](mailto:Christina@cancersupportphiladelphia.org) for link to the group.
- Bereavement Support Group Series \*ZOOM\*** **Time 5:00 PM**  
This group will be held virtually and Stephanie will reach out to registered members with instructions on how to attend.
- Yoga Therapy for Cancer \*\*ON FACEBOOK LIVE\*\*** **Time 5:30 PM**  
Join us on FACEBOOK LIVE at <https://www.facebook.com/cscphilly/>. 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.
- Living with Loss Networking Group \*ZOOM\*** **Time 7:00 PM**  
Beth will contact registered members with instructions on how to attend.

### Thursday April 2, 2020

- Cancer in the Kitchen \*Facebook Live\*** **Time 10:30 AM**  
Join our graduate social work intern Chris on Facebook Live a live cooking demo.
- Making Connections While Navigating Treatment Support Group \*ZOOM\*** **Time 11:30 AM**  
Please email Morgan at [morgan@cancersupportphiladelphia.org](mailto:morgan@cancersupportphiladelphia.org) for instructions on how to attend.
- Restorative Yoga \*\*ON FACEBOOK LIVE\*\*** **Time 1:30 PM**  
Join us on FACEBOOK LIVE on the CSCGP Facebook page at <https://www.facebook.com/cscphilly/>. Restorative yoga is a gentler practice of yoga that promotes a relaxing experience to settle the mind and body.
- Living With Cancer Networking Group \*ZOOM\*** **Time 2:00 PM**  
\*see description above\*
- Children & Teen Program - Bingo \*ZOOM\*** **Time 3:00 PM**  
Make your own Bingo board or use one you have at home. Be brave and use a couple boards at a time. If you are making them, be sure to make plenty. Don't forget your dabbers or chips to cover your spot!! Email [Christina@cancersupportphiladelphia.org](mailto:Christina@cancersupportphiladelphia.org) for link to group. Instructions on how to make a Bingo board Make a 5x6 table. Top row spell out BINGO. Add free space in the center square. Choose numbers according to the following: B 1-15 | 16-30 N 31 - 45 G 46-60 O 61-75