



# September 2023 Program Calendar

*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

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



# SEPTEMBER VIRTUAL PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>CLOSED in Observance of Labor Day</b></p> 	<p><b>5</b></p> <p><b>9:30am</b> – Nia <i>Sponsored by the Bob Brockman Nia Fund</i></p> <p><b>10:30am</b> – Pilates</p> <p><b>1:00pm</b> – New Member Orientation</p> <p><b>7:00pm</b> – Lymphedema Networking Group</p>	<p><b>6</b></p> <p><b>9:30am</b> – Upcoming Treatment Decisions? Open to Options Can Help</p> <p><b>10:00am</b> – Reiki</p> <p><b>1:00pm</b> – Art Club</p> <p><b>2:00pm</b> – Living with Cancer Support Group</p> <p><b>5:30pm</b> – Yoga Therapy for Cancer</p> <p><b>6:30pm</b> – Bereavement Support for Spouses/Partners</p>	<p><b>7</b></p> <p><b>9:00am</b> – Restorative Yoga</p> <p><b>10:30am</b> – Guided Meditation</p> <p><b>11:15am</b> – Living with Cancer Support Group</p> <p><b>2:00pm</b> – Writing For Health &amp; Wellness</p>	<p><b>8</b></p> <p><b>12:00pm</b> Grief Circle</p>
<p><b>11</b></p> <p><b>8:30am</b> – Morning Mindful Meditation</p> <p><b>10:30am</b> – Qigong</p> <p><b>11:00am</b> – Living w/Cancer Support</p> <p><b>1:00pm</b> – Colorectal Cancer Networking Group</p> <p><b>1:00pm</b> – Reiki</p> <p><b>1:00pm</b> – <b>Parenting Through Cancer Wksp</b></p> <p><b>2:30pm</b> – Breast Cancer Support Group</p> <p><b>4:00pm</b> – Tutoring Program</p> <p><b>5:30pm</b> – Feel Good Fitness</p> <p><b>6:15pm</b> – Resilient Parenting for Bereaved Families</p>	<p><b>12</b></p> <p><b>9:30am</b> – Nia</p> <p><b>10:30am</b> – Pilates</p> <p><b>1:00pm</b> – New Member Orientation</p> <p><b>1:00pm</b> – Living <u>After</u> Cancer Support</p> <p><b>6:30pm</b> – Ovarian Cancer Networking</p> <p><b>7:00pm</b> – Breast Cancer Networking</p>	<p><b>13</b></p> <p><b>10:00am</b> – Reiki</p> <p><b>11:00am</b> – Gentle Laughter</p> <p><b>12:00pm</b> – <b>Ask The Physician</b></p> <p><b>2:00pm</b> – Living with Cancer Support Group</p> <p><b>5:30pm</b> – Yoga Therapy for Cancer</p> <p><b>6:30pm</b> – Bereavement Support for Spouses/Partners</p>	<p><b>14</b></p> <p><b>9:00am</b> – Restorative Yoga</p> <p><b>10:30am</b> – Guided Meditation</p> <p><b>11:15am</b> – Living with Cancer Support Group</p> <p><b>1:30pm</b> – <b>Healthcare &amp; Technology Workshop</b></p>	<p><b>15</b></p> <p><b>10:00am</b> Knitting &amp; Crocheting Circle</p>
<p><b>18</b></p> <p><b>8:30am</b> – Morning Mindful Meditation</p> <p><b>10:30am</b> – Qigong</p> <p><b>11:00am</b> – Living w/Cancer Support</p> <p><b>1:00pm</b> – <b>Parenting Through Cancer Wksp</b></p> <p><b>1:00pm</b> – Metastatic Cancer Networking Group</p> <p><b>2:30pm</b> – Breast Cancer Support Group</p> <p><b>4:00pm</b> – Tutoring Program</p> <p><b>5:30pm</b> – Feel Good Fitness</p> <p><b>6:15pm</b> – Resilient Parenting for Bereaved Families</p> <p><b>6:45pm</b> – Grief Circle</p>	<p><b>19</b></p> <p><b>9:30am</b> – Nia</p> <p><b>10:30am</b> – Pilates</p> <p><b>10:30am</b> – <b>Talking Tip For Families</b></p> <p><b>1:00pm</b> – New Member Orientation</p> <p><b>6:30pm</b> – Blood Cancer Networking Group <i>sponsored by the Leukemia &amp; Lymphoma Society</i></p> <p><b>7:00pm</b> – My Spouse Has Cancer Support Group</p>	<p><b>20</b></p> <p><b>10:00am</b> – Reiki</p> <p><b>10:30am</b> – Writing 4 Health &amp; Wellness</p> <p><b>1:00pm</b> – Art Club</p> <p><b>2:00pm</b> – Living with Cancer Support Group</p> <p><b>5:30pm</b> – Yoga Therapy for Cancer</p> <p><b>6:30pm</b> – Bereavement Support for Spouses/Partners</p>	<p><b>21</b></p> <p><b>9:00am</b> – Restorative Yoga</p> <p><b>10:30am</b> – Guided Meditation</p> <p><b>11:15am</b> – Living with Cancer Support Group</p> <p><b>6:30pm</b> – Young Adult Survivors Networking</p>	<p><b>22</b></p>
<p><b>25</b></p> <p><b>8:30am</b> – Morning Mindful Meditation</p> <p><b>10:30am</b> – Qigong</p> <p><b>11:00am</b> – Living w/Cancer Support</p> <p><b>1:00pm</b> – Reiki</p> <p><b>2:30pm</b> – Breast Cancer Support Group</p> <p><b>4:00pm</b> – Tutoring Program</p> <p><b>5:30pm</b> – Feel Good Fitness</p> <p><b>6:15pm</b> – Resilient Parenting for Bereaved Families</p>	<p><b>26</b></p> <p><b>9:30am</b> – Nia</p> <p><b>10:30am</b> – Pilates</p> <p><b>1:00pm</b> – New Member Orientation</p> <p><b>1:00pm</b> – Living <u>After</u> Cancer Support</p> <p><b>6:30pm</b> – Friends &amp; Family Networking</p> <p><b>7:00pm</b> – Breast Cancer Networking</p>	<p><b>27</b></p> <p><b>10:00am</b> – Reiki</p> <p><b>11:00am</b> – Gentle Laughter</p> <p><b>1:00pm</b> – <b>Volunteer Orientation</b></p> <p><b>2:00pm</b> – Living with Cancer Support Group</p> <p><b>5:30pm</b> – Yoga Therapy for Cancer</p> <p><b>6:30pm</b> – Bereavement Support for Spouses/Partners</p>	<p><b>28</b></p> <p><b>9:00am</b> – Restorative Yoga</p> <p><b>10:30am</b> – Guided Meditation</p> <p><b>11:15am</b> – Living w/ Cancer Support Group</p> <p><b>6:30pm</b> – <b>Relationships &amp; Cancer: Intimacy, Body Image &amp; Sexual Dysfunction</b></p>	<p><b>29</b></p> <p><b>9:15am</b> – <b>REJUVENATE: An Ovarian Cancer Conference @ Blue Bell County Club</b></p>

# The Suzanne Morgan Center @ Ridgeland Mansion

4100 Chamounix Dr. Philadelphia

215-879-7733



## September 2023 Program Calendar

Monday	Thursday
<p>4</p> <p><b>CLOSED in Observance of Labor Day</b></p>	<p>7</p> <p>10:30am Guided Meditation</p>
<p>11</p> <p>10:30am Qigong</p> <p>1:00pm New Member Orientation</p>	<p>14</p> <p>10:30am Guided Meditation</p>
<p>18</p> <p>10:30am Qigong</p> <p>11:00am <b>Grief Walk Practice w/ Lisa Zahren &amp; Stephanie Rusbuldt</b> (Rain date Tues. Sept 19) Meet at the parking lot at 200 Northwestern Ave., Philadelphia, PA 19118</p>	<p>21</p> <p>10:30am Guided Meditation</p> <p>1:00pm New Member Orientation</p> <p><b>6:00pm CeMe Conversations: An Open Discussion on the Cervical Cancer Experience</b></p> <p>-----</p> <p><b>Saturday September 23</b></p> <p>10:00am <b>Yoga Workshop &amp; Social</b></p>
<p>25</p> <p>10:30am Qigong</p> <p>12:00pm Walking Nature Meditation</p>	<p>28</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

### September 2023 Program Calendar

Monday	Tuesday	Thursday
<p>4</p> <p><b>CLOSED in Observance of Labor Day</b></p>	<p>5</p> <p>10:30am Wool Applique Club 11:00am Coffee, Cookies &amp; Card Games</p>	<p>7</p>
<p>11</p> <p>1:00pm <b>New Member Orientation</b></p>	<p>12</p> <p>1:00pm Getting Crafty With Plants 6:00pm <b>Philadelphia Family Dinner</b> <i>*for families impacted by childhood brain tumors</i></p>	<p>14</p> <p>11:00am <b>Happy Birthday Dr. Kaye!!</b> <b>Come Celebrate Dr. Kaye together</b></p>
<p>18</p> <p>12:30pm Afternoon Tea</p>	<p>19</p> <p>11:00 Watercolor Bookmarks 6:30pm <b>Family Games &amp; Fall Crafts</b> <i>*CTP</i></p>	<p>21</p> <p>12:00pm Beaded Jewelry Making</p>
<p>25</p> <p>12:00pm Gentle Chair / Floor Yoga 1:30pm <b>Self-Compassion Workshop</b></p>	<p>26</p> <p>1:00pm Page to Screen Book Club 6:00pm Baking with Suzanne <i>*CTP</i></p>	<p>28</p> <p>10:30am Writing for Health &amp; Wellness 11:00am Arleen Boyes Quilting Circle 6:30pm Special Equestrian Visits <i>*CTP</i></p>



## September 2023 Program Calendar

Wednesday September 6, 2023

10:00am New Member Orientation

11:00am Survivor's Circle

1:00pm Art Club

Tuesday September 12, 2023

9:30am Morning Meditation

10:00am Open Art Studio

Tuesday September 19, 2023

11:00am Practicing Wellness: Journaling

Wednesday September 13, 2023

9:30am Men's Breakfast

1:00pm Reiki

Wednesday September 20, 2023

10:30am **Cancer Transitions: Week 1**

1:00pm Art Club

Wednesday September 27, 2023

10:30am Cancer Transitions: Week 2



*\*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

September 2023 Program Calendar

## Tuesdays

10:00-11:00am Friends & Family Networking  
Group

## Thursdays

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



CANCER SUPPORT  
**COMMUNITY**  
GREATER PHILADELPHIA

*\*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\**