

*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

# May 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](mailto:Christina@cancersupportphiladelphia.org)

To view the full calendar and register to join, visit our website at [www.cancersupportphiladelphia.org](http://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</p> <p style="text-align: center;"><b>Cancer Support Helpline</b> 1-888-793-9355</p>				<p>1</p> <p>10:00 AM – Knitting &amp; Crocheting</p>
<p>4</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 5:30 PM – Feel Good Fitness</p>	<p>5</p> <p>9:30 AM – Nia <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30 AM – Pilates 2:00 PM – <b>Volunteer Orientation</b> 7:30 PM – Men’s Health &amp; Cancer Networking Group</p>	<p>6</p> <p>9:30 AM – Upcoming Treatment Decisions? Open to Options &amp; How Can CSCGP Help? 12:00 PM – New Member Orientation 5:30 PM – Yoga Therapy for Cancer</p>	<p>7</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 &amp; Wellness 7:00 PM – Living After Cancer Support</p>	<p>8</p>
<p>11</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 8:00 PM – Parenting Through It All</p>	<p>12</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>13</p> <p>12:00 PM – New Member Orientation 5:30 PM – Yoga Therapy for Cancer 6:30 PM – <b>Volunteer Orientation</b></p>	<p>14</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 11:15 AM – Living with Cancer Support</p>	<p>15</p> <p>10:00 AM – Knitting &amp; Crocheting</p>
<p>18</p> <p>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 5:30 PM – Feel Good Fitness</p>	<p>19</p> <p>10:30 AM – Pilates 6:30 PM – Blood Cancer Group 7:00 PM – My Spouse has Cancer Support</p>	<p>20</p> <p>10:30 AM – Writing for Health &amp; Wellness 12:00 PM – New Member Orientation 12:00 PM – <b>Cancer Nutrition 101 w/ Zach, Registered Dietician</b> 5:30 PM – Yoga Therapy 7:00 PM – Parenting Network Group: Childhood Cancer</p>	<p>21</p> <p>9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group 2:00 PM – <b>Volunteer Orientation</b> 6:00 PM – Teens Grief Support *CTP</p>	<p>22</p>
<p>25</p> <p style="text-align: center;"><b>CLOSED</b></p>	<p>26</p> <p>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>27</p> <p>12:00 PM – New Member Orientation 5:30 PM – Yoga Therapy for Cancer</p>	<p>28</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>29</p>

# The Suzanne Morgan Center @ Ridgeland Mansion



4100 Chamounix Dr. Philadelphia  
215-879-7733

## May 2026 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Program assistance is available at this location on Mondays, Thursdays &amp; some Saturdays, please call to schedule a visit.</p> <p>If you need to speak to someone and we are not available, please contact <b>Cancer Support Helpline 1-888-793-9355</b></p>				1	2
4	5	6	7	8	9
<p>10:30 AM – Qigong</p> <p>11:30 AM – New Member Orientation</p>			<p>10:30 AM – Guided Meditation</p>		<p>9:30 AM – Zumba Gold</p> <p>11:00 AM – <b>Summer Painting Workshop</b></p>
11	12	13	14	15	16
<p>10:30 AM – Qigong</p>			<p>9:30 AM – Men’s Breakfast</p> <p>10:30 AM – Guided Meditation</p>		
18	19	20	21	22	23
<p>10:30 AM – Qigong</p>			<p>10:30 AM – Guided Meditation</p> <p>1:00 PM – New Member Orientation</p>		<p>10:00 AM Yoga Therapy for Cancer</p>
25	26	27	28		
<p><b>CLOSED</b></p>			<p>10:30 AM – Guided Meditation</p> <p>12:00 PM – <b>Cooking Through Cancer</b></p>		



**May 2026 Program Calendar**

Monday	Tuesday	Wednesday	Thursday	Friday / Saturday
<p>Program assistance is available at this location most Mondays, Tuesdays &amp; Thursdays, please call to schedule a visit. If you need to speak to someone and we are not available, please contact <b>Cancer Support Helpline 1-888-793-9355</b></p>				<p><b>SUNDAY</b> May 3rd <b>4:00pm Stars Wars Party</b> <i>*CTP</i></p>
<p><b>4</b> <b>12:00pm</b> – Gilda's Hair: Wig &amp; Scalp Resources <b>12:00pm</b> – Gentle Chair/Floor Yoga <b>1:00pm</b> New Member Orientation <b>2:15pm</b> Mindfulness Through Art</p>	<p><b>5</b> <b>10:30am</b> – Wool Applique Club <b>1:00pm</b> – Mahjong for Fun <b>6:30pm</b> – Kid Support <i>*CTP</i></p>	<p><b>6</b></p>	<p><b>7</b> <b>9:30am</b> <b>NEW!</b> Walking Club <b>10:00am</b> Comfort Quilts</p>	<p><b>8 / 9</b></p>
<p><b>11</b> <b>12:00pm</b> – Gentle Chair/Floor Yoga <b>12:00pm</b> – Bring your own lunch <b>1:00pm</b> – Women's Support Circle</p>	<p><b>12</b> <b>11:00am</b> – Beading for Beasties <b>6:30pm</b> – <b>Ben Strauss Teen Essay &amp; Higher Education Grant Reception</b></p>	<p><b>13</b> <b>6:30pm</b> Living with Loss for Families <i>*CTP</i></p>	<p><b>14</b> <b>9:30am</b> Walking Club <b>11:00am</b> – Beading for Beasties</p>	<p><b>15 / 16</b></p>
<p><b>18</b> <b>12:00pm</b> – Gentle Chair/Floor Yoga <b>1:00pm</b> – Stronger Together Networking Group</p>	<p><b>19</b> <b>11:00am</b> – Beading for Beasties <b>1:00pm</b> – Mahjong for Fun <b>6:30 PM</b> – Teen Social: Stronger Together <i>*CTP</i></p>	<p><b>20</b></p>	<p><b>21</b> <b>8:30am</b> -Men's Breakfast <b>9:30am</b> Walking Club <b>11:00am</b> -Arleen Boyes Quilting Circle <b>11:00am</b> – Beading for Beasties</p>	<p><b>22 / 23</b></p>
<p><b>25</b> <b>CLOSED</b></p>	<p><b>26</b> <b>10:30am</b> – New Member Orientation</p>	<p><b>27</b></p>	<p><b>28</b> <b>9:30am</b> Walking Club <b>10:30am</b> Writing for Health &amp; Wellness <b>6:30pm</b> Special Equestrians (Warrington, PA)</p>	<p><b>29 / 30</b></p>



### Tuesday

### Wednesday

For more information & to register for programs, please contact **Kim Clark @ 215-345-2022**  
or email [Kimberly@cancersupportphiladelphia.org](mailto:Kimberly@cancersupportphiladelphia.org)

Located **Behind the red door** on the main hallway 595 West State Street, Doylestown, PA 18901

5

10:00 AM – Support for the Supporters

11:30 AM Mindful Meditation

12:00 PM Mindful Art

12

10:00 AM – Living with Cancer Support Group

19

10:00 AM – Support for the Supporters

12:00 PM – Open Art Studio

26

10:00 AM – Living with Cancer Support Group

6

10:00 AM – New Member Orientation

11:00 AM – Breast Cancer Networking Group

13

9:30 AM – Men's Breakfast

11:00 AM – Lung Cancer Networking Group

14

11:00 AM – Gynecological Cancers Networking Group

12:30 AM – Gentle Yoga

27

9:30 AM – **NEW!** Women's Support Circle & Breakfast

11:00 AM – Blood Cancer Networking Group



Trinity Health  
Mid-Atlantic

# ST. MARY MEDICAL CENTER

May 2026 Program Calendar



CANCER SUPPORT  
**COMMUNITY**  
GREATER PHILADELPHIA

## TUESDAYS

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

*This group will be moving to Fridays  
starting Friday May 22nd.*

## 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.\**

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For more information & to register for programs, please contact Sofie Pollack at **215-710-4512** or

Email [Sofie@cancersupportphiladelphia.org](mailto: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\**