



*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

January 2025 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

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 CLOSED Happy New Year's!	2 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	3 10:00am – Knitting & Crocheting Circle
6 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	7 10:30am – Pilates 12:00pm – Pancreatic Cancer Networking Group 1:00pm – New Member Orientation 6:30pm Men’s Health & Cancer Networking Group	8 9:30am – Upcoming Treatment Decisions? Open to Options Can Help 11:00am – Laughing When Nothing Seems Funny and When It Is! 5:30pm – Yoga Therapy for Cancer	9 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 7:00pm – Living With Cancer Support Group	
13 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	14 9:30am -Nia <i>Sponsored by the Bob Brockman Nia Fund</i> 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	15 10:30am – Writing for Health & Wellness 5:30pm – Yoga Therapy for Cancer 6:00pm – Teens Living with Loss	16 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 6:30pm – Millennials with Cancer Networking Group	17 10:00am – Knitting & Crocheting Circle
20 CLOSED	21 9:30am -Nia 10:30am – Pilates 1:00pm – New Member Orientation 6:30pm – Blood Cancer Networking Group 7:00pm – My Spouse Has Cancer Group	22 11:00am – Laughing When Nothing Seems Funny and When It Is! 5:30pm – Yoga Therapy for Cancer 7:30pm – Teen Support	23 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 7:00pm – Living With Cancer Support Group	
27 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 1:00pm – Metastatic Cancer Networking 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness	28 9:30am -Nia 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 6:30pm – Friends & Family Networking Group 7:00pm – Breast Cancer Networking Group	29 5:30pm – Yoga Therapy for Cancer 7:00pm Let’s Talk About Sleep Workshop	30 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group	

The Suzanne Morgan Center @ Ridgeland Mansion



4100 Chamounix Dr. Philadelphia

215-879-7733

January 2025 Program Calendar

Monday	Tuesdays	Thursday	Saturday
<p>Program assistance is available at this location on most Mondays, Thursdays & Saturdays, please call or email Katie@cancersupportphiladelphia.org to schedule a visit.</p>		<p>2 10:30am Guided Meditation</p>	
<p>6 10:30am Living with Cancer Support Group 10:30am Qigong</p>	<p>7</p>	<p>9 9:30am All Men All Cancers Break-fast sponsored by Tom McDermitt Fund 10:30am Guided Meditation</p>	<p>11 9:30am Zumba Gold 9:30am Creative Journaling for Teens 11:00am Winter Painting Workshop</p>
<p>13 10:30am Qigong 10:30am Living with Cancer Support Group 11:00am New Member Orientation</p>	<p>14</p>	<p>16 10:30am Guided Meditation</p>	
<p>20 CLOSED</p>	<p>21</p>	<p>23 10:30am Guided Meditation</p>	<p>25 10:00am Yoga Therapy</p>
<p>27 10:30am Living with Cancer Support Group 10:30am Qigong 1:00pm Afternoon of Remembrance</p>	<p>28</p>	<p>30 10:30am Guided Meditation 1:00pm New Member Orientation</p>	



**CANCER SUPPORT
COMMUNITY**
GREATER PHILADELPHIA

Gilda's Club

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

200 Kirk Road, Warminster PA

215-441-3290

January 2025 Program Calendar

Monday	Tuesday	Wednesday	Thursday
			2 10:00am Comfort Quilts
6 12:00pm Gentle Chair/Floor Yoga	7 10:30am Wool Applique Club	8 6:30pm Living With Loss: Families *CTP	9 12:00pm Beaded Jewelry Making
13 12:00pm Gentle Chair/Floor Yoga 1:00pm Afternoon Tea 1:30pm Women's Support Circle	14 10:30am New Member Orientation 6:00pm Family Bingo *CTP	15	16 8:30am The Marshall Men's Breakfast <i>sponsored by Tom McDermitt Fund</i> 11:00am Arleen Boyes Quilting Club
20 CLOSED	21 6:30pm Teen Night *CTP	22	23 2:00pm New Member Orientation
27 12:00pm Gentle Chair/Floor Yoga 1:00pm Afternoon of Remembrance & Reflection	28 6:00pm Baking with Suzanne: Parents Only Night *CTP	29	30 10:30am Writing for Health & Wellness

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 January 7, 2025

10:00am Living With Cancer Support Group

Tuesday, January 14, 2025

Drop-in to learn more

Tuesday, January 21, 2025

10:00am Living With Cancer Support Group

Tuesday, January 28, 2025

Drop-in to learn more

Wednesday January 1, 2025

CLOSED- Happy New Year's

Wednesday January 8, 2025

9:30am Men's Breakfast

10:00am New Member Orientation

Wednesday, January 15, 2025

11:30am Gentle Yoga

1:00pm Reiki

Tuesday, January 29, 2025

Drop-in to learn more

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

January 2025 Program Calendar

Thursday, January 2, 2025

11-11:30am Guided Meditation

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

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

Thursday, January 9, 2025

11-11:30am Guided Meditation

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

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

Thursday, January 16, 2025

11-11:30am Guided Meditation

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

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

Thursday, January 23, 2025

11-11:30am Guided Meditation

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

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

Thursday, January 30, 2025

11-11:30am Guided Meditation

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

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