

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:30am Pilates 1:00pm New Member Orientation 6:30pm Laughing When Nothing Seems Funny & When It Does	2 1:00pm Workout Wednesday <a href="#">*Facebook LIVE*</a> 5:30pm Yoga Therapy for Cancer 6:00pm Fitness Bingo (CTP) 6:30pm Bereavement Support for Spouses	3 9:30am Yoga Support (Chair) 11:30am Living With Cancer Support Group 1:30pm Restorative Yoga <a href="#">*Facebook LIVE*</a> 2:00pm Writing for Health & Wellness	4
7 <b>Closed Happy Labor Day</b>	8 10:30am Pilates 1:00pm Living after Cancer Support Group 1:00pm New Member Orientation 6:30pm Ovarian Cancer Networking Group 7:00pm Prostate Cancer Networking Group	9 11:00am Laughing When Nothing Seems Funny & When It Does 1:00pm Workout Wednesday <a href="#">*Facebook LIVE*</a> 3:30pm NEW! Bereavement Support for Friends & Family 5:30pm Yoga Therapy for Cancer 6:00pm Family Night (CTP)	10 9:00am <b>CELEBRATION OF HOPE</b> 9:30am Yoga Support (Chair) 11:30am Living With Cancer Support Group 1:30pm Restorative Yoga <a href="#">*Facebook LIVE*</a> 1:30pm Lymphedema Networking Group	11
14 10:30am <b>NEW PLACE! Qigong</b> 11:00am Living With Cancer Support Group 1:00pm Colorectal Cancer Networking Group 2:30pm Breast Cancer Support Group 4:00pm My Parents are Clueless Homework Help (CTP)	15 10:30am Pilates 11:45am Meditation w/Melissa 1:00pm New Member Orientation 4:00pm My Parents are Clueless Homework Help 6:30pm Blood Cancer Networking Group 7:00pm My Spouse Has Cancer Networking Group	16 10:00am <b>NEW TIME &amp; PLACE! Workout Wednesday</b> 10:30am Writing for Health & Wellness 5:30pm Yoga Therapy for Cancer 6:30pm Game Night (CTP)	17 9:00am <b>NEW TIME &amp; PLACE!! Restorative Yoga</b> 10:30am Guided Meditation 11:30am Living with Cancer Support Group 6:30pm <b>Hospice &amp; End of Life Care: Starting the Conversation</b>	18 10:00am Knitting & Crocheting Circle
21 10:30am Qigong 11:00am Living With Cancer Support Group 2:30pm Breast Cancer Support Group 4:00pm My Parents are Clueless Homework Help (CTP)	22 10:30am Pilates 1:00pm Living after Cancer Support Group 1:00pm New Member Orientation 4:00pm My Parents are Clueless Homework Help (CTP) 6:30pm Friends & Family Networking Group	23 10:00am Workout Wednesday 11:00am Laughing When Nothing Seems Funny & When It Does 5:30pm Yoga Therapy for Cancer 6:30pm Family Night: Fall Craft	24 9:00am Restorative Yoga 10:30am Meditation 11:30am Living with Cancer Support Group 1:30pm Lymphedema Networking Group 2:00pm Writing for Health & Wellness	25
28 10:30am Qigong 11:00am Living w/ Cancer Support Group 2:30pm Breast Cancer Support Group 4:00pm My Parents are Clueless Homework Help (CTP) 7:00pm <b>Kid Support Orientation (CTP)</b>	29 10:30am Pilates 1:00pm New Member Orientation 4:00pm My Parents are Clueless Homework Help (CTP)	30 10:00am Workout Wednesday 5:30pm Yoga Therapy for Cancer 7:00pm Straight Talk About Cancer (CTP) 8:00pm <b>Living w/Loss Families Orientation (CTP)</b>	<b>Looking to join CSCGP?</b> 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). <a href="#">Click to register</a> ; <a href="#">Click to fill out the New Member Form</a> ; <a href="#">Click to fill out the Children and Teen Program New Member Form</a>	

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](http://www.cancersupportphiladelphia.org) for a direct link to register for New Member Orientation and paperwork. Or email Beth Cribb at [info@cancersupportphiladelphia.org](mailto: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**

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**

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 / Yoga Support**

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**

Open to anyone actively living with a cancer diagnosis. Please join only one group (Monday OR Thursday)

#### **\*Living with Loss Networking Group/ Bereavement Support Groups**

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 / Breast)**

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.

#### **\*Children & Teen Programs (CTP)**

Groups and activities geared around families with school aged children and dealing with a cancer diagnosis within the home. For more information about Children & Teen Programs, email [Christina@cancersupportphiladelphia.org](mailto:Christina@cancersupportphiladelphia.org)

#### **Guided Meditation / Meditation with Melissa**

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 When Nothing Seems Funny and When It Does 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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