

*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

November 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



NOVEMBER VIRTUAL PROGRAM CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30am – Upcoming Treatment Decisions? Open to Options Can Help 10:00am – Reiki 1:00pm – Art Club 2:00pm – Living w/ Cancer Support 5:30pm – Yoga Therapy for Cancer 6:15pm – Parenting Through Cancer Support 6:30pm – Bereavement Support for Spouses	2 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	
6 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support 1:00pm – Colorectal Cancer Networking Group 1:00pm – Reiki 2:00pm – Mining Your Memory 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness	7 10:30am – Pilates 1:00pm – New Member Orientation 6:30pm – Mindfulness Based -Stress Reduction Activities 7:00pm – Lymphedema Networking Group	8 10:00am – Reiki 10:15am Moving Meditation – Demo class 11:00am – Gentle Laughter 12:00pm Learn How CSCGP Supports Families 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer 6:30pm – Bereavement Support for Spouses/ Partners	9 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 7:00pm – Grief & the Holidays workshop	10 CLOSED
13 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support 2:00pm – Mining Your Memory 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness	14 9:30am – Nia 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 1:30pm – Talking Tip For Families 6:30pm – Ovarian Cancer Networking 7:00pm – Breast Cancer Networking	15 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 6:30pm – Bereavement Support for Spouses/ Partners	16 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	17 10:00am Knitting & Crocheting Circle
20 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	21 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	<div style="border: 1px dashed gray; padding: 10px;">  </div>		
27 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 6:15pm – Teen Support	28 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	29 2:00pm – Reiki 11:00am – Gentle Laughter 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer 6:15pm – Parenting Through Cancer Support	30 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 5:00pm – Resilient Parenting for Bereaved Families	

The Suzanne Morgan Center @ Ridgeland Mansion

4100 Chamounix Dr. Philadelphia

215-879-7733

November 2023 Program Calendar

Monday	Thursday
	2 10:30am Guided Meditation
6 10:30am Qigong	9 10:30am Guided Meditation
13 10:30am Qigong 1:00pm New Member Orientation	16 10:30am Guided Meditation 11:30am Mobile CPR Training 1:00pm New Member Orientation
20 10:30am Qigong 12:00pm Walking Nature Meditation	<div data-bbox="1318 1029 1780 1334" data-label="Complex-Block"><p>Happy Thanksgiving! We are thankful for YOU.</p><p><i>All CSCGP offices are CLOSED</i> <i>Wednesday November 22 - Friday November 24</i></p><p> CANCER SUPPORT COMMUNITY GREATER PHILADELPHIA</p></div>
27 10:30am Qigong	30 10:30am Guided Meditation



**CANCER SUPPORT
COMMUNITY**
GREATER PHILADELPHIA

Gilda's Club

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

200 Kirk Road, Warminster PA

215-441-3290

November 2023 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday / Saturday
		1	2	
6 12:00pm Gentle Chair / Floor Yoga 1:00pm New Member Orientation	7 10:30am –Pilates with Friends <i>(Virtual Instruction)</i> 10:30am Wool Applique Club 6:00pm Kid Support *CTP	8 10:15am Moving Meditation 11:00am – Gentle Laughter 6:00pm Living with Loss: Children & Teens (CTP)	9 12:00pm Beaded Jewelry Making	
13 10:00am Gratitude Boxes 12:00pm Gentle Chair / Floor Yoga	14 10:30am –Pilates with Friends <i>(Virtual Instruction)</i> 6:00pm Kid Support *CTP	15 6:00pm Baking with Suzanne <i>(CTP)</i>	16 11:00am Arleen Boyes Quilting Circle	17 6:30pm Turkey B-I-N-G-O
20 12:00pm Gentle Chair / Floor Yoga 12:30pm Afternoon Tea	21 10:30am –Pilates with Friends <i>(Virtual Instruction)</i> 6:00pm Kid Support *CTP	<div data-bbox="968 1128 1346 1377" data-label="Image"> </div>		
27 12:00pm Gentle Chair / Floor Yoga 1:30pm Mindful Art Workshop	28 10:30am –Pilates with Friends <i>(Virtual Instruction)</i> 6:00pm Kid Support *CTP		30 10:30am Writing for Health & Wellness	

Tuesday November 7, 2023

10:00am **Card Making**

Tuesday November 14, 2023

10:00am Open Art Studio



Wednesday November 1, 2023

10:00am New Member Orientation

1:00m Open Art Studio

Wednesday November 8, 2023

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

Wednesday November 15, 2023

11:30am **Minding Ur Cells Drumming**

1:00pm Art Club

1:00am Reiki

Wednesday November 29, 2023

10:00am **Practicing Gratitude**

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

November 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.

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