



December 2024 Program Calendar

*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

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





Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 1:00pm – Colorectal Cancer Networking 4:00pm Tutoring 5:30pm – Feel Good Fitness</p>	<p>3</p> <p>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 Men’s Health & Cancer Networking Group</p>	<p>4</p> <p>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</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 Support 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 2:30pm – Breast Cancer Networking Group 4:00pm Tutoring 5:30pm – Feel Good Fitness</p>	<p>10</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>11</p> <p>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</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 Group 5:30pm – Feel Good Fitness</p>	<p>17</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>18</p> <p>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 7:30pm – Teen Support</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>

All CSCGP Locations and programs will be on break starting Monday December 23rd – Wednesday January 1, 2025

All programs will resume on Thursday January 2, 2025

Happy Holidays

Cancer Support Helpline 888- 793-9355

Regular Hours Monday–Thursday: 11 a.m. – 8 p.m. ET
Friday: 11 a.m. – 6 p.m. ET
Tuesday, December 24: Available 11 a.m. – 5 p.m. ET
Wednesday, December 25: Closed
Thursday, December 26 – Friday, December 27: Available 11 a.m. – 5 p.m. ET
Monday, December 30: Available 11 a.m. – 5 p.m. ET
Tuesday, December 31 – Wednesday, January 1: Closed
Regular Helpline hours resume on Thursday, January 2

The Suzanne Morgan Center @ Ridgeland Mansion



4100 Chamounix Dr. Philadelphia

215-879-7733

December 2024 Program Calendar

Monday	Tuesdays	Thursday	Saturday
<p>2</p> <p>10:00am New Member Orientation 10:30am Qigong</p>	<p>3</p> <p>10:30am Living with Cancer Support Group 12:00pm Afternoon Tea</p>	<p>5</p> <p>10:30am Guided Meditation</p>	
<p>9</p> <p>10:30am Qigong 2:00pm New Member Orientation</p>	<p>10</p> <p>10:30am Living with Cancer Support Group 12:00pm Afternoon Tea 5:30pm Evening of Remembrance & Tree Lighting</p>	<p>12</p> <p>9:30am All Men All Cancers Breakfast sponsored by Tom McDermitt Fund 10:30am Guided Meditation</p>	<p>14</p> <p>9:30am Zumba Gold 1:00pm CSCGP Member Holiday Party</p>
<p>16</p> <p>9:30am New Member Orientation 10:30am Qigong 11:00am Caregiver Networking Group 1:00pm Make Your Own: Winter Greens Wreath</p>	<p>17</p> <p>10:30am Living with Cancer Support Group 12:00pm Afternoon Tea</p>	<p>19</p> <p>10:30am Guided Meditation 6:00pm Living with Loss (Adults)</p>	

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**



Gilda's Club

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

200 Kirk Road, Warminster PA

215-441-3290

December 2024 Program Calendar

Monday	Tuesday	Wednesday	Thursday
<p>2</p> <p>12:00pm Gentle Chair/Floor Yoga</p>	<p>3</p> <p>10:30am Wool Applique Club 4:00pm Baking with Suzanne: Gingerbread Houses</p>	<p>4</p>	<p>5</p> <p>10:00am Comfort Quilts 12:30pm New Member Orientation</p>
<p>9</p> <p>12:00pm Gentle Chair/Floor Yoga 1:00pm Afternoon Tea 1:30pm Women's Support Circle</p>	<p>10</p>	<p>11</p> <p>6:30pm Living With Loss: Families *CTP</p>	<p>12</p> <p>12:00pm Beaded Jewelry Making 3:00pm New Member Orientation</p> <p>14</p> <p>1:00pm Snacks with Santa & Hanukkah Harry</p>
<p>16</p> <p>12:00pm Gentle Chair/Floor Yoga 12:30pm Holiday Cookies, Crafts & Cocca 6:00pm CBTF Philly Family Dinner</p>	<p>17</p> <p>6:00pm Teen Holiday Party *CTP</p>	<p>18</p>	<p>19</p> <p>8:30am The Marshall Men's Breakfast <i>sponsored by Tom McDermitt Fund</i> 10:30am Writing for Health & Wellness 11:00am Arleen Boyes Quilting Club 1:00pm New Member Orientation</p>

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

Tina@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**



Tuesday December 3, 2024

11:00am Living With Cancer Support Group

Tuesday, December 10, 2024

10:00am Open Arts Studio

Tuesday, December 17, 2024

11:00am Living With Cancer Support Group

Wednesday December 4, 2024

10:00am New Member Orientation

11:00am Holiday Card Making

1:00pm Soothing Palette: Artful Relaxation

Wednesday December 11, 2024

9:30am Men's Breakfast

Wednesday, December 18, 2024

11:00am Winter Meditations

11:30am Gentle Yoga

1:00pm Soothing Palette: Artful Relaxation

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

December 2024 Program Calendar

Thursday December 5, 2024

11-11:30am Mindfulness Meditation

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

1:15pm Gentle Movement & Relaxation

Thursday December 12, 2024

11-11:30am Mindfulness Meditation

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

Thursday December 19, 2024

11-11:30am Mindfulness 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 Kretchmann 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 Randi Kretchmann at **215-710-4512** or
email 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**