



*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

# July 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

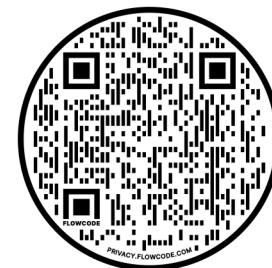
CSCGP offers a variety of educational workshops facilitated by experts their field. Keep an eye on the calendar each month for special events.

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](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





Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></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><b>2</b></p> <p>9:30am – Nia <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30am – Pilates 1:00pm – New Member Orientation 6:30pm Mindfulness Based Stress Reduction</p>	<p><b>3</b> <span style="float: right;"><b>4</b> <span style="float: right;"><b>5</b></span></span></p> <p style="text-align: center;"><b>CLOSED IN OBSERVANCE OF JULY 4TH AND SUMMER BREAK</b></p>		
<p><b>8</b></p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 2:30pm – Breast Cancer Networking Group 5:30pm – Feel Good Fitness</p>	<p><b>9</b></p> <p>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</p>	<p><b>10</b></p> <p>11:00am – Laughing When Nothing Seems Funny, And When It Does 12:00pm <b>Cannabis In Cancer Care: Part 2</b> 5:30pm – Yoga Therapy for Cancer</p>	<p><b>11</b></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><b>15</b></p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 1:00pm – Metastatic Cancer Networking 5:30pm – Feel Good Fitness</p>	<p><b>16</b></p> <p>9:30am – Nia 10:30am – Pilates 1:00pm – New Member Orientation 6:30pm – Blood Cancer Networking Group 7:00pm – My Spouse Has Cancer Group</p>	<p><b>17</b></p> <p>10:30am – Writing For Health &amp; Wellness 1:00pm – Soothing Palette: Artful Relaxation 5:30pm – Yoga Therapy for Cancer</p>	<p><b>18</b></p> <p>9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 6:30pm – Young Adult Survivors Networking Group</p>	<p><b>19</b></p> <p>10:00am – Knitting &amp; Crocheting Circle</p>
<p><b>22</b></p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 5:30pm – Feel Good Fitness</p>	<p><b>23</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 Group</p>	<p><b>24</b></p> <p>9:30am – Upcoming Treatment Decisions? Open to Options Can Help 11:00am – Laughing When Nothing Seems Funny, And When It Does 5:30pm – Yoga Therapy for Cancer</p>	<p><b>25</b></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><b>29</b></p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 5:30pm – Feel Good Fitness</p>	<p><b>30</b></p> <p>9:30am – Nia 10:30am – Pilates 1:00pm – New Member Orientation 7:00pm – <b>Scanxiety Workshop</b></p>	<p><b>31</b></p> <p>5:30pm – Yoga Therapy for Cancer</p>		

# The Suzanne Morgan Center @ Ridgeland Mansion



4100 Chamounix Dr. Philadelphia

215-879-7733

## July 2024 Program Calendar

Monday	Thursday	Saturday
1 10:30am Qigong	<b>CLOSED IN OBSERVANCE OF JULY 4TH AND SUMMER BREAK</b>	
8 10:30am Qigong	11 9:30am <b>All Men All Cancers Breakfast</b> <i>sponsored by Tom McDermitt Fund</i> 10:30am Guided Meditation 1:00pm Mindful Art	13 9:15am Brewing Connections: Comfort, Community and Conversation 9:30am Zumba Gold 11:00am <b>All Things Beauty: Hair, Brows &amp; Lashes</b>
15 10:30am Qigong 12:00pm Walking Nature Meditation 1:00pm <b>New Member Orientation</b>	18 10:30am Guided Meditation	20 9:15am Brewing Connections: Comfort, Community and Conversation 10:00am Yoga Therapy
22 10:30am Qigong 12:00pm <b>Lunch &amp; Wellness: Exploring Boundaries</b>	25 10:30am Guided Meditation 11:15am Mindful Art 1:00pm New Member Orientation	
29 10:30am Qigong 12:00pm Walking Nature Meditation	<p>Program assistance is available at this location on most Mondays, Thursdays &amp; Saturdays, please call or email <a href="mailto:Katie@cancersupportphiladelphia.org">Katie@cancersupportphiladelphia.org</a> to schedule a visit.</p> <p>If you need to speak to someone and we are not available, please contact <b>Cancer Support Helpline 1-888-793-9355</b></p>	



**CANCER SUPPORT  
COMMUNITY**  
GREATER PHILADELPHIA

**Gilda's Club**

*\*(CTP) denotes Children, Teen & Family programming*

200 Kirk Road, Warminster PA

215-441-3290

*July 2024 Program Calendar*

Monday	Tuesday	Wednesday	Thursday
<b>1</b> <b>6:30pm Dinner &amp; a Movie *CTP</b>	<b>2</b>	<b>3</b> <b>CLOSED IN OBSERVANCE OF JULY 4TH AND SUMMER BREAK</b>	<b>4</b>
<b>8</b> <b>9:30 Camp KIDS *CTP</b> <b>1:30pm Balancing Act: A Self Care Workshop for Parents</b>	<b>9</b> <b>9:30 Camp KIDS *CTP</b>	<b>10</b> <b>9:30 Camp KIDS *CTP</b>	<b>11</b> <b>12:00pm Beaded Jewelry Making</b>
<b>15</b> <b>9:30am Camp KIDS *CTP</b> <b>12:00pm Gentle Chair/Floor Yoga</b> <b>2:30pm New Member Orientation</b>	<b>16</b> <b>9:30 Camp KIDS *CTP</b>	<b>17</b> <b>9:30 Camp KIDS *CTP</b>	<b>18</b> <b>8:30am The Marshall Men's Breakfast</b> <i>sponsored by Tom McDermitt Fund</i> <b>11:00am Arleen Boyes Quilting Club</b>
<b>22</b> <b>9:30 TEEN Camp *CTP</b> <b>12:00pm Gentle Chair/Floor Yoga</b> <b>1:30pm Drop in Support &amp; Resources</b>	<b>23</b> <b>9:30 TEEN Camp *CTP</b>	<b>24</b>	<b>25</b> <b>10:30am Writing for Health &amp; Wellness</b> ***** <b>Saturday, July 26</b> <b>6:30pm Christmas in July: Foam Party *CTP</b>
<b>29</b> <b>11:00am Camp Gilda</b> <b>12:00pm Gentle Chair/Floor Yoga</b>	<b>30</b> <b>11:00am Camp Gilda</b>	<b>31</b> <b>1:00pm Acupuncture Cancer Clinic @ WON Institute for Graduate Studies</b>	If you need to speak to someone when we aren't available, please contact <b>Cancer Support Helpline 1-888-793-9355</b>
Program assistance is available at this location most Mondays, Tuesdays & Thursdays, please call or mail <a href="mailto:Tina@cancersupportphiladelphia.org">Tina@cancersupportphiladelphia.org</a> to schedule a visit.			

Wednesday July 10, 2024

9:30am Men's Breakfast

Wednesday July 17, 2024

11:30am Gentle Yoga

1:00pm Soothing Palette: Artful Relaxation

1:00pm Reiki

Wednesday, July 24, 2024

11:00am Moms Club

Tuesday July 2, 2024

10:00am New Member Orientation

Tuesday, July 9, 2024

10:00am Simply Summer: Open Arts Studio

Tuesday, July 16, 2024

10:00am Simply Summer: Salt Scrubs

Tuesday July 23, 2024

10:00am Simply Summer: Paper Flowers

Tuesday July 30, 2024

10:00am Simply Summer: Healthy Mocktails

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

*July 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.\**

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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\**