

---

*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*

# *August 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.

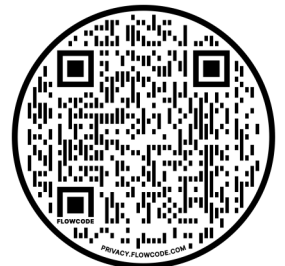
Mind-Body Wellness programs seek to support our members who want to practice and be mindful of their health in a supportive, group environment. Our programs are taught by professionals or volunteers who want to help members who wish to work on a healthy lifestyle at their own pace.

#### 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



# August 2022 Virtual Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 8:30 AM – Morning Mindful Meditation 10:30 AM – Qigong with Deanna 11:00 AM – Living With Cancer Support Group 1:00 PM – Colorectal Cancer Networking Group <i>Sponsored by The Adriana Halper Fund</i> 2:30 PM – Breast Cancer Support Group 5:30 PM – Feel Good Fitness	<b>2</b> 10:30 AM – Pilates with Sheila 1:00 PM – New Member Orientation 7:00 PM – Lymphedema Networking Group	<b>3</b> 10:00 AM – Reiki 1:00 PM – Art Club 5:30 PM – Yoga Therapy for Cancer	<b>4</b> 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group 12:00 PM – <b>Frankly Speaking About Cancer: Colorectal Cancer</b> <i>Sponsored by the Adriana Halper Fund</i> 2:00 PM – Writing For Health & Wellness	<b>5</b>
<b>8</b> 8:30 AM – Morning Mindful Meditation 10:30 AM – Qigong with Deanna 11:00 AM – Living With Cancer Support Group 2:30 PM – Breast Cancer Support Group 5:30 PM – Feel Good Fitness	<b>9</b> 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 7:30 PM – Breast Cancer Support Group	<b>10</b> 10:00 AM – Reiki 5:30 PM – Yoga Therapy for Cancer	<b>11</b> 9:00 AM – Restorative Yoga with Deanna 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group	<b>12</b>
<b>15</b> 8:30 AM – Morning Mindful Meditation 10:30 AM – Qigong with Deanna 11:00 AM – Living With Cancer Support Group 2:30 PM – Breast Cancer Support Group 5:30 PM – Feel Good Fitness	<b>16</b> 9:30 AM – NIA <i>Sponsored by the Bob Brockman Nia Fund</i> 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	<b>17</b> 10:00 AM – Reiki 10:30 AM – Writing For Health & Wellness 12:00 PM – <b>Ask the Physician</b> 5:30 PM – Yoga Therapy for Cancer	<b>18</b> 9:00 AM – Restorative Yoga with Deanna 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group 6:30 PM – Young Adult Survivors Networking Group	<b>19</b> 10:00 AM – Knitting & Crocheting Circle
<b>22</b> 8:30 AM – Morning Mindful Meditation 10:30 AM – Qigong with Deanna 11:00 AM – Living With Cancer Support Group 2:30 PM – Breast Cancer Support Group 5:30 PM – Feel Good Fitness	<b>23</b> 9:30 AM – NIA <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30 AM – Pilates with Sheila 1:00 PM – New Member Orientation 1:00 PM – Living <u>After</u> Cancer Support Group 6:30 PM – Friends & Family Networking Group 7:30 PM – Breast Cancer Support Group	<b>24</b> 10:00 AM – Reiki 12:00 PM – <b>Upcoming Treatment Decisions? Open to Options Can Help</b> 5:30 PM – Yoga Therapy for Cancer	<b>25</b> 9:00 AM – Restorative Yoga with Deanna 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group	<b>26</b>
<b>29</b> 8:30 AM – Morning Mindful Meditation 10:30 AM – Qigong with Deanna 11:00 AM – Living With Cancer Support Group 2:30 PM – Breast Cancer Support Group 5:30 PM – Feel Good Fitness	<b>30</b> 9:30 AM – NIA <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30 AM – Pilates with Sheila 1:00 PM – New Member Orientation	<b>31</b> 10:00 AM – Reiki 5:30 PM – Yoga Therapy for Cancer		

# August 2022 Program Calendar

<i>Ridgeland Mansion Program Calendar</i>	
Monday	Thursday
<b>1</b> <b>10:30 AM</b> Qigong with Deanna	<b>4</b> <b>10:30 AM</b> Guided Meditation <hr style="width: 50%; margin: 5px auto;"/> <b>6</b> <b>11:00 AM – VNA Philadelphia Celebration of Life Butterfly Release</b>
<b>8</b> <b>10:30 AM</b> Qigong with Deanna	<b>11</b> <b>10:30 AM</b> Guided Meditation
<b>15</b> <b>10:30 AM</b> Qigong with Deanna	<b>18</b> <b>10:30 AM</b> Guided Meditation <b>11:00 AM – Gratitude Boxes w/ Janet</b>
<b>22</b> <b>10:30 AM</b> Qigong with Deanna <b>11:00 AM NEW GROUP</b> Metastatic Cancer Networking Group	<b>25</b> <b>10:30 AM</b> Guided Meditation
<b>29</b> <b>10:30 AM</b> Qigong with Deanna	
<b>The Suzanne Morgan Center @ Ridgeland Mansion</b> 4100 Chamounix Dr. Philadelphia 19131 215-879-7733  <i>Program assistance is available at this location on Mondays &amp; Thursdays, please call or email <a href="mailto:Stephanie@cancersupportphiladelphia.org">Stephanie@cancersupportphiladelphia.org</a> to schedule a visit.</i>	

<i>Doylestown Hospital Program Calendar</i>	
Tuesday	Wednesday
<b>2</b> <b>10:00 AM – Morning Meditation</b> <b>10:30 AM – Living with Cancer Support Group</b>	<b>3</b> <b>11:00 AM – Drop in Resources</b> <b>1:00 PM – Art Club</b> <b>2:00 PM – Survivor's Circle</b>
<b>9</b> <b>10:00 AM – Morning Meditation</b> <b>10:30 AM – Living with Cancer Support Group</b>	<b>10</b> <b>10:00 AM Social Circle</b> <b>11:00 AM Drop in Resources</b>
<b>16</b> <b>10:00 AM – Morning Meditation</b> <b>10:30 AM – Living with Cancer Support Group</b>	<b>17</b> <b>11:00 AM – Digital Sherpa: Digitally Empowered</b> <b>11:00 AM Drop in Resources</b> <b>1:00 PM Art Club</b> <b>2:00 PM Survivor's Circle</b>
<b>23</b> <b>10:00 AM – Morning Meditation</b> <b>10:30 AM – Living with Cancer Support Group</b>	<b>24</b> <b>11:00 AM Drop in Resources</b>
<b>30</b> <b>10:00 AM – Morning Meditation</b> <b>10:30 AM – Living with Cancer Support Group</b>	<b>31</b> <b>11:00 AM Drop in Resources</b>

*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 August 2022 Program Calendar

Monday	Tuesday	Thursday
<b>1</b> <b>9:00 AM</b> – Early Bird Breakfast <b>9:30 AM</b> – Meditative Labyrinth <b>11:15 AM</b> – Gratitude Boxes w/Janet	<b>2</b> <b>7:00 PM</b> – Back to School Party (CTP)	<b>4</b>
<b>8</b> <b>9:30 AM</b> – Drumming with Mind Ur Cells	<b>9</b> <p style="text-align: center;"><b>*Gilda's Club is CLOSED 8/9-8/14</b>  <b>*Please contact Aly @ DH or Morgan @ Ridgeland for assistance</b></p>	<b>11</b>
<b>15</b> <b>1:00 PM</b> – Summer Smoothies <b>2:00 PM</b> – Summer Self-Care Series	<b>16</b>	<b>18</b> <b>11:00 AM</b> – Arleen Boyes Quilting Circle
<b>22</b> <b>1:00 PM</b> – Color, Doodle, & Draw <b>2:00 PM</b> – Summer Self-Care Series	<b>23</b>	<b>25</b> <b>10:30 AM</b> – Writing for Health and Well-ness
<b>29</b> <b>1:00 PM</b> – Healthy & Simple Cooking with Chef Monica <b>2:00 PM</b> – Summer Self-Care Series	<b>30</b>	

*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.*