



*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*

February 2023 Program Calendar

Starting on February 9, 2023: In-Person support available at St. Mary Medical Center. 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



FEBRUARY VIRTUAL PROGRAM CALENDAR


Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>9:30am- Upcoming Treatment Decisions? Open to Options</p> <p>10:00am – Reiki</p> <p>1:00pm – Art Club</p> <p>5:30pm – Yoga Therapy for Cancer</p>	<p>2</p> <p>9:00am – Restorative Yoga</p> <p>10:30am – Guided Meditation</p> <p>11:15am – Living with Cancer Support Group</p> <p>2:00pm – Writing For Health & Wellness</p>	<p>3</p>
<p>6</p> <p>8:30am – Morning Mindful Meditation</p> <p>10:30am – Qigong</p> <p>11:00am – Living w/Cancer Support</p> <p>1:00pm – Colorectal Cancer Networking</p> <p>1:00pm – Reiki</p> <p>1:00pm – Chronic Pain Support Group</p> <p>2:30pm – Breast Cancer Support Group</p> <p>4:00pm – Tutoring Program</p> <p>5:30pm – Feel Good Fitness</p>	<p>7</p> <p>9:30am – NIA <i>Sponsored by the Bob Brockman Nia Fund</i></p> <p>10:30am – Pilates</p> <p>1:00pm – New Member Orientation</p> <p>6:30pm – Mindfulness-Based Stress Reduction Activities</p> <p>7:00pm – Lymphedema Networking</p>	<p>8</p> <p>10:00am – Reiki</p> <p>11:00am – Gentle Laughter</p> <p>5:30pm – Yoga Therapy for Cancer</p> <p>6:30pm – Bereavement Support for Spouses/Partners</p>	<p>9</p> <p>9:00am – Restorative Yoga</p> <p>10:30am – Guided Meditation</p> <p>11:15am – Living with Cancer Support Group</p>	<p>10</p>
<p>13</p> <p>8:30am – Morning Mindful Meditation</p> <p>10:30am – Qigong</p> <p>11:00am – Living w/Cancer Support</p> <p>1:00pm – Reiki</p> <p>1:00pm – Chronic Pain Support Group</p> <p>2:30pm – Breast Cancer Support Group</p> <p>3:00pm -- New To This</p> <p>4:00pm – Tutoring Program</p> <p>5:30pm – Feel Good Fitness</p>	<p>14</p> <p>9:30am – NIA</p> <p>10:30am – Pilates</p> <p>1:00pm – New Member Orientation</p> <p>1:00pm – Living <u>After</u> Cancer Support</p> <p>4:30pm – Valentine’s Day Escape Room & Game (CTP)</p> <p>6:30pm – Ovarian Cancer Networking</p> <p>6:30pm - Prostate Cancer Networking</p> <p>7:00pm – Breast Cancer Networking</p>	<p>15</p> <p>10:00am – Reiki</p> <p>10:30am – Writing 4 Health & Wellness</p> <p>1:00pm – Art Club</p> <p>4:00pm – Straight Talk about Cancer: MS</p> <p>5:30pm – Yoga Therapy for Cancer</p> <p>6:00pm – Straight Talk about Cancer: High School</p> <p>6:30pm – Bereavement Support for Spouses/Partners</p>	<p>16</p> <p>9:00am – Restorative Yoga</p> <p>10:30am – Guided Meditation</p> <p>11:15am – Living with Cancer Support Group</p> <p>6:30pm – Young Adult Survivors Networking Group</p>	<p>17</p> <p>10:00am – Knitting & Crocheting Circle</p>
<p>20</p> <p>Closed in Observance of President’s Day</p>	<p>21</p> <p>9:30am – NIA</p> <p>10:30am – Pilates</p> <p>1:00pm – New Member Orientation</p> <p>6:30pm – Blood Cancer Networking Group <i>sponsored by the Leukemia & Lymphoma Society</i></p> <p>7:00pm – My Spouse Has Cancer Support Group</p>	<p>22</p> <p>10:00am – Reiki</p> <p>11:00am – Gentle Laughter</p> <p>12:30pm – Volunteer Orientation</p> <p>5:30pm – Yoga Therapy for Cancer</p> <p>6:00pm – Living with Loss: Middle School</p> <p>6:30pm – Bereavement Support for Spouses/Partners</p> <p>7:00pm – Living with Loss: High School</p>	<p>23</p> <p>9:00am – Restorative Yoga</p> <p>10:30am – Guided Meditation</p> <p>11:15am – Living with Cancer Support Group</p>	<p>24</p>
<p>27</p> <p>8:30am – Morning Mindful Meditation</p> <p>10:30am – Qigong</p> <p>11:00am – Living w/Cancer Support</p> <p>1:00pm – Chronic Pain Support Group</p> <p>1:00pm – Reiki</p> <p>2:30pm – Breast Cancer Support Group</p> <p>4:00pm – Tutoring Program</p> <p>5:30pm – Feel Good Fitness</p>	<p>28</p> <p>9:30am – NIA</p> <p>10:30am – Pilates</p> <p>1:00pm – New Member Orientation</p> <p>1:00pm – Living <u>After</u> Cancer Support</p> <p>6:30pm – Friends & Family Networking Group</p> <p>7:00pm – Breast Cancer Networking</p>	 <p>CANCER SUPPORT COMMUNITY GREATER PHILADELPHIA</p>		

February 2023 Program Calendar

**The Suzanne Morgan Center
@ Ridgeland Mansion**
4100 Chamounix Dr. Philadelphia
215-879-7733

Gilda's Club
200 Kirk Road, Warminster PA
215-441-3290

**(CTP) denotes Children, Teen & Family programming*

Monday	Thursday	Week of:	Monday	Tuesday	Wednesday	Thursday
10:30am Qigong	10:30am Guided Meditation	Jan. 30- Feb. 3	12:00pm Gentle Yoga 1:00pm New Member Orientation 2:00pm Delicious Desserts with Chef Monica			
10:00am Pancake Breakfast & Warm Drinks 10:30am Qigong	10:30am Guided Meditation 11:00am NEW! Breast Cancer Networking Group	Feb. 6-10	12:00pm Gentle Yoga	10:30am Wool Applique Club 6:30pm Valentine's Day Party (CTP)	6:30pm Living with Loss: Kids, Teens & Families (CTP)	
10:30am Qigong	10:30am Guided Meditation 1:00pm New Member Orientation	Feb. 13-17	12:00pm Gentle Yoga 1:30pm Mindful Art			11:00am Arleen Boyes Quilting Circle
CLOSED in Observance of President's Day	10:30am Guided Meditation	Feb. 20-24	CLOSED in Observance of President's Day			10:30am Writing for Health & Wellness
10:30am Qigong 11:00am Metastatic Cancer Networking Group	10:30am Guided Meditation	Feb. 27-Mar. 3	12:00pm Gentle Yoga 1:00pm New Member Orientation 1:30pm Meditation for Wandering Minds			

February 2023 Program Calendar

Doylestown Health

595 West State Street,
Doylestown Pa 18901
215-345-2022



**CANCER SUPPORT
COMMUNITY**
GREATER PHILADELPHIA

St. Mary Medical Center

1201 Langhorne-Newtown Rd.
Langhorne, Pa 19047
215-710-4512

Tuesday	Wednesday	Week of:	Tuesday	Thursday
10:00am Morning Meditation 10:30am Living with Cancer Support Group	11:00am Survivor's Circle 1:00pm Art Club	Jan. 30- Feb. 3		
10:00am Morning Meditation 10:30am Living with Cancer Support Group		Feb. 6-10		11:00am Mindfulness Meditation 11:30am Living with Cancer Support Group
10:00am Morning Meditation 10:30am Living with Cancer Support Group	11:00am Survivor's Circle 1:00pm Art Club 1:00pm Reiki	Feb. 13-17		11:00am Mindfulness Meditation 11:30am Living with Cancer Support Group
10:00am Morning Meditation 10:30am Living with Cancer Support Group		Feb. 20-24		11:00am Mindfulness Meditation 11:30am Living with Cancer Support Group
10:00am Morning Meditation 10:30am Living with Cancer Support Group	11:00am Survivor's Circle 1:00pm Art Club	Feb. 27-Mar. 3		11:00am Mindfulness Meditation 11:30am Living with Cancer Support Group