

*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.

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

St. Mary's Medical Center

Alliance Cancer Specialists @ The Cancer Institute of Doylestown Hospital

Alliance Cancer Specialists @ Grand View Outpatient Center

Alliance Cancer Specialists @ Bensalem

May 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.

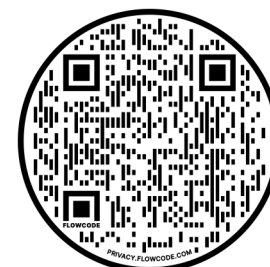
Mind-Body Wellness programs seek to support our members who want to practice and be mindful of their health in a supportive, group environment. Our programs are taught by professionals or volunteers who want to help members who wish to work on a healthy lifestyle at their own pace.


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
2 8:30 AM —Morning Meditation 10:30 AM —Qigong with Deanna 11:00 AM —Living With Cancer Support Group 1:00 PM —Colorectal Cancer Networking Group 2:30 PM —Breast Cancer Support 4:00 PM —Tutoring Program 5:30 PM —Feel Good Fitness	3 9:30 AM —NIA Sponsored by the Bob Brockman Nia Fund 10:30 AM —Pilates with Sheila 1:00 PM —New Member Orientation 6:30 PM —Living with Cancer Support Group 7:30 PM —Breast Cancer Support Group	4 1:00 PM —Art Club 5:30 PM —Yoga Therapy for Cancer	5 9:00 AM —Restorative Yoga with Deanna 10:30 AM —Guided Meditation 10:30 AM —Writing For Health & Wellness 11:15 AM —Living with Cancer Support Group	6
9 8:30 AM —Morning Meditation 10:30 AM —Qigong with Deanna 11:00 AM —Living With Cancer Support Group 1:15 PM —Lymphedema Networking Group 2:30 PM —Breast Cancer Support 4:00 PM —Tutoring Program 5:30 PM —Feel Good Fitness 7:00 PM —Teen Summit: Focus Cancer	10 9:30 AM —NIA Sponsored by the Bob Brockman Nia Fund 10:30 AM —Pilates with Sheila 1:00 PM —Living <u>After</u> Cancer Support Group 1:00 PM —New Member Orientation 6:30 PM —Ovarian Cancer Networking Group 6:30 PM —Prostate Cancer Networking Group	11 11:00 AM —Laughing When Nothing Seems Funny, and When It Is! 5:30 PM —Yoga Therapy for Cancer	12 9:00 AM —Restorative Yoga with Deanna 10:30 AM —Guided Meditation 11:15 AM —Living with Cancer Support Group	13
16 8:30 AM —Morning Meditation 10:30 AM —Qigong with Deanna 11:00 AM —Living With Cancer Support Group 2:30 PM —Breast Cancer Support 4:00 PM —Tutoring Program 5:30 PM —Feel Good Fitness 7:00 PM —Teen Summit: Focus Loss	17 9:30 AM —NIA Sponsored by the Bob Brockman Nia Fund 10:30 AM —Pilates with Sheila 1:00 PM —New Member Orientation 6:30 PM —Blood Cancer Networking Group 7:00 PM —My Spouse has Cancer Support Group	18 10:30 AM —Writing For Health & Wellness 12:00 PM — Ask the Physician 1:00 PM —Art Club 5:30 PM —Yoga Therapy for Cancer	19 9:00 AM —Restorative Yoga with Deanna 10:30 AM —Guided Meditation 11:15 AM —Living with Cancer Support Group 6:00 PM —Bereavement Support Group for Spouses/Partners 6:30 PM —Young Adult Survivors Networking Group	20 10:00 AM — Knitting & Crocheting Circle
23 10:30 AM —Qigong with Deanna 11:00 AM —Living With Cancer Support Group 1:15 PM —Learn About Lymphedema 2:30 PM —Breast Cancer Support 4:00 PM —Tutoring Program 5:30 PM —Feel Good Fitness 7:00 PM —Parenting Through Cancer	24 9:30 AM —NIA 10:30 AM —Pilates with Sheila 1:00 PM —Living After Cancer Support Group 1:00 PM —New Member Orientation 6:30 PM —Friends and Family Networking Group	25 11:00 AM —Laughing When Nothing Seems Funny, and When It Is! 5:30 PM —Yoga Therapy for Cancer 7:00 PM —Parenting with a Loss	26 9:00 AM —Restorative Yoga with Deanna 10:30 AM —Guided Meditation 11:15 AM —Living with Cancer Support Group 6:00 PM —Bereavement Support Group for Spouses/Partners	27
30 CSCGP CLOSED Happy Memorial Day	31 9:30 AM —NIA 10:30 AM —Pilates with Sheila 1:00 PM —New Member Orientation	<div> <div>  <div> <div>CANCER SUPPORT</div> <div>COMMUNITY</div> <div>GREATER PHILADELPHIA</div> </div> </div> </div>		



**CANCER SUPPORT
COMMUNITY**
GREATER PHILADELPHIA

Ridgeland Mansion Program Calendar

Monday	Thursday
2	5
	10:30 AM Guided Meditation
9	12
	10:30 AM Guided Meditation
16	19
10:30 AM Qigong with Deanna	10:30 AM Guided Meditation
23	26
10:30 AM Qigong with Deanna	10:30 AM Guided Meditation
30	
CSCGP Closed Happy Memorial Day	

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.

Doylestown Hospital Program Calendar

Tuesday	Wednesday
3	4
	11:00 AM Drop in Resources 1:00 PM —Art Club
10	11
	11:00 AM Drop in Resources 11:00 AM —Survivorship Art Program
17	18
	11:00 AM Drop in Resources 1:00 PM —Art Club
24	25
11:00 AM Young & Newly Diagnosed Support	11:00 AM Drop in Resources
31	

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.



Gilda's Club May Program Calendar

Monday	Tuesday	Wednesday	Thursday
2	3 10:30 — Wool Applique Club 6:30 PM —Kid Support	4	5
9	10 1:00 PM —Gentle Yoga / Chair Yoga 6:30 PM —Kid Support	11 6:00 PM —Living with Loss Groups: Kids and Teens	12 6:30 PM —Special Equestrians Visit <i>Must email Christina Wise to register</i>
16 2:30 PM —Drop In Resources & Support	17 1:00 PM —Gentle Yoga / Chair Yoga 6:30 PM —Teen Essay Contest Reception	18	19 11:00 AM —Arleen Boyes Quilting Circle
23	24 6:30 PM —Baking with Suzanne— Cookie Night (<i>Children & Teens</i>)	25	26 10:30 AM —Writing For Health & Wellness
30 CSCGP Closed Happy Memorial Day	31 1:00 PM —Gentle Yoga / Chair Yoga 6:30 PM — Family Game Night (<i>Children & Teens</i>)		

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.