



CANCER SUPPORT
COMMUNITY
GREATER PHILADELPHIA

*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

May 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 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	2 10:00am – Knitting & Crocheting Circle
5 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	6 9:30am -Nia <i>Sponsored by the Bob Brockman Nia</i> 10:30am – Pilates 12:00pm – Pancreatic Cancer Networking 1:00pm – New Member Orientation 6:30pm Men’s Health & Cancer Networking 7:00pm Learn about Lymphedema	7 9:30am – Upcoming Treatment Decisions? Open to Options Can Help 5:30pm – Yoga Therapy for Cancer	8 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	
12 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	13 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	14 11:00am- Laughing When Nothing Seems Funny and When It Is! 5:30pm – Yoga Therapy for Cancer	15 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	16 10:00am – Knitting & Crocheting Circle
19 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support 1:00pm – Metastatic Cancer Networking 5:30pm – Feel Good Fitness	20 9:30am -Nia 10:30am – Pilates 12:00pm – New Member Orientation 6:30pm – Blood Cancer Networking Group 7:00pm – My Spouse Has Cancer Group	21 10:30am Writing :Health & Wellness 1:00pm – Soothing Palette: Artful Relaxation 5:30pm – Yoga Therapy 6:00pm – Teen Living w/ Loss	22 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 7:00pm – Living With Cancer Support Group	
26 <p style="text-align: center;">CLOSED</p>	27 9:30am -Nia 10:30am – Pilates 12:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 6:30pm – Friends & Family Networking Group 7:00pm – Breast Cancer Networking Group	28 11:00am- Laughing When Nothing Seems Funny and When It Is! 5:30pm – Yoga Therapy for Cancer 6:00pm – Teen Support	29 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

May 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>		<p>1 10:30am Guided Meditation</p>	
<p>5 10:30am Qigong 12:00pm New Member Orientation</p>	<p>6</p>	<p>8 9:30am All Men All Cancers Breakfast sponsored by Tom McDermitt Fund 10:30am Guided Meditation</p>	<p>10 9:30am Zumba Gold 11:15am Mobile CPR Training</p>
<p>12 10:30am Qigong 10:30am Living with Cancer Support Group</p>	<p>13</p>	<p>15 10:30am Guided Meditation</p>	
<p>19 10:30am Qigong 1:00pm New Member Orientation</p>	<p>20</p>	<p>22 10:30am Guided Meditation</p>	<p>24 10:00am Yoga Therapy</p>
<p>26 CLOSED</p>	<p>27</p>	<p>29 10:30am Guided Meditation</p>	



**CANCER SUPPORT
COMMUNITY**
GREATER PHILADELPHIA

Gilda's Club

*(CTP) denotes Children, Teen & Family programming

200 Kirk Road, Warminster PA

May 2025 Program Calendar

215-441-3290

Monday	Tuesday	Wednesday	Thursday / Friday / Saturday	
Program assistance is available at this location most Mondays, Tuesdays & Thursdays, please call or email Tina@cancersupportphiladelphia.org to schedule a visit.			1 10:00am Comfort Quilts	
5 If you need to speak to someone and we are not available, please contact Cancer Support Helpline 1-888-793-9355	6 10:30am Wool Applique Club 6:30pm Kid Support *CTP	7	8 11:00am Dancing Made Simple 12:00pm Beaded Jewelry Making 1:30pm Celebrating Mothers: Trivia & Tea	9 9:30am Rejuvenate: An Ovarian Cancer Conference @ Blue Bell County Club
12 12:00pm Gentle Chair/Floor Yoga 1:00pm Afternoon Tea 1:30pm Women's Support Circle	13 7:00pm Ben Strauss Teen Essay & Higher Education Grant Reception	14	15 8:30am The Marshall Men's Breakfast <i>sponsored by Tom McDermitt Fund</i>	17 10:30am Living With Loss Families *CTP
19 12:00pm Gentle Chair/Floor Yoga 1:00pm Stronger Together Networking Group	20 6:30pm Family Game Night *CTP	21	22 10:30am Pysanka Egg Decorating 6:30pm Special Equestrians *CTP	
26 CLOSED	27 6:00pm Teen Night *CTP	28	29 10:30am Writing for Health & Wellness 11:00am Arleen Boyes Quilting Club	



Tuesday May 6, 2025

10:00am Living With Cancer Support Group

11:00am Unleash Your Creativity

Tuesday, May 20, 2025

10:00am Living With Cancer Support Group

11:00am Painted Rock Activity

Tuesday, May 27, 2025

10:00am **Mini Survivors Spa Day**

Wednesday May 7, 2025

10:30am Cancer Transitions

1:00pm New Member Orientation

1:00pm Soothing Palette: Artful Relaxation

Wednesday May 14, 2025

9:30am **Men's Breakfast: Pelvic Floor Health**

11:30am Gentle Yoga

1:00pm Reiki

Wednesday May 21, 2025

1:00pm Soothing Palette: Artful Relaxation

Wednesday May 28, 2025

10:00am **Tell Cancer To Take a Hike**

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

May 2025 Program Calendar

Thursday, May 1, 2025

11-11:30am Mindfulness Meditation

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

Thursday, May 8, 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, May 15, 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 May 22, 2025

11-11:30am Mindfulness Meditation

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



**CANCER SUPPORT
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Tuesday May 27, 2025

11:00am New Member Orientation

Thursday, May 29, 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**