

*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

# *July 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

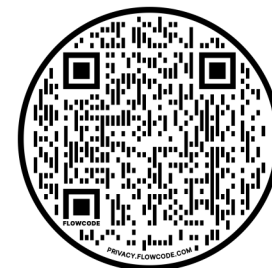
CSCGP offers a variety of educational workshops facilitated by experts their field. Keep an eye on the calendar each month for special events.

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](mailto:Christina@cancersupportphiladelphia.org)

To view the full calendar and register to join, visit our website at [www.cancersupportphiladelphia.org](http://www.cancersupportphiladelphia.org) OR scan the QR code





# CANCER SUPPORT COMMUNITY GREATER PHILADELPHIA

## JULY VIRTUAL PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 10:30am – Pilates 12:00pm – Pancreatic Cancer Networking 12:00pm – New Member Orientation 6:30pm Men’s Health & Cancer Networking	<b>CLOSED in Observance of July 4th Holiday</b> If you need to speak to someone and we are not available, please contact <b>Cancer Support Helpline</b> <b>1-888-793-9355</b>		
<b>7</b> 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	<b>8</b> 10:30am – Pilates 12:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 6:30pm – Ovarian Cancer Networking Group 7:00pm – Breast Cancer Networking Group	<b>9</b> 9:30am Upcoming Treatment Decisions? Open To Options 11:00am- Laughing When Nothing Seems Funny and When It Is! 5:30pm – Yoga Therapy for Cancer	<b>10</b> 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 2:00pm Writing for Health & Wellness 7:00pm – Living With Cancer Support Group	
<b>14</b> 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	<b>15</b> 10:30am – Pilates 12:00pm – New Member Orientation 6:30pm – Blood Cancer Networking Group 7:00pm – My Spouse Has Cancer Group	<b>16</b> 10:30am Writing :Health & Wellness 5:30pm – Yoga Therapy	<b>17</b> 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 6:30pm Millennials with Cance Net-working Groups	<b>18</b> 10:00am – Knitting & Crocheting Circle
<b>21</b> 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support 5:30pm – Feel Good Fitness	<b>22</b> 9:30am -Nia 10:30am – Pilates 12:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 6:30pm Support for the Supporters Networking 7:00pm – Breast Cancer Networking Group	<b>23</b> 11:00am- Laughing When Nothing Seems Funny and When It Is! 5:30pm – Yoga Therapy for Cancer	<b>24</b> 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 7:00pm – Living With Cancer Support Group	
<b>28</b> 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support 5:30pm – Feel Good Fitness	<b>29</b> 9:30am -Nia <i>Sponsored by the Bob Brockman Nia</i> 10:30am – Pilates 12:00pm – New Member Orientation	<b>30</b> 5:30pm – Yoga Therapy for Cancer	<b>31</b> 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

## July 2025 Program Calendar

Monday	Tuesdays	Thursday	Friday / Saturday
	<b>1</b>  <b>11:00am</b> Guided Imagery and Relaxation	<b>2–5</b>  <b>CLOSED in Observance of July 4th Holiday</b> If you need to speak to someone and we are not available, please contact <b>Cancer Support Helpline</b> <b>1-888-793-9355</b>	
<b>7</b>  <b>10:30am</b> Qigong <b>1:00pm</b> New Member Orientation	<b>8</b>  <b>10:00am</b> Art Therapy Retreat <b>11:00am</b> Guided Imagery and Relaxation	<b>9</b>  <b>10:30am</b> Guided Meditation	<b>Saturday, July 12</b> <b>9:30am</b> Zumba Gold <b>11:00am</b> Summer Painting Workshop
<b>14</b> <b>10:30am</b> Qigong <b>10:30am</b> Living with Cancer Support <b>1:00pm</b> New Member Orientation	<b>15</b>  <b>11:00am</b> Guided Imagery and Relaxation	<b>17</b>  <b>10:30am</b> Guided Meditation	<b>Saturday, July 19</b>  <b>10:00am</b> Yoga Therapy
<b>21</b>  <b>10:30am</b> Qigong <b>1:00pm</b> New Member Orientation	<b>22</b> <b>11:00am</b> Guided Imagery and Relaxation <b>11:30am</b> Support for the Supporters Groups	<b>24</b>  <b>10:30am</b> Guided Meditation	
<b>28</b> <b>9:30am</b> Camp Discovery Follow Up <b>10:30am</b> Qigong <b>10:30am</b> Living with Cancer Support <b>1:00pm</b> New Member Orientation	<b>29</b>  <b>11:00am</b> Guided Imagery and Relaxation	<b>31</b>  <b>10:30am</b> Guided Meditation	Program assistance is available at this location on Mondays, Tuesdays, Thursdays & some Saturdays. Please call 215-879-7733 to schedule a visit.



# Gilda's Club

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

200 Kirk Road, Warminster PA

215-441-3290

## July 2025 Program Calendar

Monday	Tuesday	Wednesday	Thursday	
	<div>1</div> <div>Program assistance is available at this location most Mondays, Tuesdays &amp; Thursdays, please call or email <a href="mailto:Tina@cancersupportphiladelphia.org">Tina@cancersupportphiladelphia.org</a> to schedule a visit.</div>	<div>CLOSED in Observance of July 4th Holiday</div> <div>If you need to speak to someone and we are not available, please contact <b>Cancer Support Helpline</b> 1-888-793-9355</div>		
<div>7</div> <div>9:30am Camp KIDS *CTP</div> <div>12:00-2pm Gilda’s Hair: Wig &amp; Scalp Resources</div>	<div>8</div> <div>9:30am Camp KIDS *CTP</div>	<div>9</div> <div>9:30am Camp KIDS *CTP</div>	<div>10</div> <div>12:00pm Beaded Jewelry Making</div> <div>1:00pm New Member Orientation</div>	
<div>14</div> <div>9:30am Camp KIDS *CTP</div> <div>1:00pm Afternoon Tea</div> <div>1:30pm Women’s Support Circle</div>	<div>15</div> <div>9:30am Camp KIDS *CTP</div>	<div>16</div> <div>9:30am Camp KIDS *CTP</div>	<div>17</div> <div>11:00am Arleen Boyes Quilting Club</div> <div>1:00pm New Member Orientation</div>	
<div>21</div> <div>9:30am TEEN Camp *CTP</div>	<div>22</div> <div>9:30am Teen Camp *CTP</div>	<div>23</div>	<div>24</div> <div>1:00pm New Member Orientation</div>	<div>26</div> <div>5:30pm Xmas in July *CTP</div>
<div>28</div> <div>12:00pm Gentle Yoga</div> <div>1:00pm Stronger Together Networking Group</div>	<div>29</div>	<div>30</div>	<div>31</div> <div>10:30am Writing for Heath &amp; Wellness</div> <div>12:00pm Dancing Made Simple</div> <div>1:00pm New Member Orientation</div>	

## July 2025 Program Calendar



### Tuesday July 1, 2025

10:00am Living With Cancer Support Group

12:00pm Open Art Studio

### Tuesday, July 8, 2025

10:00am Living With Cancer Support Group

12:00pm Open Art Studio

### Tuesday, July 15, 2025

10:00am Living With Cancer Support Group

12:00pm Open Art Studio

### Tuesday, July 22, 2025

10:00am Living With Cancer Support Group

12:00pm Open Art Studio

### Tuesday, July 29, 2025

10:00am Living With Cancer Support Group

12:00pm Open Art Studio

### Wednesday July 2, 2025

**CLOSED in Observance of July 4th Holiday**

If you need to speak to someone and we are not available, please  
contact

**Cancer Support Helpline**

**1-888-793-9355**

### Wednesday July 9, 2025

**9:30am Men's Breakfast**

**10:30am New Member Orientation**

### Wednesday July 16, 2025

**11:30am Gentle Yoga**

### Wednesday July 23, 2025

**11:00am Christmas in July**

For more information & to register for programs, please  
contact **Kim Clark @ 215-345-2022** or email  
[Kimberly@cancersupportphiladelphia.org](mailto:Kimberly@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

July 2025 Program Calendar



CANCER SUPPORT  
**COMMUNITY**  
GREATER PHILADELPHIA

## TUESDAY, JULY 29, 2025

**11:00-12:00pm** Spousal Bereavement  
Support Group *\*pre-registration re-  
quired*

## THURSDAYS\*

**11-11:30am** Guided Meditation  
**11:30-1:00pm** Living with Cancer Sup-  
port Group *\*pre-registration required*  
**1:15-2:15pm** Gentle Yoga Movement&  
Relaxation w/ Nancy

*\*No programs on July 3, 2025*

*\*Anyone interested in joining the weekly LWC Support Group or Bereavement Support must speak with Sofie Pollack before attending.*

*Registration is preferred for all events; drop-in visitors will be welcome at Networking Groups and Workshops.\**

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For more information & to register for programs, please contact Sofie Pollack at **215-710-4512** or

Email [Sofie@cancersupportphiladelphia.org](mailto: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\**