



*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*

September 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




September 2022 Virtual Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group 2:00 PM – Writing For Health & Wellness</p>	<p>2</p>
<p>5 Happy Labor Day! CSCGP is closed today</p>	<p>6 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 7:00 PM – Lymphedema Networking Group</p>	<p>7 10:00 AM – Reiki 10:30 AM – Cancer Transitions Q&A 10:30 AM – Writing For Health & Wellness 1:00 PM – Art Club 5:30 PM – Yoga Therapy for Cancer 6:00 PM – Bereavement Support for Spouses/Partners <i>week 1</i></p>	<p>8 9:00 AM – Restorative Yoga with Deanna 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group</p>	<p>9</p>
<p>12 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 Sponsored by The Adriana Halper Fund 2:30 PM – Breast Cancer Support Group 4:00 PM – Tutoring /hmk help 5:30 PM – Feel Good Fitness</p>	<p>13 9:30 AM – NIA Sponsored by the Bob Brockman Nia Fund 10:30 AM – Pilates with Sheila 12:00 / 7:00 PM Children & Teen Fall Program Overview 1:00 PM – New Member Orientation 1:00 PM – Living <u>After</u> Cancer Support Group 6:30 PM – Ovarian Cancer Networking Group 6:30 PM – Prostate Cancer Networking Group 7:00 PM – Breast Cancer Support Group</p>	<p>14 10:00 AM – Reiki 11:00 AM – Gentle Laughter 5:30 PM – Yoga Therapy for Cancer 6:00 PM – Bereavement Support for Spouses/Partners <i>week 2</i></p>	<p>15 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</p>	<p>16 9:00 AM – Rejuvenate! An Ovarian Cancer Conference @ Blue Bell CC</p>
<p>19 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 4:00 PM – Tutoring /hmk help 5:30 PM – Feel Good Fitness</p>	<p>20 9:30 AM – NIA Sponsored by the Bob Brockman Nia Fund 10:30 AM – Pilates with Sheila 11:00 AM – What Does This all Mean!? Clearing up Confusion of Advance Care Planning 1:00 PM – New Member Orientation 6:30 PM – Blood Cancer Networking Group 7:00 PM – My Spouse has Cancer Support Group</p>	<p>21 10:00 AM – Reiki 1:00 PM – Art Club 5:30 PM – Yoga Therapy for Cancer 6:00 PM – Bereavement Support for Spouses/Partners <i>week 3</i></p>	<p>22 9:00 AM – Restorative Yoga with Deanna 10:30 AM – Guided Meditation 11:00 AM – Open Enrollment Season: Medicare 101 11:15 AM – Living with Cancer Support Group</p>	<p>23 10:00 AM – Knitting & Crocheting Circle</p>
<p>26 10:30 AM – Qigong with Deanna 11:00 AM – Living With Cancer Support Group 2:30 PM – Breast Cancer Support Group 4:00 PM – Tutoring /hmk help 5:30 PM – Feel Good Fitness</p>	<p>27 9:30 AM – NIA Sponsored by the Bob Brockman Nia Fund 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 7:00 PM – Breast Cancer Support Group</p>	<p>28 10:00 AM – Reiki 11:00 AM – Gentle Laughter 5:30 PM – Yoga Therapy for Cancer 6:00 PM – Bereavement Support for Spouses/Partners <i>week 4</i> 6:00 PM – Writing For Mindfulness presented by Theatre Within</p>	<p>29 9:00 AM – Restorative Yoga with Deanna 10:00 AM Estate Planning, & Wills 101 w/ Temple Legal Aid Center 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group</p>	

September 2022 Program Calendar

<i>Ridgeland Mansion Program Calendar</i>	
Monday	Thursday
	1 10:00 AM Nia: Cycles of Seasons Dance 10:30 AM Guided Meditation
5 Happy Labor Day! CSCGP is closed today	8 10:30 AM Guided Meditation 2:00 PM New Member Orientation
12 10:30 AM Qigong with Deanna	15 10:30 AM Guided Meditation
19 10:30 AM Qigong with Deanna 11:30 AM Mindful Art	22 10:30 AM Guided Meditation
26 10:30 AM Qigong with Deanna 11:00 AM NEW GROUP Metastatic Cancer Networking Group	29 10:00 AM Estate Planning, & Wills 101 <i>w/ Temple Legal Aid Center</i> 10:30 AM Guided Meditation
The Suzanne Morgan Center @ Ridgeland Mansion 4100 Chamounix Dr. Philadelphia 19131 215-879-7733 <i>Program assistance is available at this location on Mondays & Thursdays, please call or email Stephanie@cancersupportphiladelphia.org to schedule a visit.</i>	

<i>Doylestown Hospital Program Calendar</i>	
Tuesday	Wednesday
6 10:00 AM Morning Meditation 10:30 AM Living with Cancer Support Group	7 1:00 PM Art Club 2:00 PM Survivor's Circle
13 10:00 AM Morning Meditation 10:30 AM Living with Cancer Support Group	14
20 10:00 AM Morning Meditation 10:30 AM Living with Cancer Support Group	21 10:30 AM Cancer Transitions Week 1 11:00 AM Cardio Oncology Education 1:00 PM Art Club 2:00 PM Survivor's Circle
27 10:00 AM Morning Meditation 10:30 AM Living with Cancer Support Group	28 10:30 AM Cancer Transitions Week 2 1:00 PM 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 to schedule a visit.

Gilda's Club September 2022 Program Calendar

Monday	Tuesday	Wednesday	Thursday
			1
5 Happy Labor Day! CSCGP is closed today	6 10:30 AM – Wool Applique Club	7	8
12 12:00 PM – Gentle Yoga 2:30 PM – New Member Orientation	13	14	15 11:00 AM – Arleen Boyes Quilting Circle
19 12:00 PM – Gentle Yoga 1:30 PM – Scanxiety Workshop	20 11:00 AM – Digital Sherpa Training 5:00 PM – Kid Support Facilitator Training (CTP)	21 6:30 PM – Baking With Suzanne (CTP)	22 11:00 AM Open Enrollment Season: Medicare 101 with Bucks County Office of Aging
26 12:00 PM – Gentle Yoga 1:30 PM – Effective Management of Dizziness with WG/Hatboro PT	27	28	29 10:30 AM – Writing for Health and Wellness

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.