



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

April 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>If you need to speak to someone and we are not available, please contact Cancer Support Helpline 1-888-793-9355</p>		<p>1 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>2 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>3 10:00 AM – Knitting & Crocheting</p>
<p>6 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</p>	<p>7 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> 7:00 PM – Lymphedema Compression Garments with Jay Ann Intimates 7:30 PM – Men’s Health & Cancer Networking Group</p>	<p>8 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>9 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support 6:00 PM – Teen Connect *CTP 7:00 PM – Living After Cancer Support</p>	
<p>13 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 5:00 PM – Tutoring *CTP 8:00 PM – Parenting Through It All</p>	<p>14 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>15 12:00 PM – New Member Orientation 2:00 PM – Writing for Health & Wellness 5:30 PM – Yoga Therapy for Cancer 6:30 PM – Volunteer Orientation 7:00 PM – Parenting Network Group: Childhood Cancer</p>	<p>16 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living w/ Cancer Support 3:00 PM – The REAL From Queen of Advance Care Planning 6:00 PM – Teens Grief Support *CTP 6:30 PM – Millennials with Cancer Group</p>	<p>17 10:00 AM – Knitting & Crocheting</p>
<p>20 9:45 AM – Morning Mindful Meditation 10:30 AM – Qigong 10:30 AM – Living W/ Cancer Support 12:00 PM – Midday Parent Meetup: Childhood Cancer 5:00 PM – Tutoring *CTP 5:30 PM – Feel Good Fitness 8:00 PM – RPBF Reunion *CTP</p>	<p>21 9:30 AM – Nia 10:30 AM – Pilates 6:30 PM – Blood Cancer Group 7:00 PM – My Spouse has Cancer Support</p>	<p>22 12:00 PM – New Member Orientation 5:30 PM – Yoga Therapy</p>	<p>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</p>	<p>25 10:30 AM – Book Club</p>
<p>27 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>28 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</p>	<p>29 12:00 PM – New Member Orientation 5:30 PM – Yoga Therapy for Cancer</p>	<p>30 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group</p>	

The Suzanne Morgan Center @ Ridgeland Mansion



4100 Chamounix Dr. Philadelphia
215-879-7733

April 2026 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Program assistance is available at this location on Mondays, 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	2 10:30 AM – Guided Meditation	3	4
6 10:30 AM – Qigong 11:30 AM – New Member Orientation	7	8	9 9:30 AM – Men’s Breakfast 10:30 AM – Guided Meditation	10	11 9:30 AM – Zumba Gold
13 10:30 AM – Qigong	14	15	16 10:30 AM – Guided Meditation 12:00 PM – Cooking Through Cancer 6:00 PM – Phila Family Dinner – Children’s Brain Tumor Society *CTP	17	18
20 10:30 AM – Qigong	21	22	23 10:30 AM – Guided Meditation 1:00 PM – New Member Orientation	24	25 10:00 AM Yoga Therapy for Cancer 10:30 AM CSCGP Book Club
27 10:30 AM – Qigong	28	29	30 10:30 AM – Guided Meditation		



Gilda's Club

*(CTP) denotes Children, Teen & Family programming

200 Kirk Road, Warminster PA

April 2026 Program Calendar

215-441-3290

Monday	Tuesday	Wednesday	Thursday	Friday / Saturday
<p>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</p>		1	2	3/4
			10:00am Comfort Quilts	
6	7	8	9	10/11
<p>12:00pm – Gilda's Hair: Wig & Scalp Resources 12:00pm – Gentle Chair/Floor Yoga 1:00pm New Member Orientation 2:15pm Creative Presence: Mindfulness Through Art</p>	<p>10:30am – Wool Applique Club 1:00pm – Mahjong for Fun 6:30pm – Kid Support *CTP</p>	<p>6:30pm Living with Loss for Families *CTP</p>	<p>12:00pm Beaded Jewelry Marking</p>	
13	14	15	16	17/18
<p>12:00pm – Gentle Chair/Floor Yoga 12:00pm – Bring your own lunch 1:00pm – Women's Support Circle</p>	<p>6:30pm – Kid Support *CTP</p>		<p>8:30am -Men's Breakfast 11:00am -Arleen Boyes Quilting Circle</p>	
20	21	22	23	24/25
<p>12:00pm – Gentle Chair/Floor Yoga 1:00pm Earth Day Lunch & Plant Swap</p>	<p>1:00pm – Mahjong for Fun 6:30 PM – Teen Social: Stronger Together *CTP</p>			
27	28	29	30	
<p>12:00pm – Gentle Chair/Floor Yoga 1:00pm – Stronger Together Networking Group</p>	<p>10:30am – New Member Orientation 6:30pm – Kid Support *CTP</p>		<p>10:30am Writing for Health & Wellness Time TBD: Pysanky Egg Decorating 6:30pm Special Equestrians (Warrington, PA)</p>	



Tuesday	Wednesday
<p>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</p>	<p>1 10:00 AM – New Member Orientation 11:00 AM – Breast Cancer Networking Group</p>
<p>7 10:00 AM – Support for the Supporters 12:00pm Mindful Art 5:00 PM – Cancer Transitions</p>	<p>8 9:30 AM – Men's Breakfast 11:00 AM – Lung Cancer Networking Group</p>
<p>14 10:00 AM – Living with Cancer Support Group 5:00 PM – Cancer Transitions</p>	<p>15 11:00 AM – Gynecological Cancers Networking Group 12:30 AM – Gentle Yoga</p>
<p>21 10:00 AM – Support for the Supporters 12:00 PM – Open Art Studio</p>	<p>22 11:00 AM – Blood Cancer Networking Group</p>
<p>28 10:00 AM – Living with Cancer Support Group</p>	<p>29</p>



Trinity Health
Mid-Atlantic

ST. MARY MEDICAL CENTER

April 2026 Program Calendar



CANCER SUPPORT
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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