

*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

December 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



DECEMBER VIRTUAL PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				
4 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	5 9:30am – Nia <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30am – Pilates 12:00pm – Pancreatic & GI Cancers Networking Group 1:00pm – New Member Orientation 6:30pm – Mindfulness Based -Stress Reduction Activities 7:00pm – Lymphedema Networking Group	6 9:30am – Upcoming Treatment Decisions? Open to Options Can Help 10:00am – Reiki 1:00pm – Art Club 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer 6:15pm – Parenting Through Cancer Support	7 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 2:00pm – Writing For Health & Wellness 5:00pm – Resilient Parenting for Bereaved Families	8 12:00pm – Grief Circle
11 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	12 9:30am – Nia 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	13 10:00am – Reiki 11:00am – Gentle Laughter 12:00pm Learn How CSCGP Supports Families 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer	14 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group	15 10:00am Knitting & Crocheting Circle
18 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/Cancer Support 1:00pm – Reiki 1:00pm – Metastatic Cancer Networking 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness 6:15pm – Teens Living with Loss	19 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> 7:00pm – My Spouse Has Cancer Support Group	20 2:00pm – Reiki 10:30am – Writing 4 Health & Wellness 1:00pm – Art Club 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer 6:15pm – Parenting Through Cancer Workshop	21 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	

Reminder: All Cancer Support Community Greater Philadelphia locations are closed starting Saturday December 23 through Monday, January 1, 2024.

Programs will resume on Tuesday, January 2, 2024.

If you need to speak to someone over the break, please contact **Cancer Support Helpline 1-888-793-9355**

Closed Monday December 25, 2023 & Monday January 1, 2024

Open Tuesday, December 26 through Friday December 29 between 9am -5pm ET

The Suzanne Morgan Center @ Ridgeland Mansion

4100 Chamounix Dr. Philadelphia

215-879-7733

December 2023 Program Calendar

Monday	Thursday
4 10:30am Qigong	7 10:30am Guided Meditation
11 10:30am Qigong 12:00pm Walking Nature Meditation 1:00pm New Member Orientation	14 10:30am Guided Meditation
18 10:30am Qigong	21 <i>Reminder: All Cancer Support Community Greater Philadelphia locations are closed starting Saturday December 23 through Monday, January 1, 2024. Programs will resume on Tuesday, January 2, 2024.</i>

CSCGP Holiday Party
Saturday December 9, 2023
1:00 – 3:00pm

Join us for a festive holiday gathering for members and their families at Ridgeland Mansion. Enjoy refreshments, good company, and festive music! This is the perfect opportunity to meet your virtual CSCGP friends in real life and to visit the beautiful historic mansion in Fairmount Park.

We hope to see many familiar faces during the open house. The Flute Society of Greater Philadelphia will play from 1-2pm.

Beautiful You: Skin, Scalp & Wig Care

Friday December 8, 2023 1:00-2:30pm

Pat Moore, Women's Wig and Hair System Specialist will join us this afternoon for a discussion on the key points of wig wearing, skin care, including scalp concerns during cancer treatment. She won't forget to talk about makeup strategies as well.

Attendees are encouraged to come prepared with questions, as well as personal concerns with wigs and/or scarves. Advance registration by Wednesday December 6th is required and space is limited. Please contact Beth Cribb at 215-441-3290 with any questions.

Location: Alliance Cancer Specialists Bensalem, 1311 Bristol Pike, Suite 100, Bensalem, PA 19020

Program assistance is available at this location on most Mondays & Thursdays, please call or email Stephanie@cancersupportphiladelphia.org to schedule a visit.

If you need to speak to someone over the break, please contact **Cancer Support Helpline 1-888-793-9355**

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**CANCER SUPPORT
COMMUNITY**
GREATER PHILADELPHIA

Gilda's Club

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

200 Kirk Road, Warminster PA

215-441-3290

December 2023 Program Calendar

Monday	Tuesday	Wednesday	Thursday
4 12:00pm Gentle Chair / Floor Yoga 1:00pm New Member Orientation	5 10:30am –Pilates with Friends <i>(Virtual Instruction)</i> 10:30am Wool Applique Club 6:00pm Kid Support *CTP	<i>Reminder: All Cancer Support Community Greater Philadelphia locations are closed starting Saturday December 23 through Monday, January 1, 2024. Programs will resume on Tuesday, January 2, 2024.</i>	
11 12:00pm Gentle Chair / Floor Yoga 12:30pm Warm & Cozy Lunch	12 10:30am –Pilates with Friends <i>(Virtual Instruction)</i> 4:00pm Gingerbread Houses with Suzanne	13 6:00pm Living with Loss: Children & Teens (CTP)	14 12:00pm Beaded Jewelry Making *Book bag tag project
18 12:00pm Gentle Chair / Floor Yoga 12:30pm Afternoon Tea	19 10:30am –Pilates with Friends <i>(Virtual Instruction)</i>		21 10:30am Writing for Health & Wellness 11:00am Arleen Boyes Quilting Circle

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Location: Alliance Cancer Specialists Bensalem, 1311 Bristol Pike, Suite 100, Bensalem, PA 19020

Program assistance is available at this location most Mondays, Tuesdays & Thursdays, please call or email Tina@cancersupportphiladelphia.org to schedule a visit.

If you need to speak to someone over the break, please contact **Cancer Support Helpline 1-888-793-9355**

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December 2023 Program Calendar

Tuesday December 5, 2023

10:00am Open Art Studio

Tuesday December 12, 2023

11:00am Living with Cancer Support Group

Tuesday December 19, 2023

11:00am **Practicing Wellness**

Wednesday December 6, 2023

10:00am New Member Orientation
1:00m Art Club – **ONLINE ONLY today**

Wednesday December 13, 2023

10:00am **Card Making**
1:00am Reiki

Wednesday December 20, 2023

9:30am **Men's Breakfast**
1:00pm Art Club

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.

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For more information & to register for programs, please contact **Aly Rice @ 215-345-2022** or email aly@cancersupportphiladelphia.org
Located behind the **red door** on the main hallway
595 West State Street, Doylestown, PA 18901



Trinity Health
Mid-Atlantic

ST. MARY MEDICAL CENTER

December 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

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**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