



Digital Program Calendar

Visit CSCGP
[EVENTS CALENDAR](#)
To register
Questions? Email
info@cancersupportphiladelphia.org
FB Live links will be live 5mins prior to
class start time

Monday June 1, 2020

Morning Mindfulness *ZOOM*

Calling all early birds! Start your day in a positive way by joining Morning Mindfulness! Through a brief mindfulness activity and reflection, you will be encouraged to experience the present moment and carry peace into the day.

Time: 8:30 AM

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.

Time 10:30AM

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.

Time 11:00AM

Colorectal Cancer Networking Group *ZOOM*

Colorectal 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.

Time: 1:00 PM

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

Time 2:30PM

Tuesday June 2, 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

Pilates with Sheila *ZOOM*

Mind-Body Wellness programs seek to support our members who want to practice and be mindful of their health in a supportive, group environment. Our programs are taught by professionals or volunteers who want to help members who wish to work on a healthy lifestyle at their own pace. All instructors will tailor exercises to the needs of the class. Dress comfortably and bring water. Sign in early to ensure sound quality.

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

Caregiver Support Group *ZOOM

Join us for an online support group for individuals caring for a loved one with cancer. This group will be a short-term group, from May 5 - May 26, 2020, and will only be held online. To attend, individuals must have joined as a member of CSCGP and filled out new member paperwork.

Time: 2:30 PM

Children & Teen Program Camp Counselors Planning Session *ZOOM*

Counselors for our Free Virtual Camp this summer get together for planning and training. If you are 13 - college age and are interested in volunteering, please contact christina@cancersupportphiladelphia.org

Time: 4:00 PM

Wednesday June 3, 2020

A Flight of Meditations *ZOOM*

Log on to try out different types of meditations and see which kinds you like best! We'll try mindful meditation, guided meditation, body scans, kindness meditations, and others in this Zoom session focused on being present

Time: 10:00 AM

Workout Wednesday **ON FACEBOOK LIVE! **

[Join us on FACEBOOK LIVE.](#) 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

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.

Time 5:30 PM

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.

Time 7:00 PM

Thursday June 4, 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.

Time 11:30 AM

Restorative Yoga **ON FACEBOOK LIVE**

[Join us on FACEBOOK LIVE.](#) Restorative yoga is a gentle yoga practice that promotes a relaxing experience to settle the mind & body

Time 1:30 PM

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.

Time: 2:00 PM

Children & Teen Program – Family Dinner & Games *ZOOM*

The whole family is welcome to join with our CTP family to play some virtual games together. All you need is paper and a pen for each person playing.

Time: 7:00 PM

Friday June 5, 2020

Children & Teen Program Lunch Bunch *ZOOM*

It's Friday, school is done for the week and for some done for the summer! Let's start the weekend with fun. 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 - kids & teens. Will need a few sheets of paper, pencil and crayons.

Time 12:00 PM