



CANCER SUPPORT
COMMUNITY
GREATER PHILADELPHIA

*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

August 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
			1 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 2:00pm- Writing for Health & Wellness 7:00pm – Living <u>After</u> Cancer Networking Group	2 10:00am – Knitting & Crocheting Circle
5 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 1:00pm – Colorectal Cancer Networking 5:30pm – Feel Good Fitness	6 9:30am – <i>Nia Sponsored by the Bob Brockman Nia Fund</i> 10:30am – Pilates 12:00pm – Pancreatic Cancer Networking Group 1:00pm – New Member Orientation 6:30pm Mindfulness Based Stress Reduction	7 9:30am – Upcoming Treatment Decisions? Open to Options Can Help 10:00am- Reiki 1:00pm – Soothing Palette: Artful Relaxation 5:30pm – Yoga Therapy for Cancer	8 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 7:00pm – Living With Cancer Support Group	
12 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	13 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	14 10:00am- Reiki 5:30pm – Yoga Therapy for Cancer	15 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 6:30pm – Millennials with Cancer Networking Group	16 10:00am – Knitting & Crocheting Circle
19 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	20 9:30am – Nia 10:30am – Pilates 1:00pm – New Member Orientation 6:30pm – Blood Cancer Networking Group 7:00pm – My Spouse Has Cancer Group	21 10:00am- Reiki 10:30am – Writing For Health & Wellness 1:00pm – Soothing Palette: Artful Relaxation 5:30pm – Yoga Therapy for Cancer	22 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 7:00pm – Living With Cancer Support Group	
26 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 5:30pm – Feel Good Fitness	27 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	28 10:00am- Reiki 5:30pm – Yoga Therapy for Cancer	29 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 7:00pm- Food For Thought: Inflammation and Cancer	

The Suzanne Morgan Center @ Ridgeland Mansion



4100 Chamounix Dr. Philadelphia

215-879-7733

August 2024 Program Calendar

Monday	Thursday	Saturday
	1 10:30am Guided Meditation	
5 10:30am Qigong	8 10:30am Guided Meditation	10 9:15am Brewing Connections: Comfort, Community and Conversation 9:30am Zumba Gold 11:00am DE LA A A LA ZZZ: Conozca cómo el cáncer afecta el sueño y consejos para dormir
12 10:30am Qigong 12:00pm Walking Nature Meditation 1:00pm New Member Orientation	15 9:30am All Men All Cancers Breakfast <i>sponsored by Tom McDermitt Fund</i> 10:30am Guided Meditation 1:00pm New Member Orientation	17 10:00am Funeral Planning 101: It's More Fun Than You Think
19 10:30am Qigong 12:00pm Lunch & Wellness: Improving Conversations With Your Care Team	22 10:30am Guided Meditation 11:15am Mindful Art 1:00pm Death Cafe	24 9:15am Brewing Connections: Comfort, Community and Conversation 10:00am Yoga Therapy
26 10:30am Qigong	28 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
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GREATER PHILADELPHIA

Gilda's Club

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

200 Kirk Road, Warminster PA

215-441-3290

August 2024 Program Calendar

Monday	Tuesday	Wednesday	Thursday
<p>If you need to speak to someone when we aren't available, please contact Cancer Support Helpline 1-888-793-9355</p>			<p>1 11:00am Camp Gilda 6:30pm Special Equestrians *CTP</p>
<p>5 12:00pm Gentle Chair/Floor Yoga</p>	<p>6 7:00pm Back to School Party *CTP</p>		
<p>12 12:00pm Gentle Chair/Floor Yoga 1:00pm Afternoon Tea</p>	<p>13</p>		<p>15 8:30am The Marshall Men's Breakfast <i>sponsored by Tom McDermitt Fund</i></p>
<p>19 12:00pm Gentle Chair/Floor Yoga 2:30pm New Member Orientation</p>	<p>20</p>		<p>22 11:00am Arleen Boyes Quilting Club 12:00pm Beaded Jewelry Making</p>
<p>26 12:00pm Gentle Chair/Floor Yoga 1:30pm Drop in Support & Resources</p>	<p>27 6:00pm Philadelphia Family Dinner *CTP 6:30pm Arcade Night @ TNT Amusements *CTP</p>		<p>29 10:30am Writing for Heath & Wellness</p>

Program assistance is available at this location most Mondays, Tuesdays & Thursdays, please call or mail

Tina@cancersupportphiladelphia.org to schedule a visit.



Tuesday August 6, 2024

10:00am Living With Cancer Support Group

Tuesday, August 13, 2024

10:00am Open Arts Studio

Tuesday, August 20, 2024

10:00am Living With Cancer Support Group

Wednesday August 7, 2024

10:00am New Member Orientation

1:00pm Soothing Palette: Artful Relaxation

Wednesday August 14, 2024

9:30am Men's Breakfast

1:00pm Reiki

Wednesday, August 21, 2024

11:30am Gentle Yoga

1:00pm Soothing Palette: Artful Relaxation

Wednesday, August 28, 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

August 2024 Program Calendar

Thursdays

**Please register in advance as dates are subject to change this month*

11-11:30am Mindfulness Meditation

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



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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