



May 2024 Program Calendar

*Providing FREE professional programs and emotional support, education and hope for people impacted by cancer, because **community is stronger than cancer.***

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



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

MAY VIRTUAL PROGRAM CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
|  | | 1 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 | 2 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living w/ Cancer Support Group 2:00pm – Writing For Health & Wellness 7:00pm – Living After Cancer Networking Group | 3 10:00am – Knitting & Crocheting Circle |
| 6 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support Group 1:00pm – Reiki 1:00pm – Colorectal Cancer Networking 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring 5:30pm – Feel Good Fitness 6:00pm – A Joyful Noise Presented by Theatre Within | 7 9:30am – <i>Nia 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 | 8 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 | 9 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 7:00pm – Living With Cancer Support Group | |
| 13 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 1:00pm – Reiki 1:00pm – Let's Talk About Sleep 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program | 14 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 | 15 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 | 16 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 6:30pm – Young Adult Survivors Networking Group | 17 10:00am – Knitting & Crocheting Circle |
| 20 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 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 7:00pm – My Spouse Has Cancer Group | 22 10:00am – Reiki 11:00am – Laughing When Nothing Seems Funny, And When It Does 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer 6:00pm – Twist & Shout for the Entire Family Presented by Theatre Within | 23 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 7:00pm – Living With Cancer Support Group | |
| 27 CLOSED | 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 Group | 29 2:00pm – Living with Cancer Support Group 5:30pm – Yoga Therapy for Cancer | 30 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 7:00pm – Food For Thought: Gut Microbiome | |

The Suzanne Morgan Center @ Ridgeland Mansion



4100 Chamounix Dr. Philadelphia

215-879-7733

May 2024 Program Calendar

| Monday | Thursday | Saturday |
|---|--|---|
| | 2 10:30am Guided Meditation 11:15am Mindful Art | |
| 6 10:30am Qigong | 9 10:30am Guided Meditation 1:00pm Death Cafe | 11 9:15am Brewing Connections: Comfort, Community and Conversation |
| 13 10:30am Qigong 12:00pm Walking Nature Meditation 1:00pm New Member Orientation | 16 10:30am Guided Meditation 11:15am Mindful Art 1:00pm New Member Orientation | |
| 20 10:30am Qigong 9:00am Camp Discovery (Monday- Friday) | 23 9:00am Camp Discovery (Monday-Friday) 10:30am Guided Meditation | 25 9:15am Brewing Connections: Comfort, Community and Conversation 10:00am Yoga Therapy for Cancer |
| 27 CLOSED | 29 10:30am Guided Meditation | |

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

May 2024 Program Calendar

| Monday | Tuesday | Wednesday | Thursday |
|---|--|--|--|
| | | 1 6:30pm Kid Support (CTP) | 2 1:00pm Derby Day Tea Party |
| 6 12:00pm Gentle Chair/Floor Yoga 12:30pm Afternoon Tea 2:30pm New Member Orientation | 7 10:30am Wool Applique Club 5:00pm Teen Group: Candy Making (CTP) | 8 6:00pm Living with Loss: Children & Teens (CTP) | 9 12:00pm Beaded Jewelry Making |
| 13 12:00pm Gentle Chair/Floor Yoga 1:00pm Artful Presence: Mindfulness through Creative Exploration | 14 | 15 6:30pm Kid Support (CTP) | 16 8:30am The Marshall Men's Breakfast <i>sponsored by Tom McDermitt Fund</i> 11:00am Arleen Boyes Quilting club |
| 20 12:00pm Gentle Chair/Floor Yoga 12:30pm Vegan Fiesta with Chef Monica | 21 | 22 6:30pm Kid Support (CTP) | 23 |
| 27 CLOSED | 28 | 29 6:30pm Kid Support (CTP) | 30 10:30am Writing for Health & Wellness 5:30pm Family Night: BBQ & Bingo (CTP) |

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 May 7, 2024

11:00am Living with Cancer Support Group

6:00pm Skin Cancer Screenings **pre-registration required*

Tuesday, May 21, 2024

10:00am Open Arts Studio

11:00am Living with Cancer Support Group

Wednesday May 1, 2024

10:00am New Member Orientation

1:00pm Soothing Palette: Artful Relaxation

Wednesday May 8, 2024

9:30am Men's Breakfast

Wednesday, May 15, 2024

1:00pm Soothing Palette: Artful Relaxation

1:00pm Reiki

Wednesday, May 22, 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

May 2024 Program Calendar

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