

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30am Qigong *Facebook LIVE* 11:00am Living With Cancer Support Group 1:00pm Colorectal Cancer Networking Group 2:30pm Breast Cancer Networking Group	4 10:30am Pilates 1:00pm New Member Orientation	5 8:00am Healthcare Professionals Support Group 12:00pm Lunch Bunch 1:00pm Workout Wednesday *Facebook LIVE* 4:00pm Teens Only Networking 5:30pm Yoga Therapy for Cancer 6:00pm NEW! Bereavement Support for Spouses	6 9:30am Yoga Support (Chair) 11:30am Making Connections While Navigating Treatment Support Group 1:30pm Restorative Yoga *Facebook LIVE* 2:00pm Writing for Health & Wellness 6:00pm Panel Discussion: Cancer within the LGBTQ+ Community	7 12:00pm Healthcare Professionals Support Group
10 10:30am Qigong *Facebook LIVE* 11:00am Living With Cancer Support Group 11:00am Meditation with Melissa 2:30pm Breast Cancer Networking Group	11 10:30am Pilates 1:00pm Living after Cancer Support Group 1:00pm New Member Orientation 6:30pm Ovarian Cancer Networking Group	12 11:00am Laughing About Life with Dr. Yvonne Kaye 12:00pm Lunch Bunch 1:00pm Workout Wednesday *Facebook LIVE* 3:00pm School Supply Pick Up 5:30pm Yoga Therapy for Cancer	13 9:30am Yoga Support (Chair) 11:30am Making Connections While Navigating Treatment Support Group 1:30pm Restorative Yoga *Facebook LIVE* 1:30pm Lymphedema Networking Group	14 12:00pm Healthcare Professionals Support Group
17 10:30am Qigong - *Facebook LIVE* 11:00am Living With Cancer Support Group 2:30pm Breast Cancer Networking Group	18 10:30am Pilates 1:00pm New Member Orientation 6:30pm Blood Cancer Networking Group 7:00pm My Spouse Has Cancer Networking Group	19 10:30am Writing for Health & Wellness 12:00pm Lunch Bunch 1:00pm Workout Wednesday *Facebook LIVE* 5:30pm Yoga Therapy for Cancer 6:30pm Family Games	20 9:30am Yoga Support (Chair) 11:30am Making Connections While Navigating Treatment Support Group 1:30pm Restorative Yoga *Facebook LIVE*	21 10:00am Knitting & Crocheting Circle 12:00pm Healthcare Professionals Support Group
24 10:30am Qigong - *Facebook LIVE* 11:00am Living With Cancer Support Group 2:30pm Breast Cancer Networking Group	25 10:30am Pilates 1:00pm Living after Cancer Support Group 1:00pm New Member Orientation 6:30pm Friends & Family Networking Group	26 11:00am Laughing About Life with Dr. Kaye 12:00pm Lunch Bunch 1:00pm Workout Wednesday *Facebook LIVE* 5:30pm Yoga Therapy for Cancer	27 9:30am Yoga Support (Chair) 11:30am Making Connections While Navigating Treatment Support Group 1:30pm Restorative Yoga *Facebook LIVE* 1:30pm Lymphedema Networking Group	28
31 10:30am Qigong - *Facebook LIVE* 11:00am Living With Cancer Support Group 2:30pm Breast Cancer Networking Group		Looking to join CSCGP? We host 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		

All programs require registration and a meeting link unless noted otherwise

FB Live links will be live 5mins prior to class start time



Join Us Online, Because No Matter What, No One Should Face Cancer Alone!

The events surrounding the spread impact of the Coronavirus or COVID-19 have created an unprecedented set of challenges for our community. Cancer Support Community Greater Philadelphia is practicing social distancing, which means we have POSTPONED all onsite programs in order to protect our staff and members; however, we have a plan.

We are utilizing technology and have moved many of our live programs to an ONLINE platform, in a sincere effort to continue to serve our members. We hope this move will help eliminate the increased anxiety associated with the virus.

New and need more information on how to join a support group?

Visit www.cancersupportphiladelphia.org for a direct link to register for New Member Orientation and paperwork. Or email Beth Cribb at info@cancersupportphiladelphia.org

Wellness resources and videos are available via Facebook. Class videos are archived on YouTube for easy reference. Make sure you to follow us on [Facebook](#) and subscribe to our [YouTube Channel](#). Just because you are stuck at home doesn't mean you can't engage in healthy mind/body activities. Come join us ONLINE, because no matter what, no one should face cancer alone!

Individual Program Descriptions

Qigong - ** FACEBOOK LIVE**

Qigong means "Energy work, or "movement". The rhythmic movements combined with deep breathing help to bring a sense of peace and grounding.

Pilates

This class will integrate gentle stretching and strengthening movements based on traditional Pilate's exercises.

Workout Wednesday **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!

Yoga Therapy for Cancer / Restorative Yoga **ON FACEBOOK LIVE**

All levels welcome. This class explores a variety of movement styles, then harnesses the mind into the stillness of meditation. Movement modalities range from yoga/chair yoga, Qi Gong, non-impact dance, and somatic explorations. Meditations encompass concentration practices, lovingkindness and visualization. Restorative yoga is a gentler practice of yoga that promotes a relaxing experience to settle the mind & body

Programs marked with * require you must join as a member & have a pre-attendance conversation with a CSCGP staff member

***Living With Cancer Support Groups / Making Connections While Navigating Treatment Support Group**

Open to anyone actively living with a cancer diagnosis.

***Living With Cancer Networking Groups**

Open to anyone (caregivers too!) actively living with a cancer diagnosis within their household.

***Living with Loss Networking Group**

Open to anyone who has lost a loved one as a result of a cancer diagnosis.

***Friends & Family Networking Group / My Spouse Has Cancer Support Group**

Are you supporting someone with a cancer diagnosis? Needing some support yourself, and want to talk with others who are in similar situations? This group is meant to provide support to the key people who are caregivers, meal providers, or drivers to appointments. Your stresses and concerns are important, and taking time for yourself is key.

***Cancer Specific Networking Groups (Blood / Ovarian / Lymphedema)**

Networking Groups allow our members to meet others with similar diagnoses and experiences. These groups offer the chance to share stories, connect with others and obtain resources specific to their cancer diagnoses and experiences.

Coffee and Conversation

Make yourself a cup of coffee (or tea!) and join us for a social hour of good company and good conversation.

Guided Imagery for Relaxation / Meditation with Melissa / Flight of Meditations

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.

Laughing About Life with Dr. Yvonne Kaye

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!

Knitting & Crocheting Circle

If you are a knitter or crocheter (or both), stop by for an open knitting and crocheting circle. Let's share the love of yarn and talk about our projects, ideas, challenges, successes, and inspiration.

Writing for Health & Wellness

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.

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