



*Providing FREE professional programs and emotional support, education and hope for people impacted by cancer, because **community is stronger than cancer.***

Looking to join CSCGP?

We host weekly orientation calls and in-person meetings for those wanting to get support through our community.

In order to attend, please register for the orientation [via Zoom](#) (or call) & complete a new [member form](#).

Locations

The Suzanne Morgan Center @ Ridgeland
215-879-7733

Gilda's Club
215-441-3290

Doylestown Hospital
215-345-2022

Alliance Cancer Specialists @ *The Cancer Institute of Doylestown Hospital*

Alliance Cancer Specialists @ *Grand View Outpatient Center*

Alliance Cancer Specialists @ *Bensalem*

January 2022 Program Calendar

The events surrounding COVID-19 created an unprecedented set of challenges for our community. We did our part and stayed socially distant to protect each other. It is our hope that we can continue to support members online alongside our members who are yearning to be in-person. Unlike March 2020 when we moved online, in-person programs will begin gradually. We strive to find a happy balance between virtual and in-person programs that works for everyone.

Each location (*Virtual, Ridgeland, Gilda's Club & Doylestown Hospital*) have individual calendar pages. Programs that are hybrid are listed *on both* the virtual calendar *and* the physical location.

General Program Descriptions

Support / Networking Groups

Include programs such as; Living with Cancer, Cancer Specific Networking Groups, etc. Attendance within these groups require a pre-conversation with a staff person and attendees to join as a member.

Educational Workshops

CSCGP offers a variety of educational workshops facilitated by experts their field. Keep an eye on the calendar each month for special events.

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.


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

To view the full calendar and register to join, visit our website at www.cancersupportphiladelphia.org OR scan the QR code



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>CSCGP CLOSED <i>Happy New Year!</i></p>	<p>4</p> <p>9:30am Gentle NIA 10:00am Upcoming Treatment Decisions? Open to Options 10:30am Pilates 1:00pm New Member Orientation 4:00pm Family Escape Games (CTP) 6:30pm Living with Cancer Support</p>	<p>5</p> <p>10:00am Cancer Transitions – week 1 1:00pm Art Club 5:30pm Yoga Therapy for Cancer</p>	<p>6</p> <p>9:00am Yoga 10:30am Guided Meditation 11:15am Living With Cancer Support Group 2:00pm Writing for Health & Wellness</p>	<p>7</p> <p>1:45pm Friday Wellness Series: Chair Yoga</p>
<p>10</p> <p>10:00am Reading & Reflection 10:30am Qigong 11:00am Living With Cancer Support 1:00pm Colorectal Cancer Group 1:15pm Lymphedema Networking 2:30pm Breast Cancer Support 4:00pm Tutoring /HW help 5:30pm Feel Good Fitness 7:00pm Teen Summit: Focus Cancer</p>	<p>11</p> <p>9:30am Gentle NIA 10:30am Pilates 11:00am What Does All This Mean? 1:00pm New Member Orientation 1:00pm Living <u>After</u> Cancer Group 6:30pm Ovarian Cancer Group 6:30pm Prostate Cancer Networking 6:30pm Family Games (CTP)</p>	<p>12</p> <p>10:00am Cancer Transitions – week 2 11:00am Laughing When Nothing Seems Funny & When It Is 5:30pm Yoga Therapy for Cancer</p>	<p>13</p> <p>9:00am Yoga 10:30am Guided Meditation 11:15am Living with Cancer Support Group</p>	<p>14</p> <p>1:45pm Friday Wellness Series: Breathe Easy</p>
<p>17</p> <p>CSCGP CLOSED <i>In Observance of MLK</i></p>	<p>18</p> <p>9:30am Gentle NIA 10:30am Pilates 1:00pm New Member Orientation 6:30pm Blood Cancer Group 7:00pm My Spouse Has Cancer Group 7:00pm Teen Summit: Focus on Loss</p>	<p>19</p> <p>10:00am Cancer Transitions – week 3 10:30am Writing for Health & Wellness 1:00pm Art Club 5:30pm Yoga Therapy for Cancer</p>	<p>20</p> <p>9:00am Yoga 10:00am Open to Options 10:30am Guided Meditation 11:15am Living with Cancer Support Group 6:30pm Young Adult Survivors Networking Group</p>	<p>21</p> <p>10:00am Knitting & Crocheting Circle 1:45pm Friday Wellness Series: Chair Yoga</p>
<p>24</p> <p>10:00am Reading & Reflection 10:30am Qigong 11:00am Living With Cancer Support 1:15pm Lymphedema in the Kitchen 2:30pm Breast Cancer Support 4:00pm Tutoring / HW help 5:30pm Feel Good Fitness</p>	<p>25</p> <p>9:30am Gentle NIA 10:30am Pilates 11:30am Meditation for Racing Minds 1:00pm New Member Orientation 1:00pm Living <u>After</u> Cancer Networking Group 6:30pm Friends & Family Networking</p>	<p>26</p> <p>10:00am Cancer Transitions – week 4 11:00am Laughing When Nothing Seems Funny & When It Is 5:30pm Yoga Therapy for Cancer 6:00pm Parenting with a Loss</p>	<p>27</p> <p>9:00am Yoga 10:30am Guided Meditation 11:15am Living with Cancer Support Group</p>	<p>28</p> <p>1:45pm Friday Wellness Series: Yoga for Better Sleep</p>
<p>31</p> <p>10:00am Reading & Reflection 10:30am Qigong 11:00am Living With Cancer Support 1:30pm Self-Care Workshop 2:30pm Breast Cancer Support Group 4:00pm Tutoring / homework help 5:30pm Feel Good Fitness</p>	<p>January 2022 <i>Virtual Program Calendar</i></p>			
				



January 2022

Ridgeland Program Calendar

Monday	Thursday		
CSCGP CLOSED <i>Happy New Year!</i>	3	6	10:30am Guided Meditation
10:30am Qigong with Deanna	10	13	10:30am Guided Meditation
CSCGP CLOSED <i>In Observance of MLK</i>	17	20	10:30am Guided Meditation
10:30am Qigong with Deanna	24	27	10:30am Guided Meditation
10:30am Qigong with Deanna	31	Looking to join CSCGP? We host weekly Zoom calls and in-person meetings for those wanting to get support through our community. In order to attend, please register for the orientation via Zoom (or call 215-879-7733) & 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	

The Suzanne Morgan Center @ Ridgeland Mansion

4100 Chamounix Dr. Philadelphia 19131

215-879-7733

Program assistance is available at this location on Mondays & Thursdays, please call or email Stephanie@cancersupportphiladelphia.org to schedule a visit.

Remember, masks are required onsite. We recognize that many of our members have compromised immune systems and to ensure everyone's safety, masks are required when on premise at all CSCGP locations, regardless of individual vaccination status.



January 2022

Gilda's Club Program Calendar

Monday	Tuesday	Wednesday	Thursday
<p>3</p> <p>CSCGP CLOSED <i>Happy New Year!</i></p>	<p>4</p> <p>1:00pm Gentle Chair/ Floor Yoga</p>	<p>5</p>	<p>6</p>
<p>10</p>	<p>11</p> <p>10:30am Wool Applique Club 1:00pm Gentle Chair/ Floor Yoga</p>	<p>12</p> <p>6:00pm Living with Loss: Children & Teen</p>	<p>13</p>
<p>17</p> <p>CSCGP CLOSED <i>In Observance of MLK</i></p>	<p>18</p> <p>1:00pm Gentle Chair/ Floor Yoga</p>	<p>19</p>	<p>20</p> <p>11:00am Arleen Boyes Quilting Circle</p>
<p>24</p>	<p>25</p> <p>1:00pm Gentle Chair/ Floor Yoga</p>	<p>26</p>	<p>27</p> <p>10:30am Writing for Health & Wellness</p>
<p>31</p>	<p>Looking to join CSCGP? We host weekly Zoom calls and in-person meetings for those wanting to get support through our community. In order to attend, please register for the orientation via Zoom (or call 215-441-3290) & complete a new member form* linked below (*required). Click to register; Click to fill out the New Member Form;</p> <p>Click to fill out the Children and Teen Program New Member Form</p>		

Gilda's Club

200 Kirk Road, Warminster Pa 18974

215-441-3290

Program assistance is available at this location on Mondays, Tuesdays & Thursdays. Please call or email Bethc@cancersupportphiladelphia.org to schedule a visit.

Remember, masks are required onsite. We recognize that many of our members have compromised immune systems and to ensure everyone's safety, masks are required when on premise at all CSCGP locations, regardless of individual vaccination status.



January 2022

Doylestown Hospital Calendar

Tuesday	Wednesday
4	5 10:00am Cancer Transitions – week 1 1:00pm Art Club
11	12 10:00am Cancer Transitions – week 2
18 11:00am Digital Sherpa Training	19 10:00am Cancer Transitions – week 3 1:00pm Art Club
25	26 10:00am Cancer Transitions – week 4
<p>Looking for an <u>in-person</u> Living With Cancer Support Group? Call Aly to express interest and share your availability.</p>	<p>Looking to join CSCGP? We host weekly Zoom calls and in-person meetings for those wanting to get support through our community. In order to attend, please register for the orientation via Zoom (or call 215-345-2022) & complete a new member form* linked below (*required). Click to register; Click to fill out the New Member Form;</p> <p>Click to fill out the Children and Teen Program New Member Form</p>

Doylestown Hospital *Join us behind the Red Door located on the corridor off the Main Lobby; 2nd Door on right*

595 West State Street, Doylestown Pa 18901

215-345-2022

Program assistance is available at this location on Tuesdays & Wednesdays. Please call or email Aly@cancersupportphiladelphia.org to schedule a visit.

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