

# Digital Program Calendar

## March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30am Meditation 10:30am Qigong 11:00am Living w/ Cancer Support Group 1:00pm Colorectal Cancer Networking 2:30pm Breast Cancer Support Group 4:00pm Homework Help 6:30pm Living w/ Cancer Support Group	2 9:30am Gentle NIA 10:30am Pilates 1:00pm New Member Orientation 4:00pm My Parents are Clueless Homework Help 5:00pm Bounce Back (CTP) <b>6:30pm NEW!! LGBTQ+ &amp; Cancer Networking Group</b>	3 10:00am Workout Wednesday 2:00pm Mindful Living 4:00pm STAC MS (CTP) 5:30pm Yoga Therapy for Cancer 6:30pm Bereavement Support for Spouses	4 9:00am Yoga 10:30am Guided Meditation 11:15am Living With Cancer Support Group <b>1:30pm World Lymphedema Day</b> 2:00pm Writing for Health & Wellness <b>6:30pm Kitchen Series: Decoding Nutritional Labels</b>	5 1:00pm Mindful Living
8 8:30am Meditation 10:30am Qigong 11:00am Living With Cancer Support Group 2:30pm Breast Cancer Support Group 4:00pm Homework Help 6:30pm Living w/ Cancer Support Group 7:00pm Kidz Konnect with Karen & Kim	9 9:30am Gentle NIA 10:30am Pilates 1:00pm New Member Orientation 1:00pm Living After Cancer Networking 4:00pm Homework Help 5:00pm Bounce Back 6:30pm Ovarian Cancer Networking Group	10 10:00am Workout Wednesday 11:00am Laughing When Nothing Seems Funny & When It Is 4:00pm Living with Loss (Middle School) 5:30pm Yoga Therapy for Cancer	11 9:00am Restorative Yoga 10:30am Guided Meditation 11:15am Living with Cancer Support Group 6:30pm Documentary & Discussion	12
15 8:30am Meditation 10:30am Qigong 11:00am Living With Cancer Support Group 2:30pm Breast Cancer Support Group 4:00pm Homework Help 6:30pm Living w/ Cancer Support Group 7:00pm Parenting Through Cancer (CTP)	16 9:30am Gentle NIA 10:30am Pilates 1:00pm New Member Orientation 4:00pm Homework Help 5:00pm Bounce Back 6:30pm Blood Cancer Networking Group 7:00pm My Spouse Has Cancer Networking	17 10:00am Workout Wednesday <b>1:00pm Color Healing Meditation</b> 4:00pm STAC (Middle School) 5:30pm Yoga Therapy for Cancer	18 9:00am Restorative Yoga 10:30am Guided Meditation 11:15am Living with Cancer Support Group 1:30pm Lymphedema Networking Group (speaker) 6:30pm Young Adult Survivors	19 10:00am Knitting & Crocheting Circle 11:00am Writing for Health & Wellness
22 8:30am Meditation 10:30am Qigong 11:00am Living w/ Cancer Support Group 2:30pm Breast Cancer Support Group 4:00pm Homework Help 6:30pm Living w/ Cancer Support Group	23 9:30am Gentle NIA 10:30am Pilates 1:00pm New Member Orientation 1:00pm Living after Cancer Support Group 4:00pm Homework Help 6:30pm Friends & Family Networking Group	24 10:00am Workout Wednesday 11:00am Laughing When Nothing Seems Funny & When It Is 4:00pm Living with Loss (Middle School) 5:30pm Yoga Therapy for Cancer 7:00pm Living w/ Loss Parent Group (CTP)	25 9:00am Restorative Yoga 10:30am Guided Meditation 11:15am Living with Cancer Support Group 2:00pm Writing for Health & Wellness 6:30pm Documentary & Discussion	26 8:00pm Flashlight Egg Hunt (CTP)
29 8:30am Meditation 10:30am Qigong 11:00am Living w/ Cancer Support Group 2:30pm Breast Cancer Support Group 4:00pm Homework Help 6:30pm Living w/ Cancer Support Group	30 9:30am Gentle NIA 10:30am Pilates 1:00pm New Member Orientation 4:00pm Homework Help	31 10:00am Workout Wednesday <b>1:00pm Living with Uncertainty</b> 4:00pm Teens Only: Games (CTP) 5:30pm Yoga Therapy for Cancer	<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



**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)

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 / Gentle Nia**

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 / Young Adult)**

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**

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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