



September 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 for families with school aged children and teens 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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p style="text-align: center;">CLOSED</p>	<p>3</p> <p>10:30am – Pilates 12:00pm – Pancreatic Cancer Networking Group 1:00pm – New Member Orientation 6:30pm Mindfulness Based Stress Reduction</p>	<p>4</p> <p>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</p>	<p>5</p> <p>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</p>	<p>6</p> <p>10:00am – Knitting & Crocheting Circle</p>
<p>9</p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 1:00pm – Colorectal Cancer Networking 2:30pm – Breast Cancer Networking Group 5:30pm – Feel Good Fitness</p>	<p>10</p> <p>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>11</p> <p>10:00am- Reiki 11:00am- Laughing When Nothing Seems Funny and When It Is! 12:00pm- Ask the Trichologist: Hair & Scalp Care 5:30pm – Yoga Therapy for Cancer</p>	<p>12</p> <p>9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 7:00pm – Living With Cancer Support Group 7:00pm- Grief & the Holidays Workshop</p>	
<p>16</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>17</p> <p>10:30am – Pilates 1:00pm – New Member Orientation 6:30pm – Blood Cancer Networking Group 7:00pm – My Spouse Has Cancer Group</p>	<p>18</p> <p>10:00am- Reiki 10:30am – Writing For Health & Wellness 1:00pm – Soothing Palette: Artful Relaxation 5:30pm – Yoga Therapy for Cancer</p>	<p>19</p> <p>9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 6:30pm – Millennials with Cancer Networking Group</p>	<p>20</p> <p>10:00am – Knitting & Crocheting Circle</p>
<p>23</p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 4:00pm Tutoring begins 5:30pm – Feel Good Fitness</p>	<p>24</p> <p>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>25</p> <p>10:00am- Reiki 11:00am- Laughing When Nothing Seems Funny and When It Is! 5:30pm – Yoga Therapy for Cancer 6:45pm Bereavement Support Group for Spouses begins</p>	<p>26</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>26</p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 5:30pm – Feel Good Fitness 4:00pm Tutoring 7:00pm- Kid Support Parent Orientation</p>				

The Suzanne Morgan Center @ Ridgeland Mansion



4100 Chamounix Dr. Philadelphia

215-879-7733

September 2024 Program Calendar

Monday	Thursday	Saturday
2 CLOSED	5 10:30am Guided Meditation	
9 10:30am Qigong 1:00pm New Member Orientation	12 9:30am All Men All Cancers Breakfast <i>sponsored by Tom McDermitt Fund</i> 10:30am Guided Meditation 11:15am Mindful Art	14 9:15am Brewing Connections: Comfort, Community and Conversation 9:30am Zumba Gold 11:00am All Things Beauty: Part II Skin & Nails
16 10:30am Qigong 11:00am NEW! Caregiver Networking Group	19 10:30am Guided Meditation 1:00pm New Member Orientation	
23 10:30am Qigong 12:00pm Lunch & Wellness: Staying Healthy with Technology	26 10:30am Guided Meditation 11:15am Mindful Art	28 9:15am Brewing Connections: Comfort, Community and Conversation 10:00am Yoga Therapy
30 10:30am Qigong		

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

September 2024 Program Calendar

Monday	Tuesday	Wednesday	Thursday
2 CLOSED	3 10:30am Wool Applique Club	4	5 10:00am Comfort Quilts
9 12:00pm Gentle Chair/Floor Yoga	10	11	12 12:00pm Beaded Jewelry Making
16 12:00pm Gentle Chair/Floor Yoga 2:30pm New Member Orientation	17 6:30pm Baking with Suzanne <i>*CTP</i>	18	19 8:30am The Marshall Men's Breakfast <i>sponsored by Tom McDermitt Fund</i>
23 8:30am Pumpkin Spice Breakfast 2:00pm Calming Crafts: Epson Salts & Essential Oil Rollers 6:30pm Special Equestrians <i>*CTP</i>	24 11:00am Wooly Sunflower Craft	25	26 10:30am Writing for Heath & Wellness 11:00am Arleen Boyes Quilting Club
30 1:00pm Afternoon Tea 1:30pm NEW! Women's Support Circle	Program assistance is available at this location most Mondays, Tuesdays & Thursdays, please call or mail Tina@cancersupportphiladelphia.org to schedule a visit.		



Tuesday September 3, 2024

11:00am Living With Cancer Support Group

Tuesday, September 10, 2024

10:00am Open Arts Studio

Tuesday, September 17, 2024

11:00am Living With Cancer Support Group

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

Wednesday September 4, 2024

10:00am New Member Orientation

10:30am **Writing Warriors: Journaling 101**

1:00pm Soothing Palette: Artful Relaxation

Wednesday September 11, 2024

10:30am **Just Breathe: Meditation & Breath Work**

Wednesday, September 18, 2024

9:30am Men's Breakfast

10:30am **Finding Joy: Practicing Gratitude**

11:30am Gentle Yoga

1:00pm Soothing Palette: Artful Relaxation

Wednesday, September 25, 2024

9:00am Breast & Ovarian Cancer Awareness

10:30am **Future Me: Goal Setting & Vision
Boards**

1:00pm Reiki



Trinity Health
Mid-Atlantic

ST. MARY MEDICAL CENTER

September 2024 Program Calendar

Tuesday September 3, 2024

10:00-11:00am New Member Orientation

Thursday September 5, 2024

11-11:30am Guided Meditation

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

1:15-2:15pm Gentle Yoga Movement & Relaxation

Thursday September 12, 2024

11-11:30am Guided Meditation

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

1:15-2:15pm Gentle Yoga Movement & Relaxation

Thursday September 19, 2024

11-11:30am Guided Meditation

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

Tuesday September 24, 2024

1:30pm **Nordic Walking**

Thursday September 26, 2024

11-11:30am Guided 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