



*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

# *November 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.

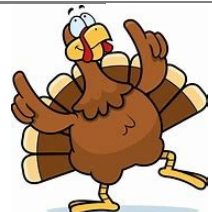
### Children & Teen Programs (CTP)

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
				1 10:00am – Knitting & Cro- cheting Circle
4 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 4:00pm Tutoring 5:30pm – Feel Good Fitness	5 9:30am -Nia <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30am – Pilates 12:00pm – Pancreatic Cancer Networking Group 1:00pm – New Member Orientation 6:30pm <b>Men’s Health &amp; Cancer Networking Group</b>	6 9:30am – Upcoming Treatment Decisions? Open to Options Can Help 11:00am- Laughing When Nothing Seems Funny and When It Is! 1:00pm – Soothing Palette: Artful Relaxation 5:30pm – Yoga Therapy for Cancer	7 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 Support Group 7:00pm – <b>Grief &amp; Holidays Workshop</b>	
11 <b>CLOSED</b>	12 9:30am -Nia 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	13 10:30am – Writing For Health & Wellness 12:00pm – <b>Ask the Trichologist: Hair &amp; Scalp Care</b> 5:30pm – Yoga Therapy for Cancer	14 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 7:00pm – Living With Cancer Support Group	15 10:00am – Knitting & Cro- cheting Circle
18 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 1:00pm – Metastatic Cancer Networking Group 4:00pm Tutoring 5:30pm – Feel Good Fitness	19 9:30am -Nia 10:30am – Pilates 1:00pm – New Member Orientation 6:30pm – Blood Cancer Networking Group 7:00pm – My Spouse Has Cancer Group	20 11:00am- Laughing When Nothing Seems Funny and When It Is! 1:00pm – Soothing Palette: Artful Relaxation 5:30pm – Yoga Therapy for Cancer 6:00pm – Teens Living with Loss	21 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 6:30pm – Millennials with Cancer Networking Group	
25 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 5:30pm – Feel Good Fitness 4:00pm Tutoring	26 9:30am -Nia 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 6:30pm – Friends & Family Networking	<p><b>Happy Thanksgiving</b></p> 		

# The Suzanne Morgan Center @ Ridgeland Mansion



4100 Chamounix Dr. Philadelphia

215-879-7733

## November 2024 Program Calendar

Monday	Tuesdays	Thursday	Saturday
<b>4</b> <b>10:30am</b> Qigong <b>12:00pm</b> New Member Orientation	<b>5</b>	<b>7</b> <b>10:30am</b> Guided Meditation	<b>9</b> <b>9:15am</b> Brewing Connections: Comfort, Community & Conversation <b>9:30am</b> Zumba Gold
<b>CLOSED</b>	<b>12</b> <b>10:30am</b> Living with Cancer Support Group <b>12:00pm</b> Afternoon Tea	<b>14</b> <b>9:30am All Men All Cancers Breakfast</b> <i>sponsored by Tom McDermitt Fund</i> <b>10:30am</b> Guided Meditation <b>1:00pm Death Cafe</b>	
<b>18</b> <b>10:30am</b> Qigong <b>11:00am</b> Caregiver Networking Group <b>12:00pm</b> New Member Orientation	<b>19</b> <b>10:30am</b> Living with Cancer Support Group <b>12:00pm</b> Afternoon Tea	<b>21</b> <b>10:30am</b> Guided Meditation <b>6:00pm</b> Living with Loss (Adults)	<b>23</b> <b>9:15am</b> Brewing Connections: Comfort, Community & Conversation <b>10:00am</b> Yoga Therapy for Cancer
<b>25</b> <b>10:30am</b> Qigong <b>12:00pm</b> New Member Orientation	Program assistance is available at this location on most Mondays, Thursdays & Saturdays, please call or email <a href="mailto:Katie@cancersupportphiladelphia.org">Katie@cancersupportphiladelphia.org</a> to schedule a visit. If you need to speak to someone and we are not available, please contact <b>Cancer Support Helpline 1-888-793-9355</b>		



**Gilda's Club**

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

200 Kirk Road, Warminster PA

215-441-3290

**November 2024 Program Calendar**

Monday	Tuesday	Wednesday	Thursday
<p>4</p> <p>12:00pm Gentle Chair/Floor Yoga</p>	<p>5</p>	<p>6</p>	<p>7</p> <p>10:00am Comfort Quilts 12:00pm New Member Orientation</p> <p>Saturday 11/9 10:00am Ornament Craft Day</p>
<p>11</p> <p><b>CLOSED</b></p>	<p>12</p> <p>10:30am Wool Applique Club 6:30pm <b>Kid Support: *CTP</b></p>	<p>13</p> <p>6:30pm Living With Loss: Families *CTP</p>	<p>14</p> <p>10:00am New Member Orientation 12:00pm Beaded Jewelry Making</p>
<p>18</p> <p>12:00pm Gentle Chair/Floor Yoga 1:15pm <b>Thanksgiving Treats &amp; Trivia</b></p>	<p>19</p> <p>12:00pm <b>GI Side Effect of Non-Small Cell Lung Cancer:</b> Lunch &amp; Watch Party 6:30pm <b>Kid Support: *CTP</b></p>	<p>20</p> <p>5:00pm <b>Turkey Bingo</b></p>	<p>21</p> <p>8:30am <b>The Marshall Men's Breakfast</b> sponsored by Tom McDermitt Fund 10:30am Writing for Health &amp; Wellness 11:00am Arleen Boyes Quilting Club 2:00pm New Member Orientation</p>
<p>25</p> <p>12:00pm Gentle Chair/Floor Yoga 1:00pm Afternoon Tea 1:30pm Women's Support Circle</p>	<p>26</p> <p>6:30pm <b>Kid Support: *CTP</b></p>		



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 November 5, 2024**

**11:00am** Living With Cancer Support Group

**Tuesday, November 12, 2024**

**10:00am** Open Arts Studio

**Tuesday, November 19, 2024**

**11:00am** Living With Cancer Support Group

**Wednesday November 6, 2024**

**10:00am** New Member Orientation

**11:00am** Leaf Breathing

**1:00pm** Soothing Palette: Artful Relaxation

**Wednesday November 13, 2024**

**9:30am** Men's Breakfast

**11:00am** Let's Be Grateful

**Wednesday, November 20, 2024**

**11:30am** Gentle Yoga

**1:00pm** Soothing Palette: Artful Relaxation

**1:00pm** Reiki

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

## November 2024 Program Calendar

### Thursday November 7, 2024

11-11:30am Guided Meditation

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

1:15pm Gentle Movement & Relaxation

### Thursday November 14, 2024

11-11:30am Guided Meditation

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

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

### Thursday November 21, 2024

11-11:30am Guided Meditation

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

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



CANCER SUPPORT  
**COMMUNITY**  
GREATER PHILADELPHIA

*\*Anyone interested in joining the weekly LWC Support Group must speak with Randi Kretchman 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 Randi Kretchman at **215-710-4512** or email [randi@cancersupportphiladelphia.org](mailto:randi@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\**