

*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

April 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

Includes 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.

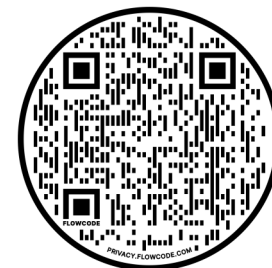
Mind-Body Wellness programs seek to support our members who want to practice and be mindful of their health in a supportive, group environment. Our programs are taught by professionals or volunteers who want to help members who wish to work on a healthy lifestyle at their own pace.

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



APRIL VIRTUAL PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 1:00pm – Reiki 1:00pm – Colorectal Cancer Networking Group 2:30pm – Breast Cancer Support Group	2 9:30am – Nia <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30am – Pilates 12:00pm – Pancreatic & GU Cancer Networking Group 1:00pm – New Member Orientation 6:30pm Mindfulness Based Stress Reduction 7:00pm – Lymphedema Networking Group	3 9:30am – Upcoming Treatment Decisions? Open to Options Can Help 1:00pm – Soothing Palette: Artful Relaxation 2:00pm – Living With Cancer Support Group 5:30pm – Yoga Therapy for Cancer	4 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living w/ Cancer Support Group 2:00pm – Writing For Health & Wellness 3:00pm – Giving the Gift of Gratitude Presented by Theatre Within 7:00pm – Living After Cancer Networking Group	5 10:00am – Knitting & Crocheting Circle
8 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	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 Group 7:00pm – Breast Cancer Networking Group	10 11:00am – Laughing When Nothing Seems Funny, And When It Does 12:00pm Learn How CSCGP Supports Children 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 3:00pm – Giving the Gift of Gratitude Presented by Theatre Within 7:00pm – Living With Cancer Support Group	
15 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 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	16 9:30am – Nia 10:00am – Conversations with your Healthcare Team and Loved Ones 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Walking Through the Five Wishes 6:30pm – Blood Cancer Networking Group 7:00pm – My Spouse Has Cancer Group 7:00pm – Hi! A Game About What Matters Most 7:00pm – Breast Cancer Networking	17 1:00pm – Soothing Palette: Artful Relaxation 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer	18 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 3:00pm – Giving the Gift of Gratitude Presented by Theatre Within 6:30pm – Young Adult Survivors Networking Group	19 10:00am – Knitting & Crocheting Circle
22 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With 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	23 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support Group 6:30pm – Friends & Family Networking Group 7:00pm – Breast Cancer Networking Group	24 11:00am – Laughing When Nothing Seems Funny, And When It Does 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 With Cancer Support Group 7:00pm – Living With Cancer Support Group	
29 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 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			

The Suzanne Morgan Center @ Ridgeland Mansion



CANCER SUPPORT
COMMUNITY
GREATER PHILADELPHIA

4100 Chamounix Dr. Philadelphia

215-879-7733

April 2024 Program Calendar

Monday	Thursday	Saturday
1 10:30am Qigong 1:00pm Strategies for Sleep Series	4 10:30am Guided Meditation 11:15am Mindful Art	6 10:30am Moving Through Trauma Workshop
8 10:30am Qigong 12:00pm Walking Nature Meditation 1:00pm New Member Orientation	11 10:30am Guided Meditation	13 9:15am Brewing Connections: Comfort, Community and Conversation
15 10:30am Qigong	18 10:30am Guided Meditation 11:15am Mindful Art 1:00pm New Member Orientation	20 8:30am Living Well With Blood Cancer sponsored by the Leukemia & Lymphoma Society <i>at the Museum of American Revolution</i>
22 12:00pm Walking Nature Meditation	25 10:30am Guided Meditation	27 9:15am Brewing Connections: Comfort, Community and Conversation 10:00am Yoga Therapy for Cancer
Sunday April 28 11:00am Nia Jam		

Program assistance is available at this location on most Mondays, Thursdays & Saturdays, please call or email Katie@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

April 2024 Program Calendar

Monday	Tuesday	Wednesday	Thursday
1 12:00pm Gentle Chair/Floor Yoga	2 10:30am Wool Applique Club	3 6:30pm Kid Support (CTP)	4 10:30am Board Games with Friends
8 12:00pm Gentle Chair/Floor Yoga 1:00pm Meditation for Wandering Minds 1:30pm Mindful Art Workshop	9	10 6:00pm Living with Loss: Children & Teens (CTP)	11 10:30am Board Games with Friends 12:00pm Beaded Jewelry Making
15 12:00pm Gentle Chair/Floor Yoga 12:30pm Afternoon Tea 1:00pm New Member Orientation	16 12:00pm Lighten Your Load With Laughter	17 6:30pm Kid Support (CTP)	18 10:30am Board Games with Friends 11:00am Arleen Boyes Quilting club
22 12:00pm Gentle Chair/Floor Yoga 12:30pm Earth Day Lunch & Plant Swap	23	24 6:30pm Kid Support (CTP)	25 10:30am Writing for Health & Wellness 12:00pm Board Games with Friends
29 12:00pm Gentle Chair/Floor Yoga 1:00pm Self-Care Spa Day 6:00pm Baking with Suzanne (CTP)	30 9:30am Nordic Walking 10:00am Nordic Walking		

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**



Wednesday April 3, 2024

10:00am New Member Orientation

10:30am *Unraveling Fate Workshop*

1:00pm Soothing Palette: Artful Relaxation

Tuesday April 9, 2024

10:00am Open Art Studio

Wednesday April 10, 2024

9:30am Men's Breakfast

10:30am *Unraveling Fate Workshop*

Wednesday April 17, 2024

10:30am *Unraveling Fate Workshop*

1:00pm Soothing Palette: Artful Relaxation

1:00pm Reiki

Wednesday, April 24, 2024

11:00am Moms Club

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

April 2024 Program Calendar

Tuesdays

10:00-11:00am Friends & Family Networking Group (starting April 16)

Thursdays

11-11:30am Mindfulness 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