

*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

March 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



MARCH VIRTUAL PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>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</p>	<p>5 9:30am – <i>Nia Sponsored by the Bob Brockman Nia Fund</i> 10:30am – Pilates 12:00am – Pancreatic & GU Cancer Networking Group 1:00pm – New Member Orientation 6:30pm – Mindfulness Based -Stress Reduction Activities 7:00pm – Lymphedema Networking Group</p>	<p>6 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 6:00pm – No Butts About It, Colorectal Cancer Screenings Saves Lives!</p>	<p>7 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 2:00pm – Writing For Health & Wellness 7:00pm – Living After Cancer Networking Group</p>	
<p>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</p>	<p>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</p>	<p>13 10:00am – Reiki 11:00am – Laughing When Nothing Seems Funny, And When It Does 12:00pm Learn How CSCGP Supports Kids 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer 6:30pm – Bereavement Support Group for Spouses/Partners -Week 1</p>	<p>14 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 6:30pm – Relationships and Cancer: Intimacy, Body Image & Sexual Dysfunction 7:00pm – Living w/ Cancer Support Group</p>	
<p>18 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support 1:00pm – Reiki 1:00pm – Metastatic Cancer Networking Group 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness 6:15pm – Teens Living With Loss</p>	<p>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</p>	<p>20 10:00am – Reiki 10:30am – Writing For Health & Wellness 1:00pm – Soothing Palette: Artful Relaxation 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer 6:30pm – Bereavement Support Group for Spouses/Partners</p>	<p>21 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living w/ Cancer Support Group 6:30pm – Young Adult Survivors Networking Group</p>	<p>22 10:00am Knitting & Crocheting Circle</p>
<p>25 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support Group 1:00pm – Reiki 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness 6:15pm – Teen Support</p>	<p>26 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</p>	<p>27 10:00am – Reiki 11:00am – Laughing When Nothing Seems Funny, And When It Does 11:00am – Frankly Speaking: About Cancer and Mental Health 1:00pm – New Volunteer Orientation 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer 6:30pm – Bereavement Support Group</p>	<p>28 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living w/ Cancer Support Group 7:00pm – Living w/ Cancer Support Group</p>	

The Suzanne Morgan Center @ Ridgeland Mansion



4100 Chamounix Dr. Philadelphia

215-879-7733

March 2024 Program Calendar

Monday	Thursday
<p>4 10:30am Qigong</p>	<p>7 10:30am Guided Meditation 11:30am Bereavement Support Group for Spouses</p>
<p>11 10:30am Qigong 12:00pm Walking Nature Meditation 1:00pm New Member Orientation 1:00pm Strategies for Sleep Series</p>	<p>14 10:30am Guided Meditation 11:00am Maker's Circle 11:30am Bereavement Support Group for Spouses</p>
<p>18 10:30am Qigong 1:00pm Strategies for Sleep Series</p>	<p>21 10:30am Guided Meditation 11:30am Bereavement Support Group for Spouses 1:00pm New Member Orientation</p>
<p>25 10:30am Qigong 1:00pm Strategies for Sleep Series</p>	<p>28 10:30am Guided Meditation 11:30am Bereavement Support Group for Spouses</p>

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

March 2024 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Saturday / Sunday
<p>4</p> <p>12:00pm Gentle Chair /Floor Yoga 2:15pm Mindful Art Workshop</p>	<p>5</p> <p>10:30am Wool Applique Club</p>	<p>6</p>	<p>7</p> <p>11:30am Beyond Treatment: Nurturing Oral Health Post Cancer Care</p>	<p>10</p> <p>11:00am WAGS Animal Rescue visit</p>
<p>11</p> <p>12:00pm Gentle Chair /Floor Yoga 1:00pm Irish Soda Bread with Chef Monica Mannion</p>	<p>12</p> <p>10:00am Wooley Pinecone Craft</p>	<p>13</p> <p>6:00pm Living with Loss: Children & Teens (CTP)</p>	<p>14</p> <p>12:00pm Beaded Jewelry Making</p>	
<p>18</p> <p>12:30pm Pysanka Egg Decorating 2:30pm New Member Orientation</p>	<p>19</p>	<p>20</p> <p>7:00pm Kid Support: Parent Orientation (CTP)</p>	<p>21</p> <p>11:00am Arleen Boyes Quilting Circle 11:30am Beyond Treatment: Nurturing Oral Health Post</p>	<p>23</p> <p>8:00pm Flashlight Egg Hunt (CTP)</p>
<p>25</p> <p>12:00pm Gentle Chair /Floor Yoga 12:30pm Afternoon Tea 1:30pm Meditation for Wandering</p>	<p>26</p>	<p>27</p> <p>7:00pm Kid Support (CTP)</p>	<p>28</p> <p>10:30am Writing for Health & Wellness</p>	

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 March 5, 2024

10:30am Cancer Transitions

1:00pm **Beautiful You: Skin, Scalp & Wig Care**

Tuesday March 12, 2024

10:00am Open Art Studio

10:30am Cancer Transitions

Tuesday March 19, 2024

10:30am Cancer Transitions

Tuesday March 26, 2024

10:30am Cancer Transitions

Wednesday March 6, 2024

10:00am New Member Orientation

1:00pm Soothing Palette: Artful Relaxation

Wednesday March 13, 2024

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

11:00am Living with Cancer Support Group

Wednesday March 20, 2024

1:00pm Soothing Palette: Artful Relaxation

1:00pm Reiki

Wednesday March 27, 2024

11:00am Living with Cancer Support Group

11:00am **Frankly Speaking About Cancer & Mental Health: Discussion & Lunch**



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

March 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.

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