

*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 Medical Center  
215-710-4512

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

Alliance Cancer Specialists @ *Grand View Outpatient Center*

Alliance Cancer Specialists @ *Bensalem*

# June 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](mailto:Christina@cancersupportphiladelphia.org)

To view the full calendar and register to join, visit our website at [www.cancersupportphiladelphia.org](http://www.cancersupportphiladelphia.org) OR scan the QR code



| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| <p style="text-align: center;"><b>Virtual Program Calendar</b></p>  <p style="text-align: center;"><b>CANCER SUPPORT<br/>COMMUNITY</b><br/>GREATER PHILADELPHIA</p>   |  | <p><b>1</b></p> <p><b>1:00 PM</b>—Art Club<br/><b>5:30 PM</b>—Yoga Therapy for Cancer</p>   | <p><b>2</b></p> <p><b>9:00 AM</b>—Restorative Yoga with Deanna<br/><b>10:30 AM</b>—Guided Meditation<br/><b>11:15 AM</b>—Living with Cancer Support Group<br/><b>2:00 PM</b>—Writing For Health &amp; Wellness</p>       |  |
| <p><b>6</b></p> <p><b>10:30 AM</b>—Qigong with Deanna<br/><b>11:00 AM</b>—Living With Cancer Support Group<br/><b>1:00 PM</b>—Colorectal Cancer Networking Group <i>Sponsored by The Adriana Halper Fund</i><br/><b>2:30 PM</b>—Breast Cancer Support Group<br/><b>4:00 PM</b>—Tutoring Program<br/><b>5:30 PM</b>—Feel Good Fitness</p> | <p><b>7</b></p> <p><b>9:30 AM</b>—NIA <i>Sponsored by the Bob Brockman Nia Fund</i><br/><b>10:30 AM</b>—Pilates with Sheila<br/><b>1:00 PM</b>—New Member Orientation<br/><b>6:30 PM</b>—Living with Cancer Support Group<br/><b>7:30 PM</b>—Breast Cancer Support Group</p>   | <p><b>8</b></p> <p><b>11:00 AM</b>—Laughing When Nothing Seems Funny, and When It Is!<br/><b>5:30 PM</b>—Yoga Therapy for Cancer</p>  | <p><b>9</b></p> <p><b>9:00 AM</b>—Restorative Yoga with Deanna<br/><b>10:30 AM</b>—Guided Meditation<br/><b>11:15 AM</b>—Living with Cancer Support Group</p>  |  |
| <p><b>13</b></p> <p><b>10:30 AM</b>—Qigong with Deanna<br/><b>11:00 AM</b>—Living With Cancer Support Group<br/><b>1:15 PM</b>—Lymphedema Networking Group<br/><b>2:30 PM</b>—Breast Cancer Support Group<br/><b>5:30 PM</b>—Feel Good Fitness</p>   | <p><b>14</b></p> <p><b>9:30 AM</b>—NIA <i>Sponsored by the Bob Brockman Nia Fund</i><br/><b>10:30 AM</b>—Pilates with Sheila<br/><b>1:00 PM</b>—Living After Cancer Support Group<br/><b>1:00 PM</b>—New Member Orientation<br/><b>6:30 PM</b>—Ovarian Cancer Networking Group<br/><b>6:30 PM</b>—Prostate Cancer Networking Group</p> | <p><b>15</b></p> <p><b>1:00 PM</b>—Art Club<br/><b>5:30 PM</b>—Yoga Therapy for Cancer</p>  | <p><b>16</b></p> <p><b>9:00 AM</b>—Restorative Yoga with Deanna<br/><b>10:30 AM</b>—Guided Meditation<br/><b>11:15 AM</b>—Living with Cancer Support Group<br/><b>6:30 PM</b>—Young Adult Survivors Networking Group</p> | <p><b>17</b></p> <p><b>10:00 AM</b>—Knitting &amp; Crocheting Circle</p> |
| <p><b>20</b></p> <p><b>10:30 AM</b>—Qigong with Deanna<br/><b>11:00 AM</b>—Living With Cancer Support Group<br/><b>2:30 PM</b>—Breast Cancer Support Group<br/><b>5:30 PM</b>—Feel Good Fitness</p>  | <p><b>21</b></p> <p><b>9:30 AM</b>—NIA <i>Sponsored by the Bob Brockman Nia Fund</i><br/><b>10:30 AM</b>—Pilates with Sheila<br/><b>1:00 PM</b>—New Member Orientation<br/><b>6:30 PM</b>—Blood Cancer Networking Group<br/><b>7:00 PM</b>—My Spouse has Cancer Support Group</p>  | <p><b>22</b></p> <p><b>10:30 AM</b>—Writing For Health &amp; Wellness<br/><b>11:00 AM</b>—<b>Beyond Grief Networking Group</b><br/><b>5:30 PM</b>—Yoga Therapy for Cancer</p> | <p><b>23</b></p> <p><b>9:00 AM</b>—Restorative Yoga with Deanna<br/><b>10:30 AM</b>—Guided Meditation<br/><b>11:15 AM</b>—Living with Cancer Support Group</p>   |  |
| <p><b>27</b></p> <p><b>10:30 AM</b>—Qigong with Deanna<br/><b>11:00 AM</b>—Living With Cancer Support Group<br/><b>2:30 PM</b>—Breast Cancer Support Group<br/><b>5:30 PM</b>—Feel Good Fitness</p>  | <p><b>28</b></p> <p><b>9:30 AM</b>—NIA<br/><b>10:30 AM</b>—Pilates with Sheila<br/><b>11:00 AM</b>—<b>Starting the Conversation About Healthcare Decisions</b><br/><b>1:00 PM</b>—Living After Cancer<br/><b>1:00 PM</b>—New Member Orientation<br/><b>6:30 PM</b>—Friends &amp; Family Networking Group</p>                           | <p><b>29</b></p> <p><b>5:30 PM</b>—Yoga Therapy for Cancer</p>  | <p><b>30</b></p> <p><b>9:00 AM</b>—Restorative Yoga with Deanna<br/><b>10:30 AM</b>—Guided Meditation<br/><b>11:15 AM</b>—Living with Cancer Support Group</p>   |  |



***Ridgeland Mansion Program Calendar***

| Monday                                | Thursday  |
|---------------------------------------|---|
|                                       | <b>2</b>  |
|                                       | <p><b><u>Celebration of Hope</u></b><br/> <b>9:00 AM</b>—Restorative Yoga with Deanna<br/> <b>10:00 AM</b>—Welcome Back Breakfast<br/> <b>10:30 AM</b>—Guided Meditation<br/> <b>11:00 AM</b>—Healthy and Simple Cooking with Chef Monica Mannion</p> |
| <b>6</b>                              | <b>9</b>  |
| <b>10:30 AM</b><br>Qigong with Deanna | <b>10:30 AM</b><br>Guided Meditation  |
| <b>13</b>                             | <b>16</b>   |
| <b>10:30 AM</b><br>Qigong with Deanna | <p><b>10:00 AM</b> Nia—Celebration of Summer Dance<br/> <b>10:30 AM</b><br/>Guided Meditation</p>   |
| <b>20</b>                             | <b>23</b>   |
| <b>10:30 AM</b><br>Qigong with Deanna | <b>10:30 AM</b><br>Guided Meditation  |
| <b>27</b>                             | <b>30</b>   |
| <b>10:30 AM</b><br>Qigong with Deanna | <b>10:30 AM</b><br>Guided Meditation  |

**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](mailto:Stephanie@cancersupportphiladelphia.org) to schedule a visit.*

***Doylestown Hospital Program Calendar***

| Tuesday   | Wednesday   |
|-----------|---|
|           | <b>1</b>  |
|           | <p><b>9:00 AM Survivorship Celebration @</b><br/>         Cancer Institute at the Pavilion, north entrance<br/> <b>1:00 PM</b>—Art Club</p> |
| <b>7</b>  | <b>8</b>  |
|           | <p><b>10:00 AM</b>—Social Circle<br/> <b>11:00 AM</b>—Drop in Resources</p>   |
| <b>14</b> | <b>15</b>   |
|           | <p><b>11:00 AM</b> Drop in Resources<br/> <b>1:00 PM</b>—Art Club</p>   |
| <b>21</b> | <b>22</b>   |
|           | <p><b>11:00 AM</b> Drop in Resources</p>  |
| <b>28</b> | <b>29</b>   |
|           | <p><b>11:00 AM</b> Drop in Resources</p>  |

*Join us behind the Red Door located on the corridor off the Main Lobby; 2nd Door on the 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](mailto:Aly@cancersupportphiladelphia.org) to schedule a visit.*



***Gilda's Club June Program Calendar***

| Monday   | Tuesday   | Wednesday  | Thursday  |
|--|---|--|---|
| <p><b>Gilda's Club</b><br/>200 Kirk Road, Warminster Pa 18974<br/>215-441-3290</p>   |   | <b>1</b>   | <p><b>2</b><br/><b><u>Celebration of Hope</u></b><br/><b>9:30 AM</b>—Welcome Back Breakfast<br/><b>10:30 AM</b>—NIA Sponsored by the Bob Brockman Nia Fund<br/><b>10:30 AM</b> Guided Meditation<br/><b>11:00 AM</b> Beading Crafts</p> |
| <p><b>6</b><br/><b>10:00 AM</b>—Reading &amp; Mindful Reflection<br/><b>3:00 PM</b>—Drop-In Support &amp; Resources</p>  | <p><b>7</b><br/><b>1:00 PM</b>—Gentle Chair/Floor Yoga<br/><b>6:30 PM</b>—Baking with Suzanne: Cookie Night</p> | <p><b>8</b><br/><b>11:00 AM</b>—Laughing When Nothing Seems Funny, and When It Is!</p> | <b>9</b>  |
| <p><b>13</b><br/><b>10:00 AM</b>—Reading &amp; Mindful Reflection<br/><b>3:00 PM</b>—Drop-In Support &amp; Resources</p>   | <p><b>14</b><br/><b>1:00 PM</b>—Gentle Chair/Floor Yoga<br/><b>5:00 PM</b> Camp Counselor Training</p>          | <b>15</b>  | <p><b>16</b><br/><b>6:30 PM</b>—Special Equestrians Visit</p>   |
| <p><b>20</b><br/><b>10:00 AM</b>—Reading &amp; Mindful Reflection<br/><b>9:30 AM</b>—Camp KIDS<br/><b>2:30 PM</b>—Mindfulness for Wandering Minds<br/><b>3:00 PM</b>—Summer Smoothies</p>          | <p><b>21</b><br/><b>9:30 AM</b>—Camp KIDS</p>   | <p><b>22</b><br/><b>7:00 PM</b> Children, Teen &amp; Family Night at the Movies</p>    | <p><b>23</b><br/><b>11:00 AM</b>—Arleen Boyes Quilting Circle</p>   |
| <p><b>27</b><br/><b>10:00 AM</b>—Reading &amp; Mindful Reflection<br/><b>9:30 AM</b>—Camp KIDS<br/><b>2:30 PM</b>—Mindfulness for Wandering Minds<br/><b>3:00 PM</b>—Color, Doodle, &amp; Draw</p> | <p><b>28</b><br/><b>9:30 AM</b>—Camp KIDS</p>   | <p><b>29</b><br/><b>9:30 AM</b>—Camp KIDS</p>  | <p><b>30</b><br/><b>10:30 AM</b>—Writing For Health &amp; Wellness</p>  |

*Program assistance is available at this location on Mondays, Tuesdays & Thursdays. Please call or email [Bethc@cancersupportphiladelphia.org](mailto: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.*