

*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

December 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

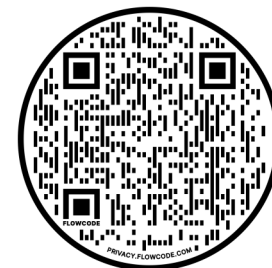
CSCGP offers a variety of educational workshops facilitated by experts their field. Keep an eye on the calendar each month for special events.

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

DECEMBER VIRTUAL PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 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	2 9:30 AM – Nia <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30 AM – Pilates 12:00 PM – Pancreatic Cancer Networking <i>Sponsored in Memory of Joyce Schmitzer</i> 12:00 PM – New Member Orientation 7:30 PM – Men’s Health & Cancer Net- working Group	3 9:30 AM – Upcoming Treatment Decisions? Open to Options & How Can CSCGP Help? 5:30 PM – Yoga Therapy for Can- cer	4 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:00 AM – Metastatic Cancer Group 11:15 AM – Living with Cancer Support Group 2:00 PM Writing 4 Health & Wellness 7:00 PM – Living After Cancer Support Group	5 10:00 AM – Knitting & Crocheting
8 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 8:30 PM – Parenting Through It All	9 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	10 5:30 PM – Yoga Therapy for Can- cer 7:00 PM – Grupo de apoyo para personas viviendo con cáncer	11 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living w/ Cancer Support 6:00 PM Teen Connect *CTP 7:00 PM – Living With Cancer Support	
15 9:45 AM - Morning Mindful Meditation 10:30 AM – Qigong 11:00 AM – Living W/ Cancer Support 5:30 PM – Feel Good Fitness	16 9:30 AM – Nia 10:30 AM – Pilates 12:00 PM – New Member Orientation 6:30 PM – Blood Cancer Group 7:00 PM – My Spouse has Cancer Support	17 10300 AM Writing 4 Health & Wellness 5:30 PM – Yoga Therapy for Cancer	18 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group 6:00 PM – Teens Grief Support: Finding Our Way 6:30 PM – Millennials with Cancer Group	19 10:00 AM – Knitting & Crocheting
22 9:45 AM – Morning Mindful Meditation 10:30 AM – Qigong 11:00 AM – Living W/ Cancer Support 5:30 PM – Feel Good Fitness	23 9:30 AM – Nia 10:30 AM – Pilates 12:00 PM – New Member Orientation 1:00 PM – Living After Cancer Support 6:30 PM – Support for the Supporters	All Cancer Support Community Greater Philadelphia locations are CLOSED starting Wednesday, December 24, 2025 through Friday, January 2, 2026. Programs will resume on Monday, January 5, 2026. If you need to speak to someone over the break, please contact Cancer Support Helpline 1-888-793-9355		



CANCER SUPPORT
COMMUNITY
GREATER PHILADELPHIA

The Suzanne Morgan Center @ Ridgeland Mansion

4100 Chamounix Dr. Philadelphia

215-879-7733

December 2025 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 AM – Qigong 1:00pm New Member Orientation	2 11:00 AM – Guided Imagery and Relaxation	3	4 10:30 AM – Guided Meditation	5	6
8 10:30 AM – Qigong 10:30 AM – Living with Cancer Support Group 1:00pm New Member Orientation	9 11:00 AM – Guided Imagery and Relaxation	10	11 10:30 AM – Guided Meditation	12	13 9:30 AM – Zumba Gold 10:00 AM – Cafecito y Conexión 10:30 AM – CSCGP Book Club 11:00 AM – Winter Painting Workshop 1:00 PM – Member & Family Holiday Party
15 10:30 AM – Qigong 1:00pm New Member Orientation	16 11:00 AM – Guided Imagery and Relaxation 1:00 PM – Make Your Own: Winter Greens Wreath	17	18 10:30 AM – Guided Meditation 12:00 PM – Cooking Through Cancer	19	20
22 10:30 AM – Living with Cancer Support Group 10:30 AM – Qigong 1:00pm New Member Orientation	All Cancer Support Community Greater Philadelphia locations are CLOSED starting Wednesday, December 24, 2025 through Friday, January 2, 2026. Programs will resume on Monday, January 5, 2026. If you need to speak to someone over the break, please contact Cancer Support Helpline 1-888-793-9355				



Gilda's Club

*(CTP) denotes Children, Teen & Family programming

200 Kirk Road, Warminster PA

December 2025 Program Calendar

215-441-3290

Monday	Tuesday	Wednesday	Thursday	Friday / Saturday
1 12:00pm – Gilda's Hair: Wig & Scalp Resources 12:00pm – Gentle Chair/Floor Yoga	2 10:30am – Wool Applique Club 1:00pm – Mahjong for Fun	3	4 10:00am Comfort Quilts 1:00pm New Member Orientation	5/6/7 1:30pm Snacks with Santa @ Ann's Choice *CTP
8 12:00pm – Gentle Chair/Floor Yoga 12:00pm – Bring your own lunch 1:00pm – Women's Support Circle	9 1:00 PM – Mahjong for Fun 5:00 PM – Holiday Movie Double Feature *CTP	10 6:30pm Living with Loss for Families *CTP	11 1:00pm New Member Orientation	12/13
15 12:00pm – Gentle Chair/Floor Yoga 1:30pm Holiday Potluck & Movie Matinee	16 1:00 PM – Mahjong for Fun 6:30 PM – Teen Social: Stronger Together *CTP	17	18 8:30am Men's Breakfast <i>sponsored by the Tom McDermitt Fund</i> 10:30am Writing for Health& Wellness 11:00 AM – Arleen Boyes Quilting Circle 1:00pm New Member Orientation	19/20
22 12:00pm – Gentle Chair/Floor Yoga 1:00pm – Stronger Together Networking Group	23	All Cancer Support Community Greater Philadelphia locations are CLOSED starting Wednesday, December 24, 2025 through Friday, January 2, 2026. Programs will resume on Monday, January 5, 2026. If you need to speak to someone over the break, please contact Cancer Support Helpline 1-888-793-9355		



Tuesday	Wednesday
2 10:00 AM – Living with Cancer Support Group 12:00pm Mindful Art	3 10:00 AM – New Member Orientation 11:00 AM – Breast Cancer Networking Group
9 10:00 AM – Support for the Supporters	10 9:30 AM – Men's Breakfast 11:00 AM – Lung Cancer Networking Group
16 10:00 AM – Living with Cancer Support Group	17 11:00 AM – Gynecological Cancers Networking Group 12:30 AM – Gentle Yoga
23 10:00 AM – Support for the Supporters	24 If you need to speak to someone and we are not available, please contact Cancer Support Helpline 1-888-793-9355

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

December 2025 Program Calendar



CANCER SUPPORT
COMMUNITY
GREATER PHILADELPHIA

TUESDAYS

**no programs on December 30th*

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

THURSDAYS

**no programs on December 25th*

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