

*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

November 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

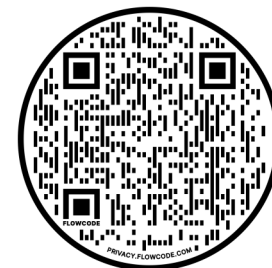
CSCGP offers a variety of educational workshops facilitated by experts their field. Keep an eye on the calendar each month for special events.

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

NOVEMBER VIRTUAL PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
3 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	4 7:00 PM – Lymphedema 101 7:30 PM – Men’s Health & Cancer Net- working Group	5 9:30 AM – Upcoming Treatment Decisions? Open to Options & How Can CSCGP Help? 11:15 AM – Pancreatic Cancer Networking <i>Sponsored in Memory of Joyce Schmitzer</i> 5:30 PM – Yoga Therapy for Can- cer	6 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:00 AM – Metastatic Cancer Group 11:15 AM – Living with Cancer Support Group 1:30 PM – Through the Storm: Guided Writ- ing 2:00 PM Writing 4 Health & Wellness 7:00 PM – Living After Cancer Support Group	7 10:00 AM – Knitting & Crocheting
10 9:45 AM – Morning Mindful Meditation 10:30 AM – Qigong 11:00 AM – Living W/ Cancer Support 2:30 PM – Breast Cancer Group 5:00 PM – Tutoring *CTP 5:30 PM – Feel Good Fitness	11 9:30 AM – Nia 6:30 PM – Ovarian Cancer Group	12 5:30 PM – Yoga Therapy for Can- cer	13 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living w/ Cancer Support 6:00pm Teen Connect *CTP 7:00 PM – Living With Cancer Support	
17 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	18 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	19 10300 AM Writing 4 Health & Wellness 5:30 PM – Yoga Therapy for Cancer	20 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group 6:30 PM – Millennials with Cancer Group	21 10:00 AM – Knitting & Crocheting
24 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	25 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	26 CLOSED If you need	27 HAPPY THANKSGIVING to speak to someone and we are not available, please contact Cancer Support Helpline 1-888-793-9355	



CANCER SUPPORT
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The Suzanne Morgan Center @ Ridgeland Mansion

4100 Chamounix Dr. Philadelphia

215-879-7733

November 2025 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 1:00pm New Member Orientation	4 CLOSED – Don't Forget to Vote	5	6 10:30 AM – Guided Meditation 1:30 PM – Through the Storm: Guided Writing for Navigating a New Diagnosis	7	8 9:30 AM – Zumba Gold 10:00 AM – NEW! Cafecito y Conexión 11:00 AM – Learn Japanese Calligraphy
10 8:00 AM – Pantry Raid: Shop Our Shelves 10:30 AM – Living with Cancer Support Group 1:00pm New Member Orientation	11 CLOSED: Thank you for your Service	12	13 8:00 AM – Pantry Raid: Shop Our Shelves 9:30 AM – All Men All Cancers Breakfast 10:30 AM – Guided Meditation 1:30 PM – Through the Storm: Guided Writing for Navigating a New Diagnosis	14	15 4:30 PM – Stand Up Comedy Show
17 8:00 AM – Pantry Raid: Shop Our Shelves 10:30 AM – Qigong 1:00pm New Member Orientation 6:00 PM Philadelphia Family Dinner – <i>Children's Brain Tumor Association</i>	18 8:00 AM – Pantry Raid: Shop Our Shelves 11:00 AM – Guided Imagery and Relaxation	19	20 8:00 AM – Pantry Raid: Shop Our Shelves 10:30 AM – Guided Meditation 12:00 PM – Cooking Through Cancer 1:30 PM – Through the Storm: Guided Writing for Navigating a New Diagnosis	21	22 9:00 AM – Pantry Raid: Shop Our Shelves 10:00 AM – Yoga Therapy for Cancer
24 8:00 AM – Pantry Raid: Shop Our Shelves 10:30 AM – Living with Cancer Support Group 10:30 AM – Qigong 1:00pm New Member Orientation	25 8:00 AM – Pantry Raid: Shop Our Shelves 11:00 AM – Guided Imagery and Relaxation 11:30 AM – Support for the Sup- porters Group	26 CLOSED	27 HAPPY THANKSGIVING	Program assistance is available at this location on Mondays, Tuesdays, Thursdays & some Saturdays, 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	



Gilda's Club

*(CTP) denotes Children, Teen & Family programming

200 Kirk Road, Warminster PA

November 2025 Program Calendar

215-441-3290

Monday	Tuesday	Wednesday	Thursday	Friday / Saturday
3 12:00 PM – Gilda's Hair: Wig & Scalp Resources 12:00 PM – Gentle Chair/Floor Yoga	4 CLOSED: Don't forget to Vote	5	6 10:00am Comfort Quilts	7 / 8
10 8:00-3:00 – Pantry Raid: Shop Our Shelves 12:00 PM – Gentle Chair/Floor Yoga 12:00 PM – Bring your own lunch 1:00 PM – Women's Support Circle	11 CLOSED: Thank you for your Service	12	13 8:00-3:00 – Pantry Raid: Shop Our Shelves 8:30 AM – Men's Breakfast 10:30 AM – Writing for Health & Wellness 11:00 AM – Dancing Made Simple 12:00 PM – Beaded Jewelry Making 1:00pm New Member Orientation	14 / 15 10:00 AM – Family Day: Cancer Together, We Got This
17 8:00-3:00 – Pantry Raid: Shop Our Shelves 12:00 PM – Gentle Chair/Floor Yoga 1:30 PM – Death Cafe	18 8:00-3:00 – Pantry Raid: Shop Our Shelves 6:30 PM – Teen Social: Stronger Together *CTP	19 5:00 PM – Turkey B-I-N-G-O	20 8:00-3:00 – Pantry Raid: Shop Our Shelves 11:00 AM – Arleen Boyes Quilting Circle 1:00pm New Member Orientation	21 / 22
24 8:00-3:00 – Pantry Raid: Shop Our Shelves 12:00 PM – Gentle Chair/Floor Yoga 1:00 PM – Stronger Together Networking Group	25 8:00-3:00 – Pantry Raid: Shop Our Shelves 1:00 PM – Mahjong for Fun	26 CLOSED	27 HAPPY THANKSGIVING	28 / 29

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
4 10:00 AM – Living with Cancer Support Group 12:00pm Mindful Art	5 10:00 AM – New Member Orientation 11:00 AM – Breast Cancer Networking Group
11 10:00 AM – NEW! Support for the Supporters	12 9:30 AM – Men's Breakfast 11:00 AM – Lung Cancer Networking Group
18 10:00 AM – Living with Cancer Support Group 12:00pm Meaningful coloring hour	19 11:00 AM – Gynecological Cancers Networking Group 12:30 AM – Gentle Yoga
25 10:00 AM – NEW! Support for the Supporters	26 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

November 2025 Program Calendar



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TUESDAYS

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

required

1:00 – 2:00pm Cancer Transitions **pre-*
registration required

THURSDAYS

**no programs on November 27th*

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