



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

# October 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 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](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>  <b>9:30am</b> -Nia Sponsored by the Bob Brockman Nia Fund  <b>10:30am</b> – Pilates  <b>12:00pm</b> – Pancreatic Cancer Networking Group  <b>1:00pm</b> – New Member Orientation  <b>6:30pm</b> <b>NEW! Men’s Health &amp; Cancer Networking Group</b>  <b>7:00pm</b> <b>Compression Garments with Jay Ann Intimates</b></p>	<p><b>2</b>  <b>9:30am</b> – Upcoming Treatment Decisions? Open to Options Can Help  <b>1:00pm</b> – Soothing Palette: Artful Relaxation  <b>5:30pm</b> – Yoga Therapy for Cancer</p>	<p><b>3</b>  <b>9:00am</b> – Restorative Yoga  <b>10:30am</b> – Guided Meditation  <b>11:15am</b> – Living With Cancer Support Group  <b>7:00pm</b> – Living <u>After</u> Cancer Networking Group</p>	<p><b>4</b>  <b>10:00am</b> – Knitting &amp; Crocheting Circle</p>
<p><b>7</b>  <b>8:30am</b> – Morning Mindful Meditation  <b>10:30am</b> – Qigong  <b>11:00am</b> – Living With Cancer Support Group  <b>1:00pm</b> – Colorectal Cancer Networking  <b>2:30pm</b> – Breast Cancer Networking Group  <b>4:00pm</b> Tutoring  <b>5:30pm</b> – Feel Good Fitness</p>	<p><b>8</b>  <b>9:30am</b> -Nia  <b>10:30am</b> – Pilates  <b>1:00pm</b> – New Member Orientation  <b>1:00pm</b> – Living <u>After</u> Cancer Support  <b>6:30pm</b> – Ovarian Cancer Networking Group  <b>7:00pm</b> – Breast Cancer Networking Group</p>	<p><b>9</b>  <b>11:00am</b>- Laughing When Nothing Seems Funny and When It Is!  <b>5:30pm</b> – Yoga Therapy for Cancer  <b>6:00pm</b> <b>-No One Fights Alone: Support for Your Cancer Journey</b></p>	<p><b>10</b>  <b>9:00am</b> – Restorative Yoga  <b>10:30am</b> – Guided Meditation  <b>11:15am</b> – Living With Cancer Support Group  <b>2:00pm</b> – Writing for Health &amp; Wellness  <b>7:00pm</b> – Living With Cancer Support Group</p>	
<p><b>14</b>  <b>CLOSED</b></p>	<p><b>15</b>  <b>9:30am</b> -Nia  <b>10:30am</b> – Pilates  <b>1:00pm</b> – New Member Orientation  <b>6:30pm</b> – Blood Cancer Networking Group  <b>7:00pm</b> – My Spouse Has Cancer Group</p>	<p><b>16</b>  <b>10:30am</b> – Writing For Health &amp; Wellness  <b>1:00pm</b> – Soothing Palette: Artful Relaxation  <b>5:30pm</b> – Yoga Therapy for Cancer  <b>6:00pm</b> – Teens Living with Loss</p>	<p><b>17</b>  <b>9:00am</b> – Restorative Yoga  <b>10:30am</b> – Guided Meditation  <b>11:15am</b> – Living With Cancer Support Group  <b>6:30pm</b> – Millennials with Cancer Networking Group</p>	<p><b>18</b>  <b>10:00am</b> – Knitting &amp; Crocheting Circle</p>
<p><b>21</b>  <b>8:30am</b> – Morning Mindful Meditation  <b>10:30am</b> – Qigong  <b>11:00am</b> – Living With Cancer Support Group  <b>1:00pm</b> – Metastatic Cancer Networking Group  <b>4:00pm</b> Tutoring  <b>5:30pm</b> – Feel Good Fitness</p>	<p><b>22</b>  <b>9:30am</b> -Nia  <b>10:30am</b> – Pilates  <b>1:00pm</b> – New Member Orientation  <b>1:00pm</b> – Living <u>After</u> Cancer Support  <b>6:30pm</b> – Friends &amp; Family Networking  <b>7:00pm</b> – Breast Cancer Networking Group</p>	<p><b>23</b>  <b>11:00am</b>- Laughing When Nothing Seems Funny and When It Is!  <b>5:30pm</b> – Yoga Therapy for Cancer  <b>6:00pm</b> – Teen Support</p>	<p><b>24</b>  <b>9:00am</b> – Restorative Yoga  <b>10:30am</b> – Guided Meditation  <b>11:15am</b> – Living With Cancer Support Group  <b>7:00pm</b> – Living With Cancer Support Group</p>	
<p><b>28</b>  <b>8:30am</b> – Morning Mindful Meditation  <b>10:30am</b> – Qigong  <b>11:00am</b> – Living With Cancer Support Group  <b>5:30pm</b> – Feel Good Fitness  <b>4:00pm</b> Tutoring</p>	<p><b>29</b>  <b>9:30am</b> -Nia  <b>10:30am</b> – Pilates  <b>1:00pm</b> – New Member Orientation  <b>7:00pm</b>– <b>Let’s Talk About Sleep</b></p>	<p><b>30</b>  <b>12:00pm</b> – <b>Lunch &amp; Learn: Intimacy &amp; Sexuality During &amp; After Breast Cancer</b>  <b>5:30pm</b> – Yoga Therapy for Cancer</p>	<p><b>31</b>  <b>9:00am</b> – Restorative Yoga  <b>10:30am</b> – Guided Meditation  <b>11:15am</b> – Living With Cancer Support Group</p>	

# The Suzanne Morgan Center @ Ridgeland Mansion



4100 Chamounix Dr. Philadelphia  
215-879-7733

## October 2024 Program Calendar

Monday	Tuesdays	Thursday	Saturday
	1	3 10:30am Guided Meditation	
7 10:30am Qigong 11:00am Caregiver Networking Group	8	10 9:30am <b>All Men All Cancers Breakfast</b> sponsored by Tom McDermitt Fund 10:30am Guided Meditation	12 9:15am Brewing Connections: Com- fort, Community & Conversation 9:30am Zumba Gold 11:00am <b>Fall Painting Workshop</b>
14 <b>CLOSED</b>	15 10:30am <b>NEW!! Living with Cancer Support Group</b> 12:00pm Afternoon Tea	17 10:30am Guided Meditation 1:00pm New Member Orientation 6:00pm <b>NEW!! Living with Loss</b> (Adults)	
21 10:30am Qigong	22 10:30am Living with Cancer Support Group 12:00pm Afternoon Tea	24 10:30am Guided Meditation	26 9:15am Brewing Connections: Com- fort, Community & Conversation 10:00am Yoga Workshop & Social
28 10:30am Qigong 12:00pm Lunch & Wellness: Sleep	29 10:30am Living with Cancer Support Group 12:00pm Afternoon Tea	31 10:30am Guided Meditation	

Program assistance is available at this location on most Mondays, Thursdays & Saturdays, please call or email [Katie@cancersupportphiladelphia.org](mailto: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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**Gilda's Club**

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

200 Kirk Road, Warminster PA

215-441-3290

**October 2024 Program Calendar**

Monday	Tuesday	Wednesday	Thursday
	1 10:30am Wool Applique Club	2	3 10:00am Comfort Quilts
7 12:00pm Gentle Chair/Floor Yoga 2:30pm New Member Orientation	8 6:30pm <b>Kid Support: Week 1</b> *CTP	9 6:30pm Living With Loss: Families *CTP	10 12:00pm Beaded Jewelry Making
14 <b>CLOSED</b>	15 6:30pm <b>Kid Support: Week 2</b> *CTP	16	17 8:30am <b>The Marshall Men's Breakfast</b> <i>sponsored by Tom McDermitt Fund</i> 11:00am Arleen Boyes Quilting Club
21 12:00pm Gentle Chair/Floor Yoga 12:30pm <b>Pink Party Potluck</b>	22 6:30pm <b>Kid Support: Week 3</b> *CTP	23	24 **** <b>Saturday 10/26</b> 1:30pm <b>Community Concert &amp; Dinner</b> 3:00pm <b>Fall Family Fest</b> *Winding Brook Farms *CTP
28 12:00pm Gentle Chair/Floor Yoga 1:00pm Afternoon Tea 1:30pm Women's Support Circle	29 6:30pm <b>Kid Support: Week 4</b> *CTP	30 6:30pm <b>All Ages Magic Show</b>	31 10:30am Writing for Health & Wellness

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

[Tina@cancersupportphiladelphia.org](mailto:Tina@cancersupportphiladelphia.org) to schedule a visit.



Tuesday October 1, 2024

11:00am Living With Cancer Support Group

Tuesday, October 8, 2024

10:00am Open Arts Studio

Tuesday, October 15, 2024

11:00am Living With Cancer Support Group

Wednesday October 2, 2024

10:00am New Member Orientation

1:00pm Soothing Palette: Artful Relaxation

Wednesday October 9, 2024

9:30am Men's Breakfast

Wednesday, October 16, 2024

10:30am **Finding Joy: Halloween Cards**

11:30am Gentle Yoga

1:00pm Soothing Palette: Artful Relaxation

1:00pm Reiki

Wednesday, October 23, 2024

10:30am **Finding Joy: Painted Pumpkins**

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

## October 2024 Program Calendar

### Tuesday October 1, 2024

10:00-11:00am New Member Orientation

### Thursday October 3, 2024

11-11:30am Guided Meditation

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

### Thursday October 10, 2024

11-11:30am Guided Meditation

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

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

### Thursday October 17, 2024

11-11:30am Guided Meditation

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

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

### Thursday October 24, 2024

11-11:30am Guided Meditation

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

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

### Thursday October 31, 2024

11-11:30am Guided Meditation

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

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



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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.\**

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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\**