



*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

# *February 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](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



## FEBRUARY VIRTUAL PROGRAM CALENDAR


Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>1</b></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><b>5</b></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><b>6</b></p> <p>10:30am – Pilates            12:00am – Pancreatic &amp; GU Cancer Networking Group            1:00pm – New Member Orientation            6:30pm – Mindfulness Based -Stress Reduction Activities            7:00pm – Lymphedema Networking Group</p>	<p><b>7</b></p> <p>9:30am – Upcoming Treatment Decisions? Open to Options Can Help            10:00am – Reiki            1:00pm – Soothing Palette: Artful Relaxation            2:00pm – Living with Cancer Support Group            5:30pm – Yoga Therapy for Cancer</p>	<p><b>8</b></p> <p>9:00am – Restorative Yoga            10:30am – Guided Meditation            11:15am – Living with Cancer Support Group</p>	
<p><b>12</b></p> <p>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</p>	<p><b>13</b></p> <p>9:30am – <i>Nia Sponsored by the Bob Brockman Nia Fund</i>            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</p>	<p><b>14</b></p> <p>10:00am – Reiki            11:00am – Laughing When Nothing Seems Funny, And When It Does            12:00pm <b>Learn How CSCGP Supports Families</b>            2:00pm – Living with Cancer Support Group            5:30pm – Yoga Therapy for Cancer</p>	<p><b>15</b></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><b>16</b></p> <p>10:00am            Knitting &amp; Crocheting Circle</p>
<p><b>19</b></p> <p style="text-align: center;"><b>CLOSED</b>  <b>In Observance of President’s Day</b></p>	<p><b>20</b></p> <p>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><b>21</b></p> <p>10:00am – Reiki            10:30am – Writing 4 Health &amp; Wellness            1:00pm – Soothing Palette: Artful Relaxation            2:00pm – Living with Cancer Support Group            5:30pm – Yoga Therapy for Cancer            6:30pm – <b>Bereavement Support Group for Spouses/Partners</b></p>	<p><b>22</b></p> <p>9:00am – Restorative Yoga            10:30am – Guided Meditation            11:15am – Living w/ Cancer Support Group            6:30pm – <b>NEW!! Living w/ Cancer Support Group</b></p>	
<p><b>26</b></p> <p>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</p>	<p><b>27</b></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><b>28</b></p> <p>10:00am – Reiki            11:00am – Laughing When Nothing Seems Funny, And When It Does            1:00pm – <b>New Volunteer Orientation</b>            2:00pm – Living with Cancer Support Group            5:30pm – Yoga Therapy for Cancer            6:30pm – <b>Bereavement Support Group for Spouses/Partners</b></p>	<p><b>29</b></p> <p>9:00am – Restorative Yoga            10:30am – Guided Meditation            11:15am – Living w/ Cancer Support Group</p>	

# The Suzanne Morgan Center @ Ridgeland Mansion

4100 Chamounix Dr. Philadelphia

215-879-7733

## February 2024 Program Calendar

Monday	Thursday
 <p><b>CANCER SUPPORT COMMUNITY</b> GREATER PHILADELPHIA</p>	<b>1</b> 10:30am Guided Meditation
<b>5</b> 10:30am Qigong	<b>8</b> 10:30am Guided Meditation 11:00am Maker's Circle 1:00pm Upcoming Treatment Decisions? Open To Options
<b>12</b> 10:30am Qigong 12:00pm Walking Nature Meditation 1:00pm New Member Orientation	<b>15</b> 10:30am Guided Meditation 1:00pm New Member Orientation
<b>19</b> <b>CSCGP CLOSED</b>	<b>22</b> 10:30am Guided Meditation
<b>26</b> 10:00am Upcoming Treatment Decisions? Open To Options 10:30am Qigong	<b>29</b> 10:30am Guided Meditation 11:30am Bereavement Support Group for Spouses / Partners

Program assistance is available at this location on most Mondays & Thursdays, please call or email [Stephanie@cancersupportphiladelphia.org](mailto: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

### February 2024 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday / Saturday
<b>5</b> <b>12:00pm</b> Gentle Chair / Floor Yoga <b>2:15pm</b> Mindful Art Workshop	<b>6</b> <b>10:30am</b> Wool Applique Club		<b>8</b> <b>12:00pm</b> Beaded Jewelry Making	
<b>12</b> <b>12:00pm</b> Gentle Chair / Floor Yoga <b>12:30pm</b> Afternoon Tea <b>2:30pm</b> <b>New Member Orientation</b>	<b>13</b> <b>6:30pm</b> <b>Valentine's Day Party</b> <i>(CTP)</i>	<b>14</b> <b>6:00pm</b> Living with Loss: Children & Teens <i>(CTP)</i>	<b>15</b> <b>11:00am</b> Arleen Boyes Quilting Circle	
<b>19</b>  <b>CSCGP CLOSED</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>24</b> <b>5:00pm</b> <b>Snowy Spectacular with Friends</b> <i>(CTP)</i>
<b>26</b> <b>12:00pm</b> Gentle Chair / Floor Yoga <b>1:30pm</b> Meditation for Wandering Minds	<b>27</b>	<b>28</b>	<b>29</b> <b>10:30am</b> Writing for Health & Wellness	

Program assistance is available at this location most Mondays, Tuesdays & Thursdays, please call or email [Tina@cancersupportphiladelphia.org](mailto: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 February 13, 2024

10:00am Open Art Studio

11:00am Living with Cancer Support Group\*

Tuesday February 27, 2024

11:00am Living with Cancer Support Group\*



Wednesday February 7, 2024

10:00am New Member Orientation

1:00pm Soothing Palette: Artful Relaxation

Wednesday February 14, 2024

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

Wednesday February 21, 2024

1:00pm Soothing Palette: Artful Relaxation

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](mailto: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

## February 2024 Program Calendar

### 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\**