



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
215-345-2023

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

January 2023 Program Calendar

Coming Soon!! In-Person support available at St. Mary Medical Center. Starting on Thursday February 9, 2023, weekly Guided Meditation & Living with Cancer Support Group will be available. Register via the online calendar or contact Sofie Yavorsky at SMMC.

Each location (*Virtual, Ridgeland, Gilda's Club, Doylestown Hospital & SMMC*) 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



JANUARY VIRTUAL PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED Happy 2023!	3 9:30am – NIA <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30am – Pilates 1:00pm – New Member Orientation 6:30pm – NEW! Mindfulness-Based Stress Reduction Activities 7:00pm – Lymphedema Networking	4 9:30am- Upcoming Treatment Decisions? Open to Options 10:00am – Reiki 1:00pm – Art Club 5:30pm – Yoga Therapy for Cancer	5 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 2:00pm – Writing For Health & Wellness	6
9 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support 1:00pm – Colorectal Cancer Networking 1:00pm – NEW! Reiki 2:30pm – Breast Cancer Support Group 5:30pm – Feel Good Fitness	10 9:30am – NIA 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 6:30pm – Ovarian Cancer Networking 6:30pm- Prostate Cancer Networking 7:00pm – Breast Cancer Networking	11 10:00am – Reiki 11:00am – Gentle Laughter 12:00pm- Ask The Physician Q&A 5:30pm – Yoga Therapy for Cancer	12 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 1:00pm – Digital Sherpa Technology Training	13
16 CLOSED in honor of Dr. Martin Luther King Jr	17 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 Group	18 10:00am – Reiki 10:30am – Writing 4 Health & Wellness 1:00pm – Art Club 5:30pm – Yoga Therapy for Cancer 6:00pm – Straight Talk about Cancer: Middle School 7:00pm – Straight Talk about Cancer: High School	19 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 6:30pm – Young Adult Survivors Networking Group	20 10:00am – Knitting & Crocheting Circle
23 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support 1:00pm -- What Does this All Mean? Advanced Care Planning 1:00pm – Reiki 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness	24 9:30am – NIA 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 6:30pm – Friends & Family Networking Group 7:00pm – Breast Cancer Networking	25 10:00am – Reiki 11:00am – Gentle Laughter 12:30pm – Volunteer Orientation 5:30pm – Yoga Therapy for Cancer 6:00pm – Living with Loss: Middle School 7:00pm – Living with Loss: High School	26 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group	27
30 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support 1:00pm – Chronic Pain Support Group 1:00pm – Reiki 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness	31 9:30am – NIA 10:30am – Pilates 1:00pm – New Member Orientation 7:30pm- Scanxiety Workshop: Survive the Stress & Anxiety of Your Next Scan	 <p>CANCER SUPPORT COMMUNITY GREATER PHILADELPHIA</p>		

January 2023 Program Calendar

Ridgeland Mansion Program Calendar

Monday	Thursday
2 CLOSED Happy 2023!	5 10:30am Guided Meditation
9 10:30am Qigong with Deanna	12 10:30am Guided Meditation 1:00pm Mindful Vision Boards for the New Year 2:00pm New Member Orientation
16 CLOSED in honor of Dr. Martin Luther King Jr	19 10:30am Guided Meditation
23 10:30am Qigong with Deanna 11:00am Metastatic Cancer Networking Group	26 10:30am Guided Meditation

30 10:30am Qigong with Deanna	 <p style="margin: 0;">CANCER SUPPORT COMMUNITY GREATER PHILADELPHIA</p>
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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
3 10:00am Morning Meditation 10:30am Living with Cancer Support Group	4 11:00am Survivor's Circle 1:00pm Art Club
10 10:00am Morning Meditation 10:30am Living with Cancer Support Group	11
17 10:00am Morning Meditation 10:30am Living with Cancer Support Group	18 11:00am Survivor's Circle 1:00pm Art Club
24 10:00am Morning Meditation 10:30am Living with Cancer Support Group	25
31 10:00am Morning Meditation 10:30am Living with Cancer Support Group	

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
 215-345-2023

Program assistance is available at this location on Tuesdays & Wednesdays. Please call or email Aly@cancersupportphiladelphia.org to schedule a visit.

Gilda's Club January 2023 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
2 CLOSED Happy 2023!	3 10:30am Wool Applique Club	4	5	6
9 12:00pm Gentle Yoga	10	11 6:30pm Living with Loss: Kids, Teens & Families (CTP)	12 6:30pm Special Equestrians (CTP)	13
16 CLOSED in honor of Dr. Martin Luther King Jr	17 6:30pm Family Game Night (CTP)	18	19 11:00am Arleen Boyes Quilting Circle	20
23 12:00pm Gentle Yoga 1:30pm Mindful Art	24	25	26 10:30am Writing for Health & Wellness 12:00pm Open Arts Studio	27
30 12:00pm Gentle Yoga 1:00pm New Member Orientation 2:00pm Delicious Desserts with Chef Monica	31			

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 encouraged when on premise at all CSCGP locations, regardless of individual vaccination status.