



# Digital Program Calendar

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

## Monday June 29, 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: 8:30AM**

### 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**

### 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 30, 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.

**Time 9:00AM**

### Camp KIDS \*ZOOM\*

Camp Kids is going virtual this summer!! We will have camp on Tuesday & Thursday mornings. More information about camp and sign up is on our website. If you have any questions, please contact [christina@cancersupportphiladelphia.org](mailto:christina@cancersupportphiladelphia.org)

**Time: 10:00AM**

### 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. 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 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**

## Wednesday July 1, 2020

**CLOSED FOR THE JULY 4<sup>TH</sup> HOLIDAY**

## Thursday July 2, 2020

**CLOSED FOR THE JULY 4<sup>TH</sup> HOLIDAY**

### **NEW GROUP & only program today!!! Lymphedema Networking Group \*ZOOM\***

**Time: 1:30 PM**

Lymphedema 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 diagnoses and experiences. Anyone impacted by Lymphedema is welcome to attend.

## Friday July 3, 2020

**CLOSED FOR THE JULY 4<sup>TH</sup> HOLIDAY**

