

*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

October 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

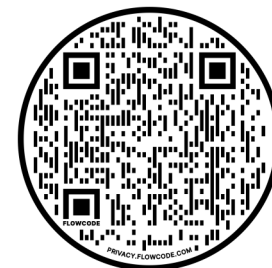
CSCGP offers a variety of educational workshops facilitated by experts their field. Keep an eye on the calendar each month for special events.

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

OCTOBER 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 9:30 AM – Upcoming Treatment Decisions? Open to Options & How Can CSCGP Help? 5:30 PM – Yoga Therapy for Cancer | 2 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:00 AM – Metastatic Cancer Group 11:15 AM – Living w/ Cancer Support 7:00 PM – Living After Cancer Group | 3 10:00 AM – Knitting & Crocheting |
| 6 9:45 AM – Morning Mindful Meditation 10:30 AM – Qigong 11:00 AM – Living W/ Cancer Support 1:00 PM – Colorectal Cancer Group 5:00pm – Tutoring *CTP 5:30 PM – Feel Good Fitness | 7 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> 6:30 PM – Men’s Health & Cancer Networking Group | 8 11:00 AM – Laughing When Nothing Seems Funny & When It Does 5:30 PM – Yoga Therapy for Cancer | 9 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group 2:00 PM Writing 4 Health & Wellness 7:00 PM – Living with Cancer Support Group | |
| 13 9:45 AM – Morning Mindful Meditation 10:30 AM – Qigong 11:00 AM – Living W/ Cancer Support 2:30 PM – Breast Cancer Group 5:30 PM – Feel Good Fitness | 14 9:30 AM – Nia 10:30 AM – Pilates 12:00 PM – New Member Orientation 1:00 PM – Living After Cancer Support 6:30 PM – Ovarian Cancer Group 7:00 PM – Breast Cancer Support Group | 15 10:30 AM – Writing For Health & Wellness 5:30 PM – Yoga Therapy for Cancer | 16 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living w/ Cancer Support 6:00pm Teen Grief : Finding Our Way 6:30 PM – Millennials with Cancer Group | 17 10:00 AM – Knitting & Crocheting |
| 20 9:45 AM - Morning Mindful Meditation 10:30 AM – Qigong 11:00 AM – Living W/ Cancer Support 5:00pm – Tutoring *CTP 5:30 PM – Feel Good Fitness | 21 9:30 AM – Nia 10:30 AM – Pilates 12:00 PM – New Member Orientation 5:30 PM – Teens: The Overthinkers 6:30 PM – Blood Cancer Group 7:00 PM – My Spouse has Cancer Support | 22 11:00 AM – Laughing When Nothing Seems Funny & When It Does 5:30 PM – Yoga Therapy for Cancer | 23 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 | |
| 27 9:45 AM – Morning Mindful Meditation 10:30 AM – Qigong 11:00 AM – Living W/ Cancer Support 5:00pm – Tutoring *CTP 5:30 PM – Feel Good Fitness | 28 9:30 AM – Nia 10:30 AM – Pilates 12:00 PM – New Member Orientation 1:00 PM – Living After Cancer Support 5:30 PM – Teens: The Overthinkers 6:30 PM – Support for the Supporters 7:00 PM – Breast Cancer Support Group | 29 5:30 PM – Yoga Therapy for Cancer | 30 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group 7:00pm – Grief & The Holidays | |



CANCER SUPPORT
COMMUNITY
GREATER PHILADELPHIA

The Suzanne Morgan Center @ Ridgeland Mansion

4100 Chamounix Dr. Philadelphia

215-879-7733

October 2025 Program Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|-----------|--|--------|--|
| 1 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 | | | 2 10:30 AM – Guided Meditation | 3 | 4 |
| 6 10:30 AM – Qigong 1:00pm New Member Orientation | 7 11:00 AM – Guided Imagery and Relaxation | 8 | 9 9:30 AM – All Men All Cancers Breakfast 10:30 AM – Guided Meditation | 10 | 11 9:30 AM – Zumba Gold 10:00 AM – NEW! Cafecito y Conexión 11:00 AM – Fall Painting Workshop |
| 13 10:30 AM – Qigong 10:30 AM – Living with Cancer Support Group 1:00pm New Member Orientation | 14 11:00 AM – Guided Imagery and Relaxation | 15 | 16 10:30 AM – Guided Meditation 1:30 PM – Through the Storm: Guided Writing for Navigating a New Diagnosis | 17 | |
| 20 10:30 AM – Qigong 1:00pm New Member Orientation | 21 11:00 AM – Guided Imagery and Relaxation | 22 | 23 10:30 AM – Guided Meditation 1:30 PM – Through the Storm: Guided Writing for Navigating a New Diagnosis | 24 | 25 10:00 AM – Yoga Therapy for Cancer 10:30 AM – CSCGP Book Club |
| 27 10:30 AM – Living with Cancer Support Group 10:30 AM – Qigong 1:00pm New Member Orientation | 28 | 29 | 30 10:30 AM – Guided Meditation 12:00 PM – Cooking Through Cancer 1:30 PM – Through the Storm: Guided Writing for Navigating a New Diagnosis | 31 | |



Gilda's Club

*(CTP) denotes Children, Teen & Family programming

200 Kirk Road, Warminster PA

215-441-3290

October 2025 Program Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday / Saturday |
|---|---|---|---|---|
| <p>1</p> <p>Program assistance is available at this location most Mondays, Tuesdays & Thursdays, please call to schedule a visit.</p> <p>If you need to speak to someone and we are not available, please contact Cancer Support Helpline 1-888-793-9355</p> | | | <p>2</p> <p>10:00am Comfort Quilts</p> <p>12:00pm New Member Orientation</p> | <p>3</p> |
| <p>6</p> <p>12:00 PM – Gilda's Hair: Wig & Scalp Resources</p> <p>12:00 PM – Gentle Chair/Floor Yoga</p> | <p>7</p> <p>10:00 AM – Wood Applique Club</p> | <p>8</p> | <p>9</p> <p>11:00 AM – Dancing Made Simple</p> <p>12:00 PM – Beaded Jewelry Making</p> <p>1:00pm New Member Orientation</p> <p>6:30pm – Haunted House Craft *CTP</p> | <p>10 / <u>11</u></p> <p>9:30am – Día de Los Muertos Celebration *CTP</p> <p>11:00am – Bully Prevention event at EWK *CTP</p> |
| <p>13</p> <p>12:00 PM – Gentle Chair/Floor Yoga</p> <p>12:00 PM – BYOL & Afternoon Tea</p> <p>1:00 PM – Women's Support Circle</p> | <p>14</p> | <p>15</p> | <p>16</p> <p>8:30 AM – Men's Breakfast</p> <p>11:00 AM – Arleen Boyes Quilting Circle</p> <p>1:00pm New Member Orientation</p> | <p>17 / <u>18</u></p> <p>5:00pm Teen Halloween Party *CTP</p> |
| <p>20</p> <p>12:00 PM – Gentle Chair/Floor Yoga</p> | <p>21</p> <p>10:30 AM – Pilates</p> | <p>22</p> | <p>23</p> <p>1:00pm New Member Orientation</p> | <p>24 / <u>25</u></p> <p>6:30pm Trunk or Treat *CTP</p> |
| <p>27</p> <p>12:00 PM – Gentle Chair/Floor Yoga</p> <p>1:00 PM – Stronger Together Networking Group</p> <p>2:30pm Pink Potluck Party</p> | <p>28</p> | <p>29</p> <p>6:30pm Magic Show</p> | <p>30</p> <p>10:30 AM – Writing for Health and Wellness</p> <p>1:00pm New Member Orientation</p> | <p>31</p> |



| Tuesday | Wednesday |
|--|---|
| | 1 10:00 AM – New Member Orientation 11:00 AM – NEW! Breast Cancer Networking Group |
| 7 10:00 AM – Living with Cancer Support Group 12:00pm Mindful Art | 8 9:30 AM – Men's Breakfast 11:00 AM – NEW! Lung Cancer Networking Group |
| 14 10:00 AM – NEW! Support for the Supporters | 15 11:00 AM – NEW! Gynecological Cancers Networking Group 12:30 AM – Gentle Yoga |
| 21 10:00 AM – Living with Cancer Support Group | 22 11:00 AM – NEW! Blood Cancers Networking Group |
| 28 10:00 AM – NEW! Support for the Supporters 12:00 PM – Gratitude Box Making | 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 |



Trinity Health
Mid-Atlantic

ST. MARY MEDICAL CENTER

October 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 10/30*

**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