



CANCER SUPPORT
COMMUNITY
GREATER PHILADELPHIA

*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

March 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.

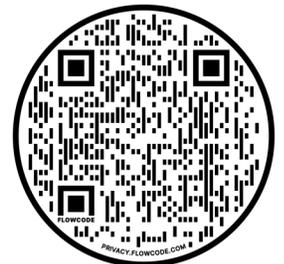
Mind-Body Wellness programs seek to support our members who want to practice and be mindful of their health in a supportive, group environment. Our programs are taught by professionals or volunteers who want to help members who wish to work on a healthy lifestyle at their own pace.

Children & Teen Programs (CTP)

Cancer may be part of your story- but it doesn't define it. Join our groups and activities designed especially for kids, teens and families impacted by cancer. Find connection, laughter, understanding, and community all in one place.

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>2</p> <p>9:45 AM – Morning Mindful Meditation 10:30 AM – Qigong 10:30 AM – Living W/ Cancer Support 1:00 PM – Colorectal Cancer Group 5:00 PM – Tutoring *CTP 5:30 PM – Feel Good Fitness</p>	<p>3</p> <p>9:30 AM – Nia <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30 AM – Pilates 12:00 PM – Pancreatic Networking Group <i>Sponsored by the Joyce Schmitzer Fund</i> 7:30 PM – Men’s Health & Cancer Networking Group</p>	<p>4</p> <p>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</p>	<p>5</p> <p>9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:00 PM – Metastatic Cancer Networking 11:15 AM – Living with Cancer Support 2:00 PM Writing 4 Health & Wellness 7:00 PM – Living After Cancer Support</p>	<p>6</p> <p>10:00 AM – Knitting & Crocheting</p>
<p>9</p> <p>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</p>	<p>10</p> <p>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</p>	<p>11</p> <p>12:00 PM – New Member Orientation 5:30 PM – Yoga Therapy for Cancer 7:00 PM – Grupo de apoyo para personas viviendo con cancer</p>	<p>12</p> <p>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 Group</p>	
<p>16</p> <p>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</p>	<p>17</p> <p>9:30 AM – Nia 10:30 AM – Pilates 2:00 PM – Writing for Health & Wellness 6:30 PM – Blood Cancer Group 7:00 PM – My Spouse has Cancer Support</p>	<p>18</p> <p>12:00 PM – New Member Orientation 5:30 PM – Yoga Therapy</p>	<p>19</p> <p>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 *CTP 6:30 PM – Millennials with Cancer Group</p>	<p>20</p> <p>10:00 AM – Knitting & Crocheting</p>
<p>23</p> <p>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</p>	<p>24</p> <p>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</p>	<p>25</p> <p>12:00 PM – New Member Orientation 5:30 PM – Yoga Therapy for Cancer</p>	<p>26</p> <p>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</p>	
<p>30</p> <p>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</p>	<p>31</p> <p>9:30 AM – Nia 10:30 AM – Pilates</p>	<p>If you need to speak to someone and we are not available, please contact Cancer Support Helpline 1-888-793-9355</p>		

The Suzanne Morgan Center @ Ridgeland Mansion



4100 Chamounix Dr. Philadelphia
215-879-7733

March 2026 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 10:30 AM – Qigong 11:30 AM – New Member Orientation	3	4	5 10:30 AM – Guided Meditation	6	7
9 10:30 AM – Qigong	10	11	12 9:30 AM – Men’s Breakfast 10:30 AM – Guided Meditation	13	14 9:30 AM – Zumba Gold 11:00 AM – Spring Painting Workshop
16 10:30 AM – Qigong	17	18	19 10:30 AM – Guided Meditation 12:00 PM – Cooking Through Cancer	20	21
23 10:30 AM – Qigong	24	25	26 10:30 AM – Guided Meditation 1:00 PM – New Member Orientation	27	28 10:00 AM Yoga Therapy for Cancer 10:30 AM CSCGP Book Club
30 10:30 AM – Qigong	31	<p>Program assistance is available at this location on Mondays, Thursdays & some Saturdays, 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>			



March 2026 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday / Saturday
<p>2</p> <p>12:00pm – Gilda's Hair: Wig & Scalp Resources</p> <p>12:00pm – Gentle Chair/Floor Yoga</p> <p>1:00pm New Member Orientation</p>	<p>3</p> <p>10:30am – Wool Applique Club</p> <p>1:00pm – Mahjong for Fun</p>	<p>4</p> <p>6:00pm - Philadelphia Family Dinner with Children's Brain Tumor Association</p>	<p>5</p> <p>10:00am Comfort Quilts</p>	<p>6/7</p>
<p>9</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>10</p>	<p>11</p> <p>6:30pm Living with Loss for Families *CTP</p>	<p>12</p> <p>12:00pm Beaded Jewelry Marking</p>	<p>13/14</p>
<p>16</p> <p>8:30am – Winter Wellness Retreat</p>	<p>17</p> <p>1:00pm – Mahjong for Fun</p> <p>6:30 PM – Teen Social: Stronger Together *CTP</p>	<p>18</p>	<p>19</p> <p>8:30am -Men's Breakfast</p> <p>11:00am -Arleen Boyes Quilting Circle</p>	<p>Saturday, 3/21</p> <p>10:00am- Master Your Money – Secure Your Future</p>
<p>23</p> <p>12:00pm – Gentle Chair/Floor Yoga</p> <p>1:00pm – Stronger Together Networking Group</p>	<p>24</p> <p>10:30am – New Member Orientation</p>	<p>25</p>	<p>26</p> <p>10:30am Writing for Health & Wellness</p> <p>6:30pm Special Equestrians (Warrington, PA)</p>	<p>Saturday, 3/28</p> <p>6:00pm Traditional Egg Hunt</p> <p>8:00pm Flashlight Egg Hunt *CTP</p>
<p>30</p> <p>1:00pm Death Cafe</p>	<p>31</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>		



Tuesday	Wednesday
<p>3</p> <p>10:00 AM – Living with Cancer Support Group</p> <p>12:00pm Mindful Art</p>	<p>4</p> <p>10:00 AM – New Member Orientation</p> <p>11:00 AM – Breast Cancer Networking Group</p>
<p>10</p> <p>10:00 AM – Support for the Supporters</p>	<p>11</p> <p>9:30 AM – Men's Breakfast</p> <p>11:00 AM – Lung Cancer Networking Group</p>
<p>17</p> <p>10:00 AM – Living with Cancer Support Group</p> <p>12:00 PM – Open Art Studio</p>	<p>18</p> <p>11:00 AM – Gynecological Cancers Networking Group</p> <p>12:30 AM – Gentle Yoga</p>
<p>24</p> <p>10:00 AM – Support for the Supporters</p> <p>5:00 PM – Cancer Transitions: Moving Beyond Cancer</p>	<p>25</p> <p>11:00 AM – Blood Cancer Networking Group</p> <p>For more information & to register for programs, please contact Kim Clark @ 215-345-2022</p>
<p>31</p> <p>10:00 AM – Living with Cancer Support Group</p> <p>5:00 PM – Cancer Transitions: Moving Beyond Cancer</p>	<p>or email Kimberly@cancersupportphiladelphia.org Located Behind the red door on the main hallway 595 West State Street, Doylestown, PA 18901</p>



Trinity Health
Mid-Atlantic

ST. MARY MEDICAL CENTER

March 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