

*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

September 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

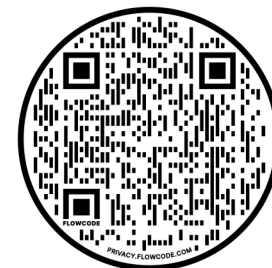
CSCGP offers a variety of educational workshops facilitated by experts their field. Keep an eye on the calendar each month for special events.

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





SEPTEMBER *VIRTUAL* PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 <				



CANCER SUPPORT
COMMUNITY
GREATER PHILADELPHIA

4100 Chamounix Dr. Philadelphia
215-879-7733

The Suzanne Morgan Center @ Ridgeland Mansion

September 2025 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 11:00 AM – Guided Imagery and Relaxation	3	4 10:30 AM – Guided Meditation	5	
8 10:30 AM – Living with Cancer Support Group 10:30 AM – Qigong 1:00pm New Member Orientation	9 11:00 AM – Guided Imagery and Relaxation	10	11 9:30 AM – All Men All Cancer's Breakfast 10:30 AM – Guided Meditation	12	13 9:30 AM – Zumba Gold 10:00 AM – NEW! Cafecito y Conexión
15 10:30 AM – Qigong 1:00pm New Member Orientation	16 11:00 AM – Guided Imagery and Relaxation	17	18 10:30 AM – Guided Meditation	19	
22 10:30 AM – Living with Cancer Support Group 10:30 AM – Qigong 1:00pm New Member Orientation	23 11:00 AM – Guided Imagery and Relaxation 11:30 AM – Support for the Supporters Group	24	25 10:30 AM – Guided Meditation 12:00 PM – Cooking Through Cancer	26	27 10:00 AM – Yoga Therapy for Cancer 10:30 AM – CSCGP Book Club
29 10:30 AM – Qigong 1:00pm New Member Orientation	30 11:00 AM – Guided Imagery and Relaxation 1:00 PM – Guided Forest Bathing Experience	Program assistance is available at this location on Mondays, Tuesdays Thursdays & some Saturdays, please call 215-879-7733 to schedule a visit. If you need to speak to someone and we are not available, please contact Cancer Support Helpline 1-888-793-9355			



Gilda's Club

*(CTP) denotes Children, Teen & Family programming

200 Kirk Road, Warminster PA

September 2025 Program Calendar

215-441-3290

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 10:00 AM – Wood Applique Club	3	4 10:00am Comfort Quilts 12:00pm New Member Orientation	5
8 12:00 PM – Gilda's Hair: Wig & Scalp Resources 12:00 PM – Gentle Chair/Floor Yoga 12:15 PM – BYOL & Afternoon Tea 1:30 PM – Women's Support Circle	9 `	10	11 11:00 AM – Dancing Made Simple 12:00 PM – Beaded Jewelry Making 1:00pm New Member Orientation	12
15 12:00 PM – Gentle Chair/Floor Yoga 1:00 PM – Afternoon of Remembrance	16 7:00 PM – Teen Anxiety Group: The Overthinkers *CTP	17	18 8:30 AM – Men's Breakfast 11:00 AM – Arleen Boyes Quilting Circle 1:00pm New Member Orientation	19
22 12:00 PM – Gentle Chair/Floor Yoga 1:00 PM – Stronger Together Networking Group	23 7:00 PM – Teen Anxiety Group: The Overthinkers *CTP	24	25 10:30 AM – Writing for Health and Wellness 1:00pm New Member Orientation	26
29 12:00 PM – Gentle Chair/Floor Yoga 1:00 PM – Love, Gilda Movie Matinee	30 7:00 PM – Teen Anxiety Group: The Overthinkers *CTP	Program assistance is available at this location most Mondays, Tuesdays & Thursdays, please call to schedule a visit. If you need to speak to someone and we are not available, please contact Cancer Support Helpline 1-888-793-9355		



Tuesday	Wednesday
2 10:00 AM – Living with Cancer Support Group 12:00pm Open Art Studio	3 10:00 AM – New Member Orientation 11:00 AM – NEW! Breast Cancer Networking Group
9 10:00 AM – NEW! Support for the Supporters	10 9:30 AM – Men's Breakfast 11:00 AM – NEW! Lung Cancer Networking Group
16 10:00 AM – Living with Cancer Support Group	17 11:00 AM – NEW! Gynecological Cancers Networking Group 11:30 AM – Gentle Yoga
23 10:00 AM – NEW! Support for the Supporters	24 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

September 2025 Program Calendar



CANCER SUPPORT
COMMUNITY
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 **no yoga on 9/25*

**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