Monday May 4, 2020

Qigong - **FACEBOOK LIVE**
Join us on Facebook Live for this class. 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*
Open to anyone actively living with a cancer diagnosis. To attend Living with Cancer Support Group, you must join as a member and have a pre-attendance conversation with a CSCGP staff member.

Colorectal Cancer Networking Group *ZOOM*
Colorectal Cancer Networking Group allows 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.

Living With Cancer Networking Group *ZOOM*
Open to anyone (caregivers too!) actively living with a cancer diagnosis within their household. To attend Living with Cancer Support Group, you must join as a member and have a pre-attendance conversation with a CSCGP staff member.

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.

Chair Pilates & Stretching **FACEBOOK LIVE**
Join us on FACEBOOK LIVE. 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*
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).

Writing for Health & Wellness *ZOOM*
In this writing class, incorporating techniques from journaling and expressive writing, you will have the opportunity to write and share your words with other people who understand the demands of a cancer experience. This is NOT about becoming a great writer; it’s about using writing as a way to deal with and heal from your own cancer experience, and doing that with other people who will really “get” what you’re writing and saying. No writing experience or expertise is necessary.

Workout Wednesday **ON FACEBOOK LIVE!**
Join us on FACEBOOK LIVE, Workout Wednesday, taught by Avantie Bailey, is a modified cross-training experience that includes obstacles, boxing pad-work, resistance bands, combat ropes and plenty of other surprises!

Bereavement Support Group Series *ZOOM*
This group will meet virtually and Stephanie will reach out to registered members with instructions on how to attend.

Yoga Therapy for Cancer *ZOOM*
This class will be held virtually on Zoom. Please email 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.

Living With Loss Networking Group *ZOOM*
Open to anyone who has lost a loved one as a result of a cancer diagnosis. To attend, you must join as a member and have a pre-attendance conversation with a CSCGP staff member.

Thursday May 7, 2020

Making Connections While Navigating Treatment Support Group *ZOOM*
Open to anyone actively living with a cancer diagnosis. To attend Living with Cancer Support Group, you must join as a member and have a pre-attendance conversation with a CSCGP staff member.

Restorative Yoga **ON FACEBOOK LIVE**
Join us on FACEBOOK LIVE, Restorative yoga is a gentler practice of yoga that promotes a relaxing experience to settle the mind and body.

COVID Anxiety Workshop *ZOOM*
Come join us as we chat about the challenges and struggles of this pandemic, while brainstorming ways to create a schedule, distract yourself, and stay active connected.

Children & Teen Program – Family Dinner & Games *ZOOM*
Catch up with friends while eating dinner. Zoom will be available at 6pm so folks can openly chat together while eating dinner. At 6:30pm games will begin. Each family member will need paper and a writing implement!

Lymphedema Self-Care Q&A with Gina Smith, PT, CLT *ZOOM*
Lymphedema can be difficult to diagnose, but it is considered to be a common side effect of cancer, and has the ability to impact the arms, legs, face/neck/head, chest, breast and genitals. Once diagnosed with Lymphedema, patients’ first course of action is typically a conservative treatment strategy with a certified lymphedema therapist. Interventions to reduce or manage swelling depend greatly on the stage of lymphedema, but treatment options include manual lymph drainage, exercise, compression garments and/or pumps.

Friday May 8, 2020

Children & Teen Program Lunch Bunch *ZOOM*
Bring your lunch to our zoom group. We will virtually dine together and catch up. Then, we will do a bunch of things!! We will do an activity and a game. All ages welcome.