

*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

January 2024 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

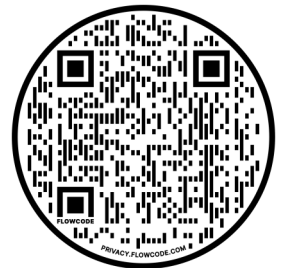
CSCGP offers a variety of educational workshops facilitated by experts their field. Keep an eye on the calendar each month for special events.

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



JANUARY VIRTUAL PROGRAM CALENDAR


Monday	Tuesday	Wednesday	Thursday	Friday
1 CSCGP CLOSED	2 9:30am – Nia <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30am – Pilates 10:30am – Pancreatic & GU Cancer Networking Group 1:00pm – New Member Orientation 6:30pm – Mindfulness Based -Stress Reduction Activities 7:00pm – Lymphedema Networking Group	3 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	4 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 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 5:30pm – Feel Good Fitness	9 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	10 10:00am – Reiki 10:30am – Writing 4 Health & Wellness 11:00am – Gentle Laughter 12:00pm Learn How CSCGP Supports Families 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer	11 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group	
15 CLOSED in Observance of MLK Day	16 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	17 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	18 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	19 10:00am Knitting & Crocheting Circle
22 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 – Teen Support	23 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	24 10:00am – Reiki 11:00am – Gentle Laughter 1:00pm – New Volunteer Orientation 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer	25 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living w/ Cancer Support Group 5:00pm – Resilient Parenting for Bereaved Families	
29 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	30 9:30am – Nia 10:30am – Pilates 1:00pm – New Member Orientation	31 10:00am – Reiki 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer		

The Suzanne Morgan Center @ Ridgeland Mansion

4100 Chamounix Dr. Philadelphia

215-879-7733

January 2024 Program Calendar

Monday	Thursday
1 CSCGP CLOSED	4 10:30am Guided Meditation
8 12:00pm Walking Nature Meditation 1:00pm New Member Orientation	11 9:00am Upcoming Treatment Decisions? Open To Options 10:30am Guided Meditation 11:00am Maker's Circle
15 CSCGP CLOSED	18 10:30am Guided Meditation 1:00pm New Member Orientation
22 10:00am Upcoming Treatment Decisions? Open To Options 11:30am Mindful Vision Boards for the New Year	25 10:30am Guided Meditation
29 	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 and we are not available, please contact Cancer Support Helpline 1-888-793-9355



**CANCER SUPPORT
COMMUNITY**
GREATER PHILADELPHIA

Gilda's Club

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

200 Kirk Road, Warminster PA

215-441-3290

January 2024 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday / Saturday
1 CSCGP CLOSED	2 10:30am Wool Applique Club	3	4	
8 2:15pm Mindful Art Workshop	9 6:00pm Philadelphia Family Dinner (CTP)	10 6:00pm Living with Loss: Children & Teens (CTP)	11 12:00pm Beaded Jewelry Making	
15 CSCGP CLOSED	16	17	18 11:00am Arleen Boyes Quilting Circle	
22 12:00pm Gentle Chair / Floor Yoga 12:30pm Afternoon Tea 2:30pm New Member Orientation	23	24	25 10:30am Writing for Health & Wellness	
29 12:00pm Gentle Chair / Floor Yoga 1:30pm Death Cafe	30	31 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 when we aren't available, please contact Cancer Support Helpline 1-888-793-9355		

Tuesday January 9, 2024

10:00am Open Art Studio

11:00am Living with Cancer Support Group*

Tuesday January 23, 2024

11:00am Living with Cancer Support Group*



Wednesday January 3, 2024

10:00am New Member Orientation

1:00pm Art Club

Wednesday January 10, 2024

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

Wednesday January 17, 2024

1:00pm Art Club

1:00am Reiki

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

January 2024 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