



*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

June 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





Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/ Cancer Support Group 1:00pm – Colorectal Cancer Networking 5:30pm – Feel Good Fitness</p>	<p>4</p> <p>9:30am – Nia <i>Sponsored by the Bob Brockman Nia Fund</i> 10:00am – Cancer Transition- week 1 10:30am – Pilates 12:00pm – Pancreatic & GU Cancer Networking Group 1:00pm – New Member Orientation 6:30pm Mindfulness Based Stress Reduction 7:00pm – Exercises for Lymphedema</p>	<p>5</p> <p>9:30am – Upcoming Treatment Decisions? Open to Options Can Help 10:00am – Reiki 11:00am – Laughing When Nothing Seems Funny, And When It Does 1:00pm – Soothing Palette: Artful Relaxation 5:30pm – Yoga Therapy for Cancer</p>	<p>6</p> <p>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</p>	<p>7</p> <p>10:00am – Knitting & Crocheting Circle</p>
<p>10</p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 1:00pm – Reiki 2:30pm – Breast Cancer Networking Group 5:30pm – Feel Good Fitness 7:00pm – Breast Cancer Survivorship: Imaging Modalities</p>	<p>11</p> <p>9:30am – Nia 10:00am – Cancer Transition- week 2 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support Group 6:30pm – Ovarian Cancer Networking Group 7:00pm – Breast Cancer Networking Group</p>	<p>12</p> <p>12:00pm Learn How CSCGP Supports Children 5:30pm – Yoga Therapy for Cancer</p>	<p>13</p> <p>9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 7:00pm – Living With Cancer Support Group</p>	
<p>17</p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 1:00pm – Reiki 1:00pm – Metastatic Cancer Networking 5:30pm – Feel Good Fitness 7:00pm – Breast Cancer Survivorship: Cancer Genetics</p>	<p>18</p> <p>9:30am – Nia 10:00am – Cancer Transition- week 3 10:30am – Pilates 1:00pm – New Member Orientation 6:30pm – Blood Cancer Networking Group 7:00pm – My Spouse Has Cancer Group</p>	<p>19</p> <p>CLOSED</p>		<p>21</p> <p>10:00am – Knitting & Crocheting Circle</p>
<p>24</p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 1:00pm – Reiki 1:30pm – Virtual Death Cafe 5:30pm – Feel Good Fitness 7:00pm – Breast Cancer Survivorship: Sex After Cancer</p>	<p>25</p> <p>9:30am – Nia 10:00am – Cancer Transition- week 4 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</p>	<p>26</p> <p>9:30am – Upcoming Treatment Decisions? Open to Options Can Help 5:30pm – Yoga Therapy for Cancer</p>	<p>27</p> <p>9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 7:00pm – Living With Cancer Support Group</p>	

The Suzanne Morgan Center @ Ridgeland Mansion



4100 Chamounix Dr. Philadelphia

215-879-7733

June 2024 Program Calendar

Monday	Thursday	Saturday
<p>3</p> <p>8:30am Surviving with a Smile: A Humorous Take on Cancer Survivorship</p> <p>10:30am Qigong</p>	<p>6</p> <p>10:30am Guided Meditation</p> <p>11:15am Mindful Art</p>	<p>8</p> <p>9:15am Brewing Connections: Comfort, Community and Conversation</p>
<p>10</p> <p>10:30am Qigong</p> <p>12:00pm Walking Nature Meditation</p> <p>1:00pm New Member Orientation</p>	<p>13</p> <p>10:30am Guided Meditation</p>	
<p>17</p> <p>10:30am Qigong</p>	<p>20</p> <p>10:30am Guided Meditation</p> <p>11:15am Mindful Art</p> <p>1:00pm New Member Orientation</p>	<p>22</p> <p>9:15am Brewing Connections: Comfort, Community and Conversation</p> <p>11:00am Celebration of Life: Butterfly Release</p>
<p>24</p> <p>10:30am Qigong</p>	<p>27</p> <p>10:30am Guided Meditation</p>	

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

June 2024 Program Calendar

Monday	Tuesday	Wednesday	Thursday
<p>3</p> <p>8:30am Surviving with a Smile: A Humorous Take on Cancer Survivorship</p> <p>12:00pm Gentle Chair/Floor Yoga</p>	<p>4</p>	<p>5</p> <p>6:30pm Family Games <i>*CTP</i></p>	<p>6</p> <p>12:00pm Comfort Quilts Group Meet-up</p>
<p>10</p> <p>12:00pm Gentle Chair/Floor Yoga</p> <p>1:30pm Drop In Support & Resources</p> <p>2:30pm New Member Orientation</p>	<p>11</p>	<p>12</p>	<p>13</p> <p>12:00pm Beaded Jewelry Making</p>
<p>17</p> <p>9:30am Camp KIDS <i>*CTP</i></p> <p>12:00pm Gentle Chair/Floor Yoga</p>	<p>18</p> <p>9:30 Camp KIDS <i>*CTP</i></p>	<p>19</p> <p>CLOSED</p>	<p>20</p> <p>8:30am The Marshall Men's Breakfast <i>sponsored by Tom McDermitt Fund</i></p> <p>11:00am Arleen Boyes Quilting Club</p>
<p>24</p> <p>9:30 Camp KIDS <i>*CTP</i></p>	<p>25</p> <p>9:30 Camp KIDS <i>*CTP</i></p>	<p>26</p> <p>9:30 Camp KIDS <i>*CTP</i></p>	<p>27</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.

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Sunday June 2, 2024

9:30am Survivorship Celebration

Tuesday June 4, 2024

11:00am Living with Cancer Support Group

Tuesday, June 11, 2024

10:00am Open Arts Studio

11:00am **Sipping Smoothies**

Tuesday, June 18, 2024

11:00am Living with Cancer Support Group

Wednesday June 5, 2024

10:00am New Member Orientation

1:00pm Soothing Palette: Artful Relaxation

Wednesday June 12, 2024

9:30am Men's Breakfast

Wednesday, June 19, 2024

11:30am **Gentle Yoga NEW!**

1:00pm Soothing Palette: Artful Relaxation

1:00pm Reiki

Wednesday, June 26, 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

June 2024 Program Calendar

Thursdays

11-11:30am Mindfulness Meditation

11:30-1:00pm Living with Cancer Support Group*

1:15-2:15pm **Chair Yoga** *June 13, 2024 only



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