

*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

January 2026 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

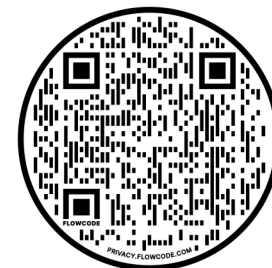
CSCGP offers a variety of educational workshops facilitated by experts their field. Keep an eye on the calendar each month for special events.

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>All Cancer Support Community Greater Philadelphia locations are CLOSED starting Wednesday, December 24, 2025 through Friday, January 2, 2026.</p> <p>Programs will resume on Monday, January 5, 2026.</p> <p>If you need to speak to someone over the break, please contact Cancer Support Helpline 1-888-793-9355</p>				
5 9:45 AM – Morning Mindful Meditation 10:30 AM – Qigong 10:30 AM – Living W/ Cancer Support 1:00 PM – Colorectal Cancer Group 5:30 PM – Feel Good Fitness	6 9:30 AM – Nia <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30 AM – Pilates 12:00 PM – Pancreatic Cancer <i>Sponsored in Memory of Joyce Schmitzer</i> 7:30 PM – Men’s Health & Cancer Net-working Group	7 9:30 AM – Upcoming Treatment Decisions? Open to Options & How Can CSCGP Help? 12:00 PM – New Member Orientation 5:30 PM – Yoga Therapy for Cancer	8 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support 2:00 PM Writing 4 Health & Wellness 6:00 PM Teen Connect *CTP 7:00 PM – Living With Cancer Support	9 10:00 AM – Knitting & Crocheting
12 9:45 AM – Morning Mindful Meditation 10:30 AM – Qigong 10:30 AM – Living W/ Cancer Support 2:30 PM – Breast Cancer Group 5:30 PM – Feel Good Fitness 8:30 PM – Parenting Through It All	13 9:30 AM – Nia 10:30 AM – Pilates 1:00 PM – Living After Cancer Support 6:30 PM – Ovarian Cancer Group 7:00 PM – Breast Cancer Support Group	14 12:00 PM – New Member Orientation 5:30 PM – Yoga Therapy for Cancer 7:00 PM – Grupo de apoyo para personas viviendo con cancer	15 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living w/ Cancer Support 6:00 PM – Teens Grief Support: Finding Our Way *CTP 6:30 PM – Millennials with Cancer Group	
19 <p style="text-align: center;">CLOSED</p>	20 9:30 AM – Nia 10:30 AM – Pilates 6:30 PM – Blood Cancer Group 7:00 PM – My Spouse has Cancer Support	21 10300 AM Writing 4 Health & Wellness 11:00 AM – Frankly Speaking About Gynecological Cancers 12:00 PM – New Member Orientation 5:30 PM – Yoga Therapy	22 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	23 10:00 AM – Knitting & Crocheting
26 9:45 AM – Morning Mindful Meditation 10:30 AM – Qigong 10:30 AM – Living W/ Cancer Support 5:00 PM – Tutoring *CTP 5:30 PM – Feel Good Fitness	27 9:30 AM – Nia 10:30 AM – Pilates 1:00 PM – Living After Cancer Support 6:30 PM – Support for the Supporters 7:00 PM – Breast Cancer Support Group	28 12:00 PM – New Member Orientation 5:30 PM – Yoga Therapy for Cancer	29 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group	



The Suzanne Morgan Center @ Ridgeland Mansion

4100 Chamounix Dr. Philadelphia

215-879-7733

January 2026 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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5 11:30 AM – New Member Orientation	6	7	8 10:30 AM – Guided Meditation	9	10 9:30 AM – Zumba Gold
12	12	13	14 10:30 AM – Guided Meditation 1:00 PM Mindful Vision Boards for the New Year	15	16
19 CLOSED	20	21	22 10:30 AM – Guided Meditation 12:00 PM – Cooking Through Cancer 1:30 PM – Through the Storm: Guided Writing for Navigating a New Diagnosis	23	24
26	27	28	29 10:30 AM – Guided Meditation 1:30 PM – Through the Storm: Guided Writing for Navigating a New Diagnosis	30	31 10:00 AM Yoga Therapy for Cancer 10:30 AM CSCGP Book Club



Gilda's Club

*(CTP) denotes Children, Teen & Family programming

200 Kirk Road, Warminster PA

215-441-3290

January 2026 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday / Saturday
<p>All Cancer Support Community Greater Philadelphia locations are CLOSED starting Wednesday, December 24, 2025 through Friday, January 2, 2026.</p> <p>Programs will resume on Monday, January 5, 2026.</p> <p>If you need to speak to someone over the break, please contact</p> <p>Cancer Support Helpline 1-888-793-9355</p>				
<p>5</p> <p>10:00am – Gilda's Hair: Wig & Scalp Resources</p> <p>1:00pm New Member Orientation</p> <p>2:15pm Creative Presence: Mindfulness through Art</p>	<p>6</p> <p>10:30am – Wool Applique Club</p> <p>1:00pm – Mahjong for Fun</p>	<p>7</p>	<p>8</p> <p>10:00am Comfort Quilts</p>	
<p>12</p> <p>12:00pm – Gentle Chair/Floor Yoga</p> <p>12:00pm – Bring your own lunch</p> <p>1:00pm – Women's Support Circle</p>	<p>13</p>	<p>14</p> <p>6:30pm Living with Loss for Families *CTP</p>	<p>15</p> <p>8:30am -Men's Breakfast</p> <p>11:00am -Arleen Boyes Quilting Circle</p> <p>11:00am -Gilda's Hair: Wig & Scalp Resources</p>	
<p>19</p> <p>CLOSED</p>	<p>20</p> <p>10:30am – New Member Orientation</p> <p>1:00pm – Mahjong for Fun</p> <p>6:30 PM – Teen Social: Stronger Together *CTP</p>	<p>21</p>	<p>22</p>	
<p>26</p> <p>12:00pm – Gentle Chair/Floor Yoga</p> <p>1:00pm – Stronger Together Networking Group</p>	<p>27</p> <p>10:30am – New Member Orientation</p>	<p>28</p>	<p>29</p> <p>10:30am Writing for Health & Wellness</p>	<p>30</p>



Tuesday	Wednesday
6 10:00 AM – Living with Cancer Support Group 12:00pm Mindful Art	7 10:00 AM – New Member Orientation 11:00 AM – Breast Cancer Networking Group
13 10:00 AM – Support for the Supporters	14 9:30 AM – Men's Breakfast 11:00 AM – Lung Cancer Networking Group
20 10:00 AM – Living with Cancer Support Group 12:00 PM – Open Art Studio	21 11:00 AM – Gynecological Cancers Networking Group / Frankly Speaking about Gynecological Cancer watch party 12:30 AM – Gentle Yoga
27 10:00 AM – Support for the Supporters	28 11:00 AM – Blood Cancer 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

January 2026 Program Calendar



CANCER SUPPORT
COMMUNITY
GREATER PHILADELPHIA

TUESDAYS

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

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