



CANCER SUPPORT
COMMUNITY
GREATER PHILADELPHIA

*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*

December 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.

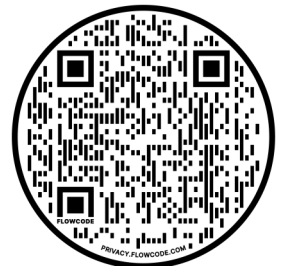
Mind-Body Wellness programs seek to support our members who want to practice and be mindful of their health in a supportive, group environment. Our programs are taught by professionals or volunteers who want to help members who wish to work on a healthy lifestyle at their own pace.

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



DECEMBER VIRTUAL PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="text-align: center;">CANCER SUPPORT COMMUNITY GREATER PHILADELPHIA</p> <p style="text-align: center;">Have a happy & healthy holiday season.</p>			<p>1 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 2:00pm – Writing For Health & Wellness</p>	<p>2 10:00am – Fitness Fridays</p>
<p>5 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</p>	<p>6 9:30am – NIA <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30am – Pilates 1:00pm – New Member Orientation 6:00pm Mad Art <i>presented by Theatre Within</i> 6:30pm – Living with Cancer Support Group 7:00pm – Lymphedema Networking</p>	<p>7 10:00am – Reiki 11:00am – Gentle Laughter 1:00pm – Art Club 5:30pm – Yoga Therapy for Cancer</p>	<p>8 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group</p>	<p>9</p>
<p>12 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</p>	<p>13 9:30am – NIA 10:30am – Pilates 1:00pm – Living <u>After</u> Cancer Support 1:00pm – New Member Orientation 6:00pm Mad Art <i>presented by Theatre Within</i> 6:30pm – Ovarian Cancer Networking 6:30pm – Prostate Cancer Networking 7:00pm – Breast Cancer Networking</p>	<p>14 10:00am – Reiki 5:30pm – Yoga Therapy for Cancer</p>	<p>15 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 6:30pm – Young Adult Survivors Networking Group</p>	<p>16 10:00am – Knitting & Crocheting Circle</p>
<p>19 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</p>	<p>20 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> 7:00pm – My Spouse Has Cancer Support</p>	<p>21 9:00am – Digitally Empowered 10:00am – Reiki 10:30am – Writing 4 Health & Wellness 11:00am – Gentle Laughter 1:00pm – Art Club 5:30pm – Yoga Therapy for Cancer 6:00pm – Straight Talk about Cancer: Middle School</p>	<p>22 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group</p>	<p>23</p>

All Cancer Support Community Greater Philadelphia locations are closed starting Friday December 23, 2022 through Monday, January 2, 2023.
Programs will resume on Tuesday, January 3, 2023.

If you need to speak to someone over the break, please contact **Cancer Support Helpline 1-888-793-9355**
Counselors are AVAILABLE Friday December 23rd available 9am-5pm ET, CLOSED Saturday December 24th & Sunday December 25th
AVAILABLE Monday December 26th - Friday December 30th, 9am -5pm ET, CLOSED Saturday December 31st & Sunday January 1st

December 2022 Program Calendar

Ridgeland Mansion Program Calendar

Monday	Thursday
	1 10:30am Guided Meditation
5 10:30am Qigong with Deanna	8 10:30am Guided Meditation 2:00pm New Member Orientation <u>Saturday December 10, 2022</u> 1:00pm Holiday Party
12 10:30am Qigong with Deanna	15 10:30am Guided Meditation
19 10:30am Qigong with Deanna 11:00am Metastatic Cancer Network- ing Group 11:30am Mindful Art	22 10:30am Guided Meditation



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 Stephanie@cancersupportphiladelphia.org to schedule a visit.

Doylestown Hospital Program Calendar

Tuesday	Wednesday
6 10:00am Morning Meditation 10:30am Living with Cancer Support Group	7 10:00am New Member Orientation 11:00am Survivor's Circle 1:00pm Art Club
13 10:00am Morning Meditation 10:30am Living with Cancer Support Group	14 12:00pm Holiday Open House 1:00pm Reiki
20 10:00am Morning Meditation 10:30am Living with Cancer Support Group	21 11:00am Survivor's Circle 1:00pm Art Club

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CLOSED Saturday December 24th & Sunday December 25th
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CLOSED Saturday December 31st & Sunday January 1st

*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 December 2022 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
			1	2
5 12:00pm Gentle Yoga	6 10:30am Wool Applique Club	7	8	9 Saturday Dec. 10th 10:00am Breakfast with Santa (CTP)
12 12:00pm Gentle Yoga 1:45pm Drumming with Mind Ur Cells sponsored by the Adriana Halper Fund	13 4:30pm Gingerbread House Workshop	14 6:30pm Living with Loss: Kids, Teens & Families (CTP)	15 11:00am Arleen Boyes Quilting Circle	16
19 12:00pm Gentle Yoga 1:00pm New to This: Resources and Support for those newly diagnosed with cancer 1:30pm Creating Connections	20	21	22 10:30am Writing for Health & Wellness	23



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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.