

*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*

# May 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](mailto:Christina@cancersupportphiladelphia.org)

To view the full calendar and register to join, visit our website at [www.cancersupportphiladelphia.org](http://www.cancersupportphiladelphia.org) OR scan the QR code



# MAY VIRTUAL PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/Cancer Support 1:00pm – Reiki 1:00pm – Colorectal Cancer Networking Group 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness	<b>2</b> 9:30am – NIA <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – <b>Food 4 Thought: Nutrition &amp; Survivorship</b> 6:30pm – Mindfulness-Based Stress Reduction Activities 7:00pm – Lymphedema Networking	<b>3</b> 9:30am – Upcoming Treatment Decisions? 10:00am – Reiki 1:00pm – Art Club 5:30pm – Yoga Therapy for Cancer	<b>4</b> 9:00am – Restorative Yoga 10:30am – Guided Meditation 10:00am – Writing For Health & Wellness 11:15am – Living with Cancer Support Group	
<b>8</b> 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	<b>9</b> 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 7:00pm – <b>Teen Volunteer Training</b>	<b>10</b> 10:00am – Reiki 11:00am – Gentle Laughter 12:00pm – <b>Ask The Physician</b> 5:30pm – Yoga Therapy for Cancer 6:00pm – <b>Writing for Mindfulness presented by Theatre Within</b>	<b>11</b> 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group	<b>12</b> 12:00pm – Grief Circle
<b>15</b> 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 6:45pm – Grief Circle	<b>16</b> 9:30am – NIA 10:30am – Pilates 1:00pm – New Member Orientation 6:30pm – Blood Cancer Networking Group <i>sponsored by the Leukemia &amp; Lymphoma Society</i> 7:00pm – My Spouse Has Cancer Support Group	<b>17</b> 10:30am – Writing 4 Health & Wellness 1:00pm – Art Club 1:00pm – Reiki 2:00pm – <b>Writing for Mindfulness presented by Theatre Within</b> 4:00pm – Straight Talk about Cancer: MS 5:30pm – Yoga Therapy for Cancer 6:00pm – Straight Talk about Cancer: HS	<b>18</b> 9:00am – Restorative Yoga 10:30am – Meditation 11:15am – Living w/ Cancer Support Group 6:30pm – Young Adult Survivors Networking	<b>19</b> 10:00am Knitting & Crocheting Circle
<b>22</b> 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	<b>23</b> 9:30am – NIA 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 6:30pm – Friends & Family Networking 7:00pm – Breast Cancer Networking	<b>24</b> 10:00am – Reiki 11:00am – Gentle Laughter 12:30pm – <b>Volunteer Orientation</b> 5:30pm – Yoga Therapy for Cancer 6:00pm – Living with Loss: MS 6:00pm – <b>Writing for Mindfulness presented by Theatre Within</b> 7:00pm – Living with Loss: High School	<b>25</b> 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 8:00pm – Parenting Through Cancer (CTP)	
<b>29</b> <p style="text-align: center;">CSCGP CLOSED</p>	<b>30</b> 9:30am – NIA 10:30am – Pilates 1:00pm – New Member Orientation	<b>31</b> 10:00am – Reiki 5:30pm – Yoga Therapy for Cancer		

# The Suzanne Morgan Center @ Ridgeland Mansion



CANCER SUPPORT  
**COMMUNITY**  
GREATER PHILADELPHIA

4100 Chamounix Dr. Philadelphia

215-879-7733

## May 2023 Program Calendar

Monday	Tuesday	Wednesday	Thursday
<p><b>1</b></p> <p>10:30am Qigong</p>			<p><b>4</b></p> <p>10:30am Guided Meditation</p>
<p><b>8</b></p> <p>10:30am Qigong</p>			<p><b>11</b></p> <p>10:30am Guided Meditation</p> <p>11:00am Breast Cancer Networking Group</p>
		<p><b>17</b></p> <p>11:00am <b>Salads for Dinner with Chef Monica</b></p>	<p><b>18</b></p> <p>10:30am Guided Meditation</p> <p>1:00pm New Member Orientation</p>
<p><b>22</b></p> <p>11:00am Metastatic Cancer Networking Group</p>			<p><b>25</b></p> <p>10:30am Guided Meditation</p>



**CANCER SUPPORT  
COMMUNITY**  
GREATER PHILADELPHIA

## Gilda's Club

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

200 Kirk Road, Warminster PA

215-441-3290

### May 2023 Program Calendar

Monday	Tuesday	Wednesday	Thursday
1 12:00pm Gentle Yoga	2 10:30am Wool Applique Club 7:00pm <b>Teen Essay Contest Reception</b>		
8 12:00pm Gentle Yoga 1:30pm <b>Drop In Support &amp; Resources</b> 2:30pm New Member Orientation		10 6:30pm Living with Loss: Kids, Teens & Families <i>CTP</i>	
15 12:00pm Gentle Yoga – <i>video</i> 1:00pm Meditation 1:30pm Open Art Studio			18 11:00am Arleen Boyes Quilting Circle 6:30pm Special Equestrians <i>*CTP</i>
22 8:30pm <b>Early Bird Breakfast</b> 12:00pm Gentle Yoga	23 6:30pm <b>Family Game Night</b> <i>*CTP</i>	24 9:00am <b>Harmonious Healing: Breakfast w/ Dr. Sadel</b> 10:30am <b>Immersive Therapeutic Sound Experience</b>	25 10:30am Writing for Health & Wellness
29 CLOSED			

### Tuesday May 2, 2023

10:00-10:30am Morning Meditation

10:30-11:30am Living with Cancer Support Group *\*pre-registration required*

### Tuesday May 9, 2023

10:00-10:30am Morning Meditation

10:30-11:30am Living with Cancer Support Group

### Tuesday May 16, 2023

10:00-10:30am Morning Meditation

10:30-11:30am Living with Cancer Support Group

### Tuesday May 23, 2023

10:00-10:30am Morning Meditation

10:30-11:30am Living with Cancer Support Group

### Wednesday May 3, 2023

10:00am New Member Orientation

11:00-12:00pm Survivor's Circle

1:00pm Art Club

### Wednesday May 10, 2023

*Available for visits between 9-2pm*

### Wednesday May 17, 2023

11:00-12:00pm Survivor's Circle

1:00pm Art Club

1:00pm Reiki

### Wednesday May 24, 2023

Bladder & Skin Cancer Awareness Event



*\*Anyone interested in joining the weekly LWC Support Group must speak with Aly Rice before attending. Registration is preferred for all events; drop-in visitors will be welcome at Networking Groups and Workshops.\**

For more information & to register for programs, please contact **Aly Rice @ 215-345-2022** or email [aly@cancersupportphiladelphia.org](mailto:aly@cancersupportphiladelphia.org)

Located in the **Behind the red door on the main hallway**

**595 West State Street, Doylestown, PA 18901**



Trinity Health  
Mid-Atlantic

# ST. MARY MEDICAL CENTER

## May 2023 Program Calendar



CANCER SUPPORT  
**COMMUNITY**  
GREATER PHILADELPHIA

### Thursday May 4, 2023

11-11:30am Guided Meditation

11:40-1:00pm Living with Cancer Support Group *\*pre-registration required*

### Thursday May 11, 2023

11-11:30am Guided Meditation

11:40-1:00pm Living with Cancer Support Group *\*pre-registration required*

### Thursday May 18, 2023

11-11:30am Guided Meditation

11:40-1:00pm Living with Cancer Support Group *\*pre-registration required*

### Thursday May 25, 2023

11-11:30am Guided Meditation

11:40-1:00pm Living with Cancer Support Group *\*pre-registration required*

*\*Anyone interested in joining the weekly LWC Support Group must speak with Sofie Pollack before attending.  
Registration is preferred for all events; drop-in visitors will be welcome at Networking Groups and Workshops.\**

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For more information & to register for programs, please contact Sofie Pollack, LSW at **215-710-4512** or  
email [sofie@cancersupportphiladelphia.org](mailto:sofie@cancersupportphiladelphia.org)

Located in the **Cancer Center conference room**

**1201 Langhorne-Newtown Rd., Langhorne, PA 19047**

*\*Parking in back parking garage. Enter on ground level, and sign in as guest at visitor's desk. Walk through double doors to Cancer Center entrance on your right\**