

*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 start your [new member profile](#) on the website under 'how to join'

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

August 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

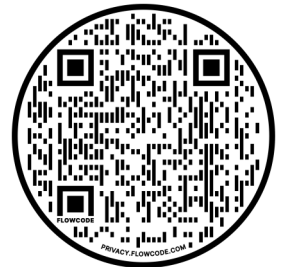
CSCGP offers a variety of educational workshops facilitated by experts their field. Keep an eye on the calendar each month for special events.

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



AUGUST VIRTUAL PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:30am – Pilates 1:00pm – New Member Orientation 6:30pm – Mindfulness Based Stress Reduction Activities 7:00pm – Lymphedema Networking Group	2 9:30am – Upcoming Treatment Decisions? Open to Options Can Help 10:00am – Reiki 1:00pm – Art Club 2:00pm – NEW! Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer	3 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 2:00pm – Writing For Health & Wellness	
7 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support 1:00pm – Colorectal Cancer Networking Group 2:30pm – Metastatic Cancer Networking Group 2:30pm – Breast Cancer Support Group 5:30pm – Feel Good Fitness	8 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 6:30pm – Ovarian Cancer Networking 7:00pm – Breast Cancer Networking	9 12:00pm – Ask The Physician 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer	10 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group	11 12:00pm – Grief Circle
14 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support 2:30pm – Breast Cancer Support Group 5:30pm – Feel Good Fitness	15 9:30am – <i>Nia Sponsored by the Bob Brockman Nia Fund</i> 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	16 10:00am – Reiki 10:30am – Writing 4 Health & Wellness 1:00pm – Art Club 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer	17 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 6:30pm – Young Adult Survivors Networking	18 10:00am Knitting & Crocheting Circle
21 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support 1:00pm – Reiki 2:30pm – Breast Cancer Support Group 5:30pm – Feel Good Fitness 6:45pm – Grief Circle	22 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	23 10:00am – Reiki 12:30pm – Volunteer Orientation 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer	24 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living w/ Cancer Support Group	
28 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support 1:00pm – Reiki 2:30pm – Breast Cancer Support Group 5:30pm – Feel Good Fitness	29 9:30am – Nia 10:30am – Pilates 1:00pm – New Member Orientation	30 10:00am – Reiki 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer	31 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living w/ Cancer Support Group	

The Suzanne Morgan Center @ Ridgeland Mansion

4100 Chamounix Dr. Philadelphia

215-879-7733



August 2023 Program Calendar

Monday	Thursday
<p>31 10:30am Qigong 1:00pm Moving Beyond Treatment: A Dance/Movement Therapy Group</p>	<p>3 10:30am Guided Meditation</p>
<p>7 10:30am Qigong 1:00pm Moving Beyond Treatment: A Dance/Movement Therapy Group</p>	<p>10 10:30am Guided Meditation</p>
<p>14 10:30am Qigong 12:00pm Walking Nature Meditation 1:00pm Moving Beyond Treatment: A Dance/Movement Therapy 1:00pm New Member Orientation</p>	<p>17 10:30am Guided Meditation 11:00am Breast Cancer Networking Group 1:00pm New Member Orientation</p>
<p>21 10:30am Qigong 11:00am Metastatic Cancer Networking Group</p>	<p>24 10:30am Guided Meditation ----- Saturday August 26 10:00am Technology & Healthcare Workshop</p>
<p>28 10:30am Qigong 10:30am Decisions Over Donuts 12:00pm Walking Nature Meditation</p>	<p>31 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

August 2023 Program Calendar

Monday	Tuesday	Thursday
31 12:00pm Gentle Chair / Floor Yoga	1 11:00am Knitting & Crochet Circle Live!	3 12:00pm Sourdough Bread Baking
7 12:00pm Gentle Chair / Floor Yoga	8 11:00am Coffee, Cookies & Card Games 7:00pm Back to School Party <i>*CTP</i>	10 9:00am The Marshall Men's Breakfast 2:00pm Plant ID Walk
14 12:00pm Gentle Chair / Floor Yoga 1:00pm Afternoon Tea 1:30pm Mindful Art Workshop	15 11:00am Photography Walk	17 11:00am Arleen Boyes Quilting Circle
21 12:00pm Gentle Chair / Floor Yoga 1:00pm New Member Orientation	22 11:00am Coffee, Cookies & Card Games 6:30pm Family Game Night <i>*CTP</i>	24 11:00am Getting Crafty With Plants 12:00pm Beaded Jewelry Making
28 12:00pm Gentle Chair / Floor Yoga 1:00pm Afternoon Tea 1:30pm Meditation for the Wandering Minds	29 11:00am Summer Salads	31 10:30am Writing for Health & Wellness

Wednesday August 2, 2023

10:00am New Member Orientation
11:00am Survivor's Circle
1:00pm Art Club

Tuesday August 8, 2023

9:30am Morning Meditation
10:00am Open Art Studio

Wednesday August 9, 2023

11:00am Practicing Wellness: Simple Smoothies

Wednesday August 16, 2023

11:00am Survivor's Circle
1:00pm Art Club
1:00pm Reiki

Wednesday August 23, 2023

11:00am **End of Summer Celebration**

Wednesday August 30, 2023

10:00am **Open House**
11:00am Survivor's Circle



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

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

August 2023 Program Calendar

Thursday August 3, 2023

11-11:30am Mindfulness Meditation

11:30-1:00pm Living with Cancer Support Group

**pre-registration required*

Thursday August 10, 2023

11-11:30am Mindfulness Meditation

11:30-1:00pm Living with Cancer Support Group

Thursday August 17, 2023

11-11:30am Guided Meditation

11:30-1:00pm Living with Cancer Support Group

Thursday August 24, 2023

11-11:30am Guided Meditation

11:30-1:00pm Living with Cancer Support Group

Thursday August 31, 2023

11-11:30am Guided Meditation

11:30-1:00pm Living with Cancer Support Group



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.

For more information & to register for programs, please contact Sofie Pollack, LSW at **215-710-4512** or email 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