



## Digital Program Calendar

### Monday April 6, 2020

#### Qigong - \*\* FACEBOOK LIVE\*\*

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.

Time 10:30AM

#### Living With Cancer Support Group \*ZOOM\*

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).

Time 11:00AM

#### Colorectal Cancer Networking Meeting \*ZOOM\*

Cancer Networking Groups allow members to meet others with similar diagnoses and experiences. These groups offer a chance to share stories, connect with others and obtain resources specific to their cancer diagnoses and experiences. Anyone impacted by colorectal cancer is welcome to attend. Please email [info@cancersupportphiladelphia.org](mailto:info@cancersupportphiladelphia.org) to gain access to the online meeting.

Time 1:00PM

#### Living With Cancer Networking Group \*ZOOM\*

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.

Time 2:30PM

#### Teens ONLY! Networking Group \*ZOOM\*

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.

Time 3:45PM

### Tuesday April 7, 2020

#### Coffee and Conversation \*ZOOM\*

Make yourself a cup of coffee (or tea!) and join us for a social hour of good company and good conversation. [Register Here\\*](#)

Time 9:00AM

#### Chair Pilates & Stretching \*\*FACEBOOK LIVE\*\*

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.

Time 10:30AM

#### New Member Orientation \*ZOOM\*

Looking to join CSCGP? We will be hosting weekly Zoom calls for those wanting to get support through our community. Looking to join CSCGP? We will be hosting weekly Zoom calls for those wanting to get support through our community. In order to attend, please register for the orientation via Zoom and complete a new member form\* linked below (\*required). [Click to register](#); [Click to fill out the New Member Form](#); [Click to fill out the Children and Teen Program New Member Form](#)

Time 1:00PM

#### Children & Teen Program – Show & Tell \*ZOOM\*

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.

Time 3:00PM Camera

#### Kidney Cancer Networking Group \*ZOOM\*

Join us for a new networking group for those dealing with a diagnosis of kidney cancer. [Click here to register](#).

Time: 6:00PM

#### Children & Teen Program - Parent's Only Group \*ZOOM\*

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.

Time 7:45PM

### Wednesday April 8, 2020

#### Laughing About Life with Dr. Yvonne Kaye \*ZOOM

Join Dr. Yvonne Kaye, as she finds the humor in just about anything and everything! Come dance, sing, laugh, and cry together as we are all impacted by struggles in life. Finding the positive may be hard sometimes, but this group will help you! This group will be held on Zoom, so please email [aly@cancersupportphiladelphia.org](mailto:aly@cancersupportphiladelphia.org) to get instructions on how to join.

Time: 11:00AM

#### Workout Wednesday \*\*ON FACEBOOK LIVE! \*\*

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!

Time 1:00 PM

#### Children & Teen Program Quizzo \*ZOOM\*

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.

Time 3:00 PM

#### Bereavement Support Group Series \*ZOOM\*

This group will be held virtually and Stephanie will reach out to registered members with instructions on how to attend.

Time 5:00 PM

#### Yoga Therapy for Cancer \*ZOOM\*

This class will be held virtually on Zoom. Please email [info@cancersupportphiladelphia.org](mailto:info@cancersupportphiladelphia.org) to register and a staff member will send you the Zoom login details. 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.

Time 5:30 PM

#### Living with Loss Networking Group \*ZOOM\*

Beth will contact registered members with instructions on how to attend.

Time 7:00 PM

### Thursday April 2, 2020

#### Making Connections While Navigating Treatment Support Group \*ZOOM\*

Please email Morgan at [morgan@cancersupportphiladelphia.org](mailto:morgan@cancersupportphiladelphia.org) for instructions on how to attend.

Time 11:30 AM

#### Restorative Yoga \*\*ON FACEBOOK LIVE\*\*

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.

Time 1:30 PM

#### Children & Teen Program – Living with Loss \*ZOOM\*

Our Living with Loss Parents group will meet. Christina will be in contact with our attending families about this group. Email [Christina@cancersupportphiladelphia.org](mailto:Christina@cancersupportphiladelphia.org) for link to group.

Time 6:30 PM