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

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### **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*

# *October 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



# OCTOBER VIRTUAL PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 10:30am – Qigong with Deanna 11:00am – Living With Cancer Support Group 1:00pm – Colorectal Cancer Networking 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness	<b>4</b> 9:30am – NIA <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30am – Pilates with Sheila 1:00pm – New Member Orientation 6:30pm – Living with Cancer Support Group 7:00pm – Lymphedema Networking	<b>5</b> 10:00am – Reiki 1:00pm – Art Club 5:30pm – Yoga Therapy for Cancer 6:00pm – Bereavement Support Group for Spouses/Partners 6:30pm – <b>Cancer Transitions Week 1</b>	<b>6</b> 9:00am – Restorative Yoga with Deanna 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 2:00pm – Writing For Health & Wellness	<b>7</b> 10:00am – Fitness Fridays
<b>10</b> 8:30am – Monday Morning Mindful Meditation 10:30am – Qigong with Deanna 11:00am – Living With Cancer Support Group 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness	<b>11</b> 9:30am – New Member Orientation 9:30am – NIA 10:30am – Pilates with Sheila 1:00pm – Living <u>After</u> Cancer Support Group 6:30pm – Ovarian Cancer Networking 6:30pm – Prostate Cancer Networking 7:00pm – Breast Cancer Networking	<b>12</b> 10:00am – Reiki 11:00am – Gentle Laughter 2:00pm – Writing for Mindfulness <i>presented by Theatre Within</i> 5:30pm – Yoga Therapy for Cancer 6:00pm – Bereavement Support Group for Spouses/Partners 6:30pm – <b>Cancer Transitions Week 2</b>	<b>13</b> 9:00am – Restorative Yoga with Deanna 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group	<b>14</b> 10:00am – Fitness Fridays
<b>17</b> 8:30am – Monday Morning Mindful Meditation 10:30am – Qigong with Deanna 11:00am – Living With Cancer Support Group 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness	<b>18</b> 9:30am – NIA 10:30am – Pilates with Sheila 1:00pm – New Member Orientation 6:30pm – Blood Cancer Networking Group <i>sponsored by the Leukemia &amp; Lymphoma Society</i> 7:00pm – My Spouse has Cancer Support Group	<b>19</b> 10:00am – Reiki 10:30am – Writing 4 Health & Wellness 1:00pm – Art Club 5:30pm – Yoga Therapy for Cancer 6:00pm – Bereavement Support Group 6:00pm – Straight Talk about Cancer: Middle School 6:30pm – <b>Cancer Transitions Week 3</b> 7:00pm – Straight Talk about Cancer: High School	<b>20</b> 9:00am – Restorative Yoga with Deanna 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 6:30pm – Young Adult Survivors Networking Group	<b>21</b> 10:00am – Fitness Fridays 10:00am – Knitting & Crocheting Circle
<b>24</b> 8:30am – Monday Morning Mindful Meditation 10:30am – Qigong with Deanna 11:00am – Living With Cancer Support Group 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness	<b>25</b> 9:30am – 10:30am – Pilates with Sheila 1:00pm – Living <u>After</u> Cancer Support Group 1:00pm – New Member Orientation 6:30pm – Friends and Family Networking Group 7:00pm – Breast Cancer Networking Group	<b>26</b> 10:00am – Reiki 11:00am – Gentle Laughter 5:30pm – Yoga Therapy for Cancer 6:00pm – Bereavement Support Group 6:00pm – Living w/ Loss: Middle School 6:00pm – Writing for Mindfulness <i>presented by Theatre Within</i> 6:30pm – <b>Cancer Transitions Week 4</b> 7:00pm – Living with Loss: High School	<b>27</b> 9:00am – Restorative Yoga with Deanna 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group	<b>28</b> 10:00am – Fitness Fridays
<b>31</b> 8:30am – Monday Morning Mindful Meditation 10:30am – Qigong with Deanna 11:00am – Living With Cancer Support Group 1:30pm – <b>Scanxiety Workshop</b> 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program	5:30pm – Feel Good Fitness			

## October 2022 Program Calendar

### Ridgeland Mansion Program Calendar

Monday	Thursday
<b>3</b> 10:30am Qigong with Deanna	<b>4</b> 9:00am Restorative Yoga – IN PERSON!!! 10:30am Guided Meditation
<b>10</b> 10:30am Qigong with Deanna	<b>11</b> 9:00am Restorative Yoga 9:30am Brunch in the Secret Garden 10:30am Guided Meditation 11:00am Gratitude Boxes 2:00pm New Member Orientation
<b>17</b> 10:30am Qigong with Deanna 11:30am Mindful Art	<b>18</b> 9:00am Restorative Yoga 10:30am Guided Meditation 1:30pm Digital Sherpa
<b>24</b> 10:30am Qigong with Deanna 11:00am Metastatic Cancer Networking Group	<b>25</b> 9:00am Restorative Yoga 10:30am Guided Meditation
<b>31</b> 10:00am Harvest Breakfast & Open House 10:30am Qigong with Deanna 11:30am Fall Smoothies	<b>Sunday October 16, 11-12:30pm</b> Join us for the Bob Brockman Nia Jam! This Nia Jam is an opportunity to come together as a community and try out Nia, share food and connect with other people who dance Nia. This will be our first time coming back together for this event in Philadelphia for several years. We look forward to dancing outside (tented) surrounded by community and nature.

#### 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 visit.

### Doylestown Hospital Program Calendar

Tuesday	Wednesday
<b>4</b> 10:00am Morning Meditation 10:30am Living with Cancer Support Group	<b>5</b> 10:00am New Member Orientation 10:30am Cancer Transitions <i>Week 3</i> 1:00pm Art Club 2:00pm Survivor's Circle
<b>11</b> 10:00am Morning Meditation 10:30am Living with Cancer Support Group	<b>12</b> 10:30am Cancer Transitions <i>Week 4</i>
<b>18</b> 10:00am Morning Meditation 10:30am Living with Cancer Support Group	<b>19</b> 9:00am Breast Cancer Awareness Event 1:00pm Art Club 2:00pm Survivor's Circle
<b>25</b> 10:00am Morning Meditation 10:30am Living with Cancer Support Group	<b>26</b> 1:00pm Reiki




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 October 2022 Program Calendar*

Monday	Tuesday	Wednesday	Thursday
<b>3</b> <b>12:00pm</b> – Gentle Yoga	<b>4</b> <b>10:30am</b> – Wool Applique Club	<b>5</b>	<b>6</b>
<b>10</b> <b>12:00pm</b> – Gentle Yoga <b>1:30pm</b> – <b>New to This:</b> Resources & Support for newly diagnosed <b>2:30pm</b> – Meditation for Wandering Minds	<b>11</b> <b>6:00pm Kid, Teen &amp; Family Support (CTP) Week 1</b>	<b>12</b> <b>6:30pm</b> Living with Loss: Kids, Teens & Families (CTP)	<b>13</b>
<b>17</b> <b>12:00pm</b> – Gentle Yoga <b>1:30pm</b> New Member Orientation <b>1:45pm</b> – <b>Drumming with Mind Ur Cells</b>	<b>18</b> <b>6:00pm</b> Kid, Teen & Family Support (CTP) - <i>Week 2</i>	<b>19</b>	<b>20</b> <b>11:00am</b> – Arleen Boyes Quilting Circle
<b>24</b> <b>12:00pm</b> – Gentle Yoga <b>1:30pm</b> – <b>Creating Connections</b> <b>2:30pm</b> – Meditation for Wandering Minds	<b>25</b> <b>6:00pm</b> Kid, Teen & Family Support (CTP) <i>Week 3</i>	<b>26</b>	<b>27</b> <b>10:30am</b> – Writing for Health and Wellness
<b>31</b> <b>12:00pm</b> – Gentle Yoga			

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.