

*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

April 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>1 9:30am -Nia Sponsored by the Bob Brockman Nia Fund 10:30am – Pilates 12:00pm – Pancreatic Cancer Networking 1:00pm – New Member Orientation 6:30pm Men’s Health & Cancer Networking</p>	<p>2 9:30am – Upcoming Treatment Decisions? Open to Options Can Help 5:30pm – Yoga Therapy for Cancer</p>	<p>3 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support 2:00pm – Writing 4 Health & Wellness 7:00pm – Living <u>After</u> Cancer Support 8:15pm – Resilient Parenting</p>	<p>4 10:00am – Knitting & Crocheting Circle</p>
<p>7 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>8 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>9 11:00am- Laughing When Nothing Seems Funny and When It Is! 5:30pm – Yoga Therapy for Cancer</p>	<p>10 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 for Bereaved Parents</p>	
<p>14 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 2:30pm – Breast Cancer Networking Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness</p>	<p>15 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>16 10:30am Writing for Health & Wellness 1:00pm – Soothing Palette: Artful Relaxation 5:30pm – Yoga Therapy 6:00pm – Teen Living w/ Loss</p>	<p>17 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support 7:00pm – Millennials with Cancer 8:15pm – Resilient Parenting for Bereaved Parents</p>	<p>18 10:00am – Knitting & Crocheting Circle</p>
<p>21 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 1:00pm – Metastatic Cancer Networking 5:30pm – Feel Good Fitness</p>	<p>22 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>23 11:00am- Laughing When Nothing Seems Funny and When It Is! 5:30pm – Yoga Therapy for Cancer 6:00pm – Teen Support</p>	<p>24 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 for Bereaved Parents</p>	
<p>28 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>29 9:30am -Nia 10:30am – Pilates 1:00pm – New Member Orientation 7:00pm – Food For Thought: Mediterranean Diet</p>	<p>30 5:30pm – Yoga Therapy for Cancer</p>		

The Suzanne Morgan Center @ Ridgeland Mansion



4100 Chamounix Dr. Philadelphia

215-879-7733

April 2025 Program Calendar

Monday	Tuesdays	Thursday	Saturday
	1	3 10:30am Guided Meditation	
7 10:30am Qigong	8	10 9:30am All Men All Cancers Breakfast sponsored by Tom McDermitt Fund 10:30am Guided Meditation	12 9:30am Zumba Gold 11:00am Lunch & Learn: Finances & Cancer Workshop
14 10:30am Qigong 10:30am Living with Cancer Support Group	15	17 10:30am Guided Meditation	
21 10:30am Qigong	22	24 10:30am Guided Meditation	26 10:00am Yoga Therapy
28 10:30am Living with Cancer Support Group 10:30am Qigong 12:00pm Lunch & Learn: Finances & Cancer Part 2	29	<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>	



Gilda's Club

*(CTP) denotes Children, Teen & Family programming

200 Kirk Road, Warminster PA

April 2025 Program Calendar

215-441-3290

Monday	Tuesday	Wednesday	Thursday	
If you need to speak to someone and we are not available, please contact Cancer Support Helpline 1-888-793-9355	1 10:30am Wool Applique Club 6:30pm Kid Support *CTP	2	3 10:00am Comfort Quilts	
7 12:00pm Gentle Chair/Floor Yoga	8 6:30pm Kid Support *CTP	9	10 11:00am Dancing Made Simple 12:00pm Beaded Jewelry Making	11 6:00pm Spring Egg Hunt *CTP 8:00pm Flashlight Egg Hunt *CTP
14 12:00pm Gentle Chair/Floor Yoga 1:00pm Afternoon Tea 1:30pm Women's Support Circle	15 6:30pm Kid Support *CTP	16	17 8:30am The Marshall Men's Breakfast sponsored by Tom McDermitt Fund 12:00pm New Member Orientation	
21 12:00pm Gentle Chair/Floor Yoga 12:30pm Earth Day Lunch & Plant Swap	22 6:30pm Earth Day Event *CTP	23	24 10:30am Writing for Health & Wellness 11:00am Arleen Boyes Quilting Club 12:00pm New Member Orientation	26 10:30am Living With Loss Families *CTP
28 12:00pm Gentle Chair/Floor Yoga 1:00pm Stronger Together Networking Group	29 6:30pm Kid Support *CTP	30 9:00am Will I Ever Feel Normal Again: Managing Fear of Cancer Recurrence	Program assistance is available at this location most Mondays, Tuesdays & Thursdays, please call or email Tina@cancersupportphiladelphia.org to schedule a visit.	

**Tuesday April 1, 2025**

10:00am Living With Cancer Support Group

Tuesday, April 8, 2025

11:00am Self Love, Self Care

Tuesday, April 15, 2025

10:00am Living With Cancer Support Group

Tuesday, April 22, 2025

10:00am *Get Your Hands in the Dirt*

Tuesday April 29, 2025

2:00pm *Beauty For You w/ Ribbons Wig Boutique*

Wednesday April 2, 2025

10:00am New Member Orientation

11:30am Gentle Yoga

Wednesday April 9, 2025

9:30am Men's Breakfast

10:30am *Cancer Transitions*

1:00pm Reiki

Wednesday April 16, 2025

10:30am Cancer Transitions

Wednesday April 23, 2025

10:30am Cancer Transitions

Wednesday April 30, 2025

10:30am Cancer Transitions

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

April 2025 Program Calendar

Thursday, April 3, 2025

11-11:30am Mindfulness Meditation

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

Thursday, April 10, 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, April 17, 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

Tuesday April 22, 2025

11:00am New Member Orientation



Thursday, April 24, 2025

11-11:30am Mindfulness Meditation

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

**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