



*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

March 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
<p>3</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 Program 5:30pm – Feel Good Fitness</p>	<p>4</p> <p>9:30am -Nia <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30am – Pilates 12:00pm – Pancreatic Cancer Networking 1:00pm – New Member Orientation 6:30pm Men’s Health & Cancer Networking 7:00pm Kid Support: Parent Orientation</p>	<p>5</p> <p>9:30am – Upcoming Treatment Decisions? Open to Options Can Help 5:30pm – Yoga Therapy for Cancer</p>	<p>6</p> <p>9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support 2:00pm – Writing for Health & Wellness 7:00pm – Living <u>After</u> Cancer Support 7:00pm – Ben Strauss Essay Prep</p>	<p>7</p> <p>10:00am – Knitting & Crocheting Circle</p>
<p>10</p> <p>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</p>	<p>11</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>12</p> <p>11:00am- Laughing When Nothing Seems Funny and When It Is! 5:30pm – Yoga Therapy for Cancer</p>	<p>13</p> <p>9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 7:00pm – Living With Cancer Support Group 8:15pm – Resilient Parenting</p>	
<p>17</p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 1:00pm – Metastatic Cancer Networking Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness</p>	<p>18</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>19</p> <p>1:00pm – Soothing Palette: Artful Relaxation 5:30pm – Yoga Therapy for Cancer 6:00pm – Teen Living with Loss Support</p>	<p>20</p> <p>9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support 7:00pm – Millennials with Cancer 7:00pm – Ben Strauss Essay Prep 8:15pm – RPBF Reunion</p>	<p>21</p> <p>10:00am – Knitting & Crocheting Circle</p>
<p>24</p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness</p>	<p>25</p> <p>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</p>	<p>26</p> <p>11:00am- Laughing When Nothing Seems Funny and When It Is! 5:30pm – Yoga Therapy for Cancer 6:00pm – Teen Support</p>	<p>27</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>31</p> <p>8:30am – Morning Mindful Meditation 11:00am – Living With Cancer Support Group</p>				
<p>10:30am – Qigong 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness</p>				

The Suzanne Morgan Center @ Ridgeland Mansion



4100 Chamounix Dr. Philadelphia

215-879-7733

March 2025 Program Calendar

Monday	Tuesdays	Thursday	Saturday
<p>Program assistance is available at this location on most Mondays, Tuesdays Thursdays & some Saturdays, please call or email Katie@cancersupportphiladelphia.org to schedule a visit.</p>			1
3 10:30am Qigong	4	6 10:30am Guided Meditation	8 9:30am Zumba Gold 9:30am Creative Journaling for Teens 11:15am Mobile CPR Training
10 10:30am Qigong 10:30am Living with Cancer Support Group 11:30am New Member Orientation	11	13 9:30am All Men All Cancers Breakfast <i>sponsored by Tom McDermitt Fund</i> 10:30am Guided Meditation	
17 10:30am Qigong	18	20 10:30am Guided Meditation	22 10:00am Yoga Therapy
24 10:30am Living with Cancer Support Group 10:30am Qigong	25	27 10:30am Guided Meditation 1:00pm New Member Orientation	
31 10:30am Qigong			



Gilda's Club

*(CTP) denotes Children, Teen & Family programming

200 Kirk Road, Warminster PA

March 2025 Program Calendar

215-441-3290

Monday	Tuesday	Wednesday	Thursday	
3 12:00pm Gentle Chair/Floor Yoga	4 10:30am Wool Applique Club	5	6 10:00am Comfort Quilts	
10 12:00pm Gentle Chair/Floor Yoga 1:00pm Afternoon Tea 1:30pm Women's Support Circle	11 6:30pm Kid Support Week 1 *CTP	12	13 11:00am Dancing Made Simple 12:00pm Beaded Jewelry Making	
17 12:00pm Gentle Chair/Floor Yoga 12:30pm Warm & Cozy Lunch	18 10:00am New Member Orientation 6:30pm Kid Support Week 2 *CTP	19	20 8:30am The Marshall Men's Breakfast sponsored by Tom McDermitt Fund 11:00am Arleen Boyes Quilting Club	
24 12:00pm Gentle Chair/Floor Yoga 1:00pm Stronger Together Networking Group	25 6:30pm Kid Support Week 3 *CTP	26	27 10:30am Writing for Heath & Wellness 12:00pm New Member Orientation	29 10:30am Living With Loss Families *CTP 1:00pm Phillies Fan Art Frenzy *CTP
31 12:00pm Gentle Chair/Floor Yoga 1:00pm Self-Care Spa Day	<p>Program assistance is available at this location most Mondays, Tuesdays & Thursdays, please call or email Tina@cancersupportphiladelphia.org to schedule a visit.</p> <p>If you need to speak to someone and we are not available, please contact Cancer Support Helpline 1-888-793-9355</p>			



Tuesday March 4, 2025

10:00am Living With Cancer Support Group

Tuesday, March 11, 2025

11:00am Self Love, Self Care

Tuesday, March 18, 2025

10:00am Living With Cancer Support Group

Tuesday, March 25, 2025

Drop-in to learn more

Wednesday March 5, 2025

10:00am New Member Orientation

1:00pm Open Art Studio

Wednesday March 12, 2025

9:30am Men's Breakfast

1:00pm Reiki

Wednesday, March 19, 2025

11:30am Gentle Yoga

1:00pm Soothing Palette: Artful Relaxation

Tuesday, March 26, 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

March 2025 Program Calendar

Thursday, March 6, 2025

11-11:30am Mindfulness Meditation

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

Thursday, March 13, 2025

11-11:30am Mindfulness Meditation

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

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

Thursday, March 20, 2025

11-11:30am Mindfulness Meditation

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

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

Thursday, March 27, 2025

11-11:30am Mindfulness Meditation

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

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



**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 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