

*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

August 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

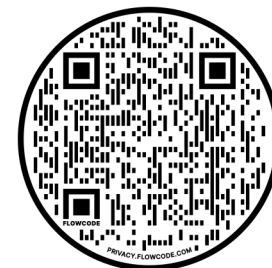
CSCGP offers a variety of educational workshops facilitated by experts their field. Keep an eye on the calendar each month for special events.

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





**CANCER SUPPORT
COMMUNITY**
GREATER PHILADELPHIA

AUGUST VIRTUAL PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
If you need to speak to someone and we are not available, please contact Cancer Support Helpline 1-888-793-9355				1 10:00 AM – Knitting & Crocheting
4 8:30 AM – Monday Morning Mindful Meditation 10:30 AM – Qigong 11:00 AM – Living With Cancer Support Group 1:00 PM – Colorectal Cancer Networking Sponsored by The Adriana Halper Fund 5:30 PM – Feel Good Fitness	5 9:30 AM – Nia <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30 AM – Pilates 12:00 PM – New Member Orientation 12:00 PM – Pancreatic Cancer Networking <i>Sponsored in Memory of Joyce Schmitzer</i> 7:00 PM – Managing Lymphedema Through Massage	6 5:30 PM – Yoga Therapy for Cancer	7 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group 7:00 PM – Living After Cancer Networking Group	
11 8:30 AM – Monday Morning Mindful Meditation 10:30 AM – Qigong 11:00 AM – Living With Cancer Support Group 2:30 PM – Breast Cancer Networking Group 5:30 PM – Feel Good Fitness	12 9:30 AM – Nia 10:30 AM – Pilates 12:00 PM – New Member Orientation 1:00 PM – Living After Cancer Support Group 6:30 PM – Ovarian Cancer Networking Group 7:00 PM – Breast Cancer Support Group	13 9:30 AM – Upcoming Treatment Decisions? Open to Options & How Can CSCGP Help? 11:00 AM – Laughing When Nothing Seems Funny & When It Does 5:30 PM – Yoga Therapy for Cancer	14 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group 2:00 PM – Writing For Health & Wellness 7:00 PM – Living with Cancer Support Group	15 10:00 AM – Knitting & Crocheting (and Everything Else!) Circle
18 8:30 AM – Monday Morning Mindful Meditation 10:30 AM – Qigong 11:00 AM – Living With Cancer Support Group 5:30 PM – Feel Good Fitness	19 9:30 AM – Nia 10:30 AM – Pilates 12:00 PM – New Member Orientation 6:30 PM – Blood Cancer Networking Group <i>sponsored by the Leukemia & Lymphoma Society</i> 7:00 PM – My Spouse has Cancer Support Group	20 10:30 AM – Writing For Health & Wellness 5:30 PM – Yoga Therapy for Cancer	21 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group 6:30 PM – Millennials with Cancer Networking Group 7:00 PM – Grief and the Holidays	
25 8:30 AM – Monday Morning Mindful Meditation 10:30 AM – Qigong 11:00 AM – Living With Cancer Support Group 5:30 PM – Feel Good Fitness	26 10:30 AM – Pilates 1:00 PM – Living After Cancer Support 12:00 PM – New Member Orientation 6:30 PM – Support for the Supporters Networking Group 7:00 PM – Breast Cancer Support Group	27 11:00 AM – Laughing When Nothing Seems Funny & When It Does 5:30 PM – Yoga Therapy for Cancer	28 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group 7:00 PM – Living with Cancer Support Group	



**CANCER SUPPORT
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The Suzanne Morgan Center @ Ridgeland Mansion

4100 Chamounix Dr. Philadelphia

215-879-7733

August 2025 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					2 9:30 AM – Zumba Gold
4 10:30 AM – Qigong 1:00pm New Member Orientation	5 11:00 AM – Guided Imagery and Relaxation	6	7 10:30 AM – Guided Meditation	8	9
11 10:30 AM – Living with Cancer Support Group 10:30 AM – Qigong 1:00pm New Member Orientation	12 11:00 AM – Guided Imagery and Relaxation	13	14 10:30 AM – Guided Meditation	15	16
18 10:30 AM – Qigong 1:00pm New Member Orientation	19 11:00 AM – Guided Imagery and Relaxation	20	21 10:30 AM – Guided Meditation	22	23 10:00 AM – Yoga Therapy for Cancer 10:30 AM – NEW! CSCGP Book Club
25 10:30 AM – Living with Cancer Support Group 10:30 AM – Qigong 1:00pm New Member Orientation	26 11:00 AM – Guided Imagery and Relaxation 11:30 AM – Support for the Supporters Group	27	28 10:30 AM – Guided Meditation	29	30

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

August 2025 Program Calendar

215-441-3290

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 12:00 PM – Gentle Chair/Floor Yoga 12:00 PM – Gilda's Hair: Wig & Scalp Resources	5 7:00 PM – Back to School Party *CTP	6	7 10:00am Comfort Quilts 1:00pm New Member Orientation 2:00 PM – Living With Cancer Support Group (Ann's Choice)	8
11 12:00 PM – Gentle Chair/Floor Yoga 1:00 PM – Afternoon Tea 1:30 PM – Women's Support Circle	12 `	13	14 11:00 AM – Dancing Made Simple 12:00 PM – Beaded Jewelry Making	15
18 9:30 AM – Camp Gilda 12:00 PM – Gentle Chair/Floor Yoga	19 9:30 AM – Camp Gilda 6:30 PM – Arcade Party *CTP	20 9:30 AM – Camp Gilda	21 11:00 AM – Arleen Boyes Quilting Circle 1:00pm New Member Orientation	22
25 12:00 PM – Gentle Chair/Floor Yoga 1:00 PM – Stronger Together Networking Group	26	27	28 10:30 AM – Writing for Health and Wellness 1:00pm New Member Orientation	29

Program assistance is available at this location most Mondays, Tuesdays & Thursdays, please call or email Tina@cancersupportphiladelphia.org to schedule a visit.



Tuesday	Wednesday
5 10:00 AM – Living with Cancer Support Group 12:00pm Open Art Studio	6 10:00 AM – New Member Orientation 11:00 AM – NEW! Breast Cancer Networking Group
12 10:00 AM – NEW! Support for the Supporters	13 9:30 AM – Men's Breakfast 11:00 AM – NEW! Lung Cancer Networking Group
19 10:00 AM – Living with Cancer Support Group	20 11:00 AM – NEW! Gynecological Cancers Networking Group 11:30 AM – Gentle Yoga
26 10:00 AM – NEW! Support for the Supporters	27 11:00 AM – NEW! Blood Cancers Networking Group

For more information & to register for programs, please contact **Kim Clark @ 215-345-2022** or email

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

August 2025 Program Calendar



CANCER SUPPORT
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GREATER PHILADELPHIA

TUESDAYS

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

**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.**

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