



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*

March 2023 Program Calendar

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



MARCH VIRTUAL PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	
		<p>1 9:30am– Upcoming Treatment Decisions? 10:00am – Reiki 1:00pm – Art Club 5:30pm – Yoga Therapy for Cancer 6:30pm – Bereavement Support for Spouses/Partners</p>	<p>2 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 2:00pm – Writing For Health & Wellness 8:00pm – Parenting Through Cancer (CTP)</p>		
<p>6 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support 1:00pm – Reiki 2:00pm – Celebrate World Lymphedema Day 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness 6:15pm – Resilient Parenting for Bereaved Families (CTP)</p>	<p>7 9:30am – NIA <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30am – Pilates 1:00pm – New Member Orientation 6:30pm – Mindfulness-Based Stress Reduction Activities 7:00pm – Lymphedema Networking</p>	<p>8 10:00am – Reiki 11:00am – Gentle Laughter 5:30pm – Yoga Therapy for Cancer 6:30pm – Bereavement Support for Spouses/Partners</p>	<p>9 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 8:00pm – Parenting Through Cancer (CTP)</p>		
<p>13 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support 1:00pm – Reiki 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness</p>	<p>14 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</p>	<p>15 10:00am – Reiki 10:30am – Writing 4 Health & Wellness 1:00pm – Art Club 4:00pm – Straight Talk about Cancer: MS 5:30pm – Yoga Therapy for Cancer 6:00pm – Straight Talk about Cancer: HS 6:30pm – Bereavement Support for Spouses/Partners</p>	<p>16 9:00am – Restorative Yoga 10:30am – Meditation 11:15am – Living w/ Cancer Support Group 6:30pm – Young Adult Survivors Networking 8:00pm – Parenting Through Cancer (CTP)</p>	<p>17 10:00am Knitting & Crocheting Circle</p>	<p>18 10:00am The Hidden Impacts of Cancer</p>
<p>20 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support 1:00pm – Reiki 2:30pm – Breast Cancer Support Group 3:15pm – New To This 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness 6:15pm – Resilient Parenting</p>	<p>21 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> 4:30pm – Mind Monsters (CTP) 7:00pm – My Spouse Has Cancer Support Group</p>	<p>22 10:00am – Reiki 11:00am – Gentle Laughter 12:30pm – Volunteer Orientation 5:30pm – Yoga Therapy for Cancer 6:00pm – Living with Loss: MS 6:30pm – Bereavement Support for Spouses/Partners 7:00pm – Living with Loss: High School</p>	<p>23 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 8:00pm – Parenting Through Cancer (CTP)</p>		
<p>27 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support 1:00pm – Reiki 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness 6:15pm – Resilient Parenting</p>	<p>28 9:30am – NIA 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 4:30pm – Mind Monsters (CTP) 6:00pm – The John Lennon Real Love Project 6:30pm – Friends & Family Networking 7:00pm – Breast Cancer Networking</p>	<p>29 10:00am – Reiki 5:30pm – Yoga Therapy for Cancer 6:30pm – Bereavement Support for Spouses/Partners</p>	<p>30 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 8:00pm – Parenting Through Cancer (CTP)</p>		

March 2023 Program Calendar

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



CANCER SUPPORT
COMMUNITY
 GREATER PHILADELPHIA

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

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

Monday	Thursday	Saturday	Week of:	Monday	Tuesday / Wednesday / Thursday	
10:30am Qigong 11:00am Metastatic Cancer Networking Group	10:30am Guided Meditation		Feb. 27-Mar. 4	1:00pm New Member Orientation 1:30pm Meditation for Wandering Minds		
10:30am Qigong	10:30am Guided Meditation 11:00am Breast Cancer Networking Group		Mar. 6-11	12:00pm Gentle Yoga	Tuesday March 7 10:30am Wool Applique Club	Wed. March 8 6:30pm Living with Loss: Kids, Teens & Families (CTP)
10:30am Qigong 11:30am Mindful Art	10:30am Guided Meditation 1:00pm New Member Orientation	10:00am The Hidden Impacts of Cancer: Depression, Grief & the Burden of Positivity	Mar. 13-18	12:00pm Gentle Yoga 1:30pm Bread for Beginners with Chef Monica	Thursday March 16 11:00am Arleen Boyes Quilting Circle	
10:30am Qigong 11:30am Mindful Art	10:30am Guided Meditation		Mar. 20-25	12:00pm Gentle Yoga 1:45pm Drumming with Mind UR Cells	Thursday March 23 12:30pm Pysanka Egg Decorating	
10:30am Qigong 11:00am Metastatic Cancer Networking Group 11:30am Mindful Art	10:30am Guided Meditation		Mar. 27-Apr. 1	12:00pm Gentle Yoga 1:00pm New Member Orientation 1:30pm Mindful Art	Thursday March 30 10:30am Writing for Health & Wellness 12:00pm Open Arts Studio	Friday March 31 8:00pm Flashlight Egg Hunt (CTP)

March 2023 Program Calendar

Doylestown Health

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



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St. Mary Medical Center

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

Tuesday	Wednesday	Week of:	Thursday
10:00am Morning Meditation 10:30am Living with Cancer Support Group	11:00am Survivor's Circle 1:00pm Art Club	Feb. 27-Mar. 4	11:00am Mindfulness Meditation 11:30am Living with Cancer Support Group
10:00am Morning Meditation 10:30am Living with Cancer Support Group	11:00am NEW! Open Art Studio	Mar. 6-11	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 11:00am Open Art Studio 1:00pm Art Club 1:00pm Reiki	Mar. 13-18	11:00am Mindfulness Meditation 11:30am Living with Cancer Support Group
10:00am Morning Meditation 10:30am Living with Cancer Support Group	11:00am Open Art Studio	Mar. 20-25	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 11:00am Open Art Studio 1:00pm Art Club	Mar. 27-Apr. 1	11:00am Mindfulness Meditation 11:30am Living with Cancer Support Group