

*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

# October 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

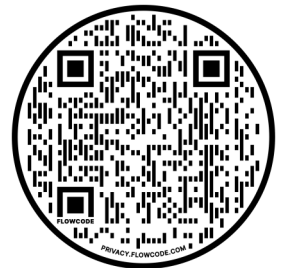
CSCGP offers a variety of educational workshops facilitated by experts their field. Keep an eye on the calendar each month for special events.

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



# OCTOBER VIRTUAL PROGRAM CALENDAR


Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support 1:00pm – Colorectal Cancer Networking Group 1:00pm – Reiki 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness</p>	<p>3</p> <p>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 Group</p>	<p>4</p> <p>9:30am – Upcoming Treatment Decisions? Open to Options Can Help 11:00am – Reiki 1:00pm – Art Club 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer 6:30pm – Bereavement Support for Spouses</p>	<p>5</p> <p>9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 2:00pm – Writing For Health &amp; Wellness 5:00pm – Resilient Parenting for Bereaved Families</p>	
<p>9</p> <p style="text-align: center;"><b>CSCGP CLOSED</b></p>	<p>10</p> <p>9:30am – Nia 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 6:00pm – <b>Mental Health &amp; Cancer Webinar</b> 6:30pm – Ovarian Cancer Networking 7:00pm – Breast Cancer Networking</p>	<p>11</p> <p>11:00am – Gentle Laughter 12:00pm – <b>Ask The Physician</b> 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer 6:30pm – Bereavement Support for Spouses/ Partners</p>	<p>12</p> <p>9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 1:30pm – <b>Talking Tip For Families</b></p>	<p>13</p> <p>12:00pm Grief Circle</p>
<p>16</p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support 1:00pm – Metastatic Cancer Networking 1:00pm – Reiki 2:00pm – <b>Mining Your Memory</b> 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness 6:15pm – Teens Living with Loss</p>	<p>17</p> <p>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</p>	<p>18</p> <p>10:30am – Writing 4 Health &amp; Wellness 1:00pm – Art Club 12:00pm <b>Learn How CSCGP Supports Families</b> 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer 6:15pm – Parenting Through Cancer Support 6:30pm – Bereavement Support for Spouses/ Partners</p>	<p>19</p> <p>9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 5:00pm – Resilient Parenting for Bereaved Families 6:30pm – Young Adult Survivors Networking</p>	<p>20</p> <p>10:00am Knitting &amp; Crocheting Circle</p>
<p>23</p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support 1:00pm – Reiki 2:00pm – <b>Mining Your Memory</b> 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness 6:15pm – Teen Support</p>	<p>24</p> <p>9:30am – Nia 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 6:30pm – Friends &amp; Family Networking 7:00pm – Breast Cancer Networking</p>	<p>25</p> <p>2:00pm – Reiki 11:00am – Gentle Laughter 1:00pm – <b>New Volunteer Orientation</b> 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer 6:30pm – Bereavement Support for Spouses/ Partners</p>	<p>26</p> <p>9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living w/ Cancer Support Group</p>	
<p>30</p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support 1:00pm – Reiki 2:00pm – <b>Mining Your Memory</b> 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness</p>	<p>31</p> <p>9:30am – Nia 10:30am – Pilates 1:00pm – New Member Orientation</p>	 <p><b>CANCER SUPPORT COMMUNITY</b> GREATER PHILADELPHIA</p>		

# The Suzanne Morgan Center @ Ridgeland Mansion

4100 Chamounix Dr. Philadelphia

215-879-7733

## October 2023 Program Calendar

Monday	Thursday
2 10:30am Qigong	5 10:30am Guided Meditation
9 CSCGP CLOSED	12 10:30am Guided Meditation
16 10:30am Qigong	19 10:30am Guided Meditation 1:00pm New Member Orientation
23 10:30am Qigong	26 10:30am Guided Meditation
30 9:30am <b>Harvest Breakfast</b> 10:30am Qigong 12:00pm Walking Nature Meditation	 CANCER SUPPORT <b>COMMUNITY</b> GREATER PHILADELPHIA



**CANCER SUPPORT  
COMMUNITY**  
GREATER PHILADELPHIA

## Gilda's Club

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

200 Kirk Road, Warminster PA

215-441-3290

### October 2023 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday / Saturday
<p>2</p> <p>12:00pm Gentle Chair / Floor Yoga 1:00pm <b>New Member Orientation</b></p>	<p>3</p> <p>10:30am Wool Applique Club</p>	<p>4</p>	<p>5</p>	
<p>9</p> <p><b>CSCGP CLOSED</b></p>	<p>10</p> <p>10:30am –Pilates with Friends <i>(Virtual Instruction)</i> 11:00am – Mindfulness Based Stress Reduction Activities</p>	<p>11</p> <p>6:00pm Living with Loss: Children &amp; Teens (CTP)</p>	<p>12</p>	
<p>16</p> <p>12:00pm Gentle Chair / Floor Yoga 12:30pm Afternoon Tea</p>	<p>17</p> <p>10:30am –Pilates with Friends <i>(Virtual Instruction)</i> 11:00am – Mindfulness Based Stress Reduction Activities</p>	<p>18</p>	<p>19</p> <p>11:00am Arleen Boyes Quilting Circle 12:00pm Beaded Jewelry Making</p>	<p>21</p> <p>6:30pm <b>TRUNK or TREAT</b></p>
<p>23</p> <p>12:00pm Gentle Chair / Floor Yoga 1:30pm <b>Mindful Art Workshop</b></p>	<p>24</p> <p>10:30am –Pilates with Friends <i>(Virtual Instruction)</i> 11:00am – Mindfulness Based Stress Reduction Activities</p>	<p>25</p>	<p>26</p> <p>10:30am Writing for Health &amp; Wellness</p>	
<p>30</p> <p>12:00pm Gentle Chair / Floor Yoga 1:00pm <b>Fall Recipes with Chef Monica</b></p>	<p>31</p> <p>10:30am –Pilates with Friends <i>(Virtual Instruction)</i> 11:00am – Mindfulness Based Stress Reduction Activities</p>			

Tuesday October 10, 2023

10:00am Open Art Studio

11:00am Practicing Wellness: Journaling

Tuesday October 24, 2023

9:00am **Breast Cancer Awareness Celebration –  
Main Lobby**

Tuesday October 31, 2023

10:00am Halloween Open House



Wednesday October 4, 2023

10:00am New Member Orientation

1:00pm Art Club

Wednesday October 11, 2023

9:30am **Men's Breakfast**

Wednesday October 18, 2023

10:30am **Cancer Transitions**

1:00pm Art Club

1:00am Reiki

Wednesday October 25, 2023

10:30am **Cancer Transitions**

*\*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

## October 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\**