

*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

November 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.

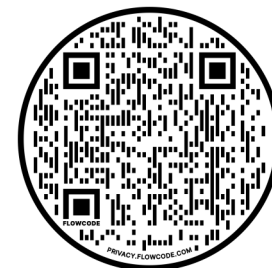
Mind-Body Wellness programs seek to support our members who want to practice and be mindful of their health in a supportive, group environment. Our programs are taught by professionals or volunteers who want to help members who wish to work on a healthy lifestyle at their own pace.

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



NOVEMBER VIRTUAL PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30am – NIA <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30am – Pilates 1:00pm – New Member Orientation 6:30pm – Living with Cancer Support Group 7:00pm – Lymphedema Networking	2 10:00am – Reiki 1:00pm – Art Club 1:00pm – Digital Sherpa: Digitally Empowered 5:30pm – Yoga Therapy for Cancer	3 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 2:30pm – Writing For Health & Wellness	4 10:00am – Fitness Fridays
7 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/Cancer Support Group 1:00pm – Colorectal Cancer Networking 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness	8 CLOSED GO VOTE!	9 10:00am – Reiki 11:00am – Gentle Laughter 5:30pm – Yoga Therapy for Cancer	10 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group	11 CLOSED Thank you for your service.
14 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness	15 9:30am – NIA 10:30am – Pilates 1:00pm – New Member Orientation 6:30pm – Blood Cancer Networking Group <i>sponsored by the Leukemia & Lymphoma Society</i> 6:30pm – Prostate Cancer Networking 7:00pm – Breast Cancer Networking	16 10:00am – Reiki 10:30am – Writing 4 Health & Wellness 12:00pm – Ask the Physician 1:00pm – Art Club 5:30pm – Yoga Therapy for Cancer 6:00pm – Straight Talk about Cancer: Middle School 7:00pm – Grief & The Holidays 7:00pm – Straight Talk about Cancer: High School	17 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 6:30pm – Young Adult Survivors Networking Group 6:30pm – Pancreatic Cancer & Emotional Health <i>presented by The Joyce Schmitzer Memorial Fund</i>	18 10:00am – Fitness Fridays 10:00am – Knitting & Crocheting Circle
21 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness	22 9:30am – NIA 10:00am – Reiki 10:30am – Pilates 1:00pm – Living <u>After</u> Cancer Support 1:00pm – New Member Orientation 4:00pm – Family Games & Trivia 6:30pm – Friends and Family Networking 7:00pm – My Spouse Has Cancer Support	23	24	25
		<div>  <p>Happy Thanksgiving</p> </div>		
28 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness	29 9:30am – NIA 10:30am – Pilates with Sheila 1:00pm – New Member Orientation 6:00pm Mad Art <i>presented by Theatre Within</i> 6:30pm – Ovarian Cancer Networking 7:00pm – Breast Cancer Support Group	30 10:00am – Reiki 5:30pm – Yoga Therapy for Cancer 6:00pm – Living with Loss: Middle School 7:00pm – Living with Loss: High School		

November 2022 Program Calendar

Ridgeland Mansion Program Calendar

Monday	Thursday
	3 10:30am Guided Meditation
7 10:30am Qigong with Deanna	10 10:30am Guided Meditation 2:00pm New Member Orientation
14 10:30am Qigong with Deanna	17 10:30am Guided Meditation
21 10:30am Qigong with Deanna 11:30am Mindful Art 1:00pm Digital Sherpa; Focus on Identifying Credible Information	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h3>Happy Thanksgiving</h3> </div>
28 10:30am Qigong with Deanna 11:00am Metastatic Cancer Networking Group	

The Suzanne Morgan Center @ Ridgeland Mansion

4100 Chamounix Dr. Philadelphia 19131

215-879-7733

Program assistance is available at this location on most Mondays & Thursdays, please call or email morgan@cancersupportphiladelphia.org to schedule a visit.



Doylestown Hospital Program Calendar

Tuesday	Wednesday
1 10:00am Morning Meditation 10:30am Living with Cancer Support Group	2 10:00am New Member Orientation 11:00am Survivor's Circle 1:00pm Art Club
8 10:00am Morning Meditation 10:30am Living with Cancer Support Group	9
15 10:00am Morning Meditation 10:30am Living with Cancer Support Group	16 10:00am Friendsgiving Brunch 11:00am Survivor's Circle 1:00pm Art Club
22 10:00am Morning Meditation 10:30am Living with Cancer Support Group	23
29 10:00am Morning Meditation 10:30am Living with Cancer Support Group	30 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 to schedule a visit.

Gilda's Club November 2022 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
	1 10:30am Wool Applique Club	2	3	4
7 12:00pm Gentle Yoga	8	9 6:30pm Living with Loss: Kids, Teens & Families (CTP)	10	11 Saturday Nov. 12th 2:00pm Getting Through It Together (CTP)
14 1:00pm Meditation for Wandering Minds 2:00pm New to This: Resources and Support for those newly diagnosed with cancer	15	16 6:30pm Pie Baking with Suzanne	17 11:00am Arleen Boyes Quilting Circle 1:00pm Writing for Health & Wellness	18 4:30pm Turkey B-I-N-G-O
21 1:00pm Seasonal Soup with Chef Monica sponsored in Memory of Nancy Marks	22	23	24	25
		 Happy Thanksgiving		
28 12:00pm Gentle Yoga 1:00pm New Member Orientation 1:30pm Creating Connections	29	30		

Program assistance is available at this location on most 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.