



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 seeking 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 @ *Sellersville*

Alliance Cancer Specialists @ *Bensalem*

Alliance Cancer Specialists @ *Langhorne*

August 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 www.CancerSupportPhiladelphia.org OR scan the QR code



August *VIRTUAL* Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 9:45am Morning Mindful Meditation 10:30am Living w/ Metastatic Cancer Support Group 10:30am Qigong 1:00pm Colorectal Cancer Networking Sponsored by The Adriana Halper Fund 5:30pm Feel Good Fitness 6:30pm New Member Orientation	4 9:30am Nia <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30am Pilates 7:30pm Men's Health & Cancer Networking Group	5 9:30am Upcoming Treatment Decisions? Open to Options & How Can CSCGP Help? 12:00pm New Member Orientation 5:30pm Yoga Therapy for Cancer	6 9:00am Restorative Yoga 10:30am Guided Meditation 11:15am Living w/ Cancer Support Group 2:00pm Writing For Health & Wellness 7:00pm Living <u>After</u> Cancer Networking Group	7 10:00am Knitting & Crocheting (and Everything Else!) Circle 10:00am Volunteer Orientation
10 9:45am Morning Mindful Meditation 10:30am Living w/ Metastatic Cancer 10:30am Qigong 2:30pm Breast Cancer Networking 5:30pm Feel Good Fitness 6:30pm New Member Orientation	11 9:30am Nia 10:30am Pilates 1:00pm Living <u>After</u> Cancer Support 6:30pm Ovarian Cancer Networking Group 7:00pm Breast Cancer Support	12 12:00pm New Member Orientation 2:00pm Volunteer Orientation 5:30pm Yoga Therapy	13 9:00am Restorative Yoga 10:30am Guided Meditation 11:15am Living w/ Cancer Support Group 7:00pm Living with Cancer Support Group	14
17 9:45am Morning Mindful Meditation 10:30am Living w/ Metastatic Cancer 10:30am Qigong 5:30pm Feel Good Fitness 6:30pm New Member Orientation	18 9:30am Nia 10:30am Pilates 6:30pm Blood Cancer Networking sponsored by Blood Cancer United 7:00pm Time for YOU: Support for Spouses & Partners	19 10:30am Writing For Health & Wellness 12:00pm New Member Orientation 5:00pm Cancer Nutrition 101 5:30pm Yoga Therapy	20 9:00am Restorative Yoga 10:30am Guided Meditation 11:15am Living w/ Cancer Support Group 7:00pm Living <u>After</u> Cancer Networking Group	21 10:00am Knitting & Crocheting (and Everything Else!) Circle
24 9:45am Morning Mindful Meditation 10:30am Living w/ Metastatic Cancer 10:30am Qigong 5:30pm Feel Good Fitness 6:30pm New Member Orientation	25 9:30am Nia 10:30am Pilates 1:00pm Living <u>After</u> Cancer Support 6:30pm Volunteer Orientation 7:00pm Breast Cancer Support 7:00pm Support for the Supporters	26 12:00pm New Member Orientation 5:30pm Yoga Therapy for Cancer	27 9:00am Restorative Yoga 10:30am Guided Meditation 11:15am Living w/ Cancer Support Group 7:00pm Living with Cancer Support Group	28
31 9:45am Morning Mindful Meditation 10:30am Living w/ Metastatic Cancer 10:30am Qigong 5:30pm Feel Good Fitness 6:30pm New Member Orientation	If you need to speak to someone and we are not available, please call Cancer Support Community Helpline at CSC-867-5309 (272-867-5309) or toll-free at 888-793-9355, available Monday–Thursday 9 am–7 pm ET and Friday 9 am–6 pm ET.			



**CANCER SUPPORT
COMMUNITY**
GREATER PHILADELPHIA



**GILDA'S
CLUB**

**The Suzanne Morgan Center
@ Ridgeland Mansion**

4100 Chamounix Dr. Philadelphia, 19131
215-879-7733

August 2026

MONDAY

THURSDAY

SATURDAY

3 10:30am-11:30am Qigong with Deanna	6 10:30am-11:00am Guided Meditation 2:00pm-3:00pm New Member Orientation	8
10 10:30am -11:30am Qigong with Deanna 11:00am-12:00pm New Member Orientation	13 9:30am -10:30am Men's Breakfast and Social 10:30am-11:00am Guided Meditation	15
17 10:30am-11:30am Qigong with Deanna	20 10:30am-11:00am Guided Meditation 12:00pm Cooking Through Cancer	22 9:15am Meditative Walk 10:00am-11:30am Yoga Therapy for Cancer 10:15am Men's Breakfast and Social 11:30am-12:30pm New Member Orientation
24 10:30am-11:30am Qigong with Deanna	27 10:30am- 11:30am Guided Meditation 1:00pm-2:00pm New Member Orientation	29
31 10:30am-11:30am Qigong with Deanna	Program assistance is available at this location on Mondays, Thursdays & select Saturdays, please call to schedule a visit. 215-879-7733	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 12:00pm-1:30pm Gentle Chair/Floor Yoga 12:00pm -2:00pm Gilda's Hair: Wig & Scalp Resources <i>*appointment required</i> 2:15pm- 3:15pm Mindfulness Through Art	4 11:00am-2:00pm Beading for Besties 7:00pm - 8:00pm Back To School Bash <i>*CTP</i>	5	6 9:30am Walking for Wellness 11:00am- 2:00pm Beading for Besties	7
10 12:00pm-1:00pm BYOL - Bring Your Own Lunch 12:00pm - 1:30pm Gentle Chair/Floor Yoga 1:00pm-2:00pm Women's Support Circle	11 11:00am-2:00pm Beading for Besties	12	13 12:00pm-2:00pm Beaded Jewelry Making	14
17 9:30-3:15pm Camp Gilda	18	19 9:30-3:15pm Camp Gilda	20 11:00am-3:00pm Arleen Boyes Quilting Circle	21 9:30am -3:15pm Camp Gilda
24 1:00pm-2:30pm Stronger Together Networking Group	25 11:00am-2:00pm Beading for Besties 6:30pm TNT Amusements <i>*CTP</i>	26 10:30am-11:30am LIVE! Pilates with Sheila 11:30-12:30pm BYOL- Bring Your Own Lunch	27 10:30am- 12:00pm Writing for Health and Wellness	28
31 12:00pm-1:30pm Gentle Chair/Floor Yoga	If you need to speak to someone and we are not available, please call Cancer Support Community Helpline at CSC-867-5309 (272-867-5309) or toll-free at 888-793-9355, available Monday–Thursday 9 am–7 pm ET and Friday 9 am–6 pm ET.			



Penn Medicine @ Doylestown Hospital

595 West State Street, Doylestown, PA 18901
215-345-2022



August 2026

MONDAY

TUESDAY

WEDNESDAY

3 9:00-2:00pm Drop in resources & support	4 10:00am-11:30am Living with Cancer Support Group 11:30am-12:00pm Mindfulness Meditation 12:00pm- 1:00pm Mindful Art	5 10:00am-11:00am New Member Orientation 11:00am- 12:30pm Breast Cancer Networking Group
10 9:00-2:00pm Drop in resources & support	11 10:00am-11:30pm Support for Supporters Networking Group	12 9:30am-10:30am Men's Breakfast 11:00am-12:30pm Lung Cancer Networking Group
17 9:00-2:00pm Drop in resources & support	18 10:00am-11:30pm Living with Cancer Support Group 12:00pm -1:00pm Open Art Studio	19 11:00am- 12:30pm Gynecological Cancer Networking Group 12:30pm-1:30pm Gentle Yoga
24 9:00-2:00pm Drop in resources & support	25 10:00am-11:30am Support for Supporters Networking Group	26 9:30am-10:30am Women's Support Circle & Breakfast 11:00am-12:30pm Blood Cancer Networking Group
31 9:00-2:00pm Drop in resources & support	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	

August 2026

T U E S D A Y

T H U R S D A Y

4 11:00-12:00pm Spousal Bereavement Support Group <i>*pre-registration required</i>	6 11:00am- 11:30am Mindfulness Meditation 11:30am - 12:45pm Living with Cancer Support Group <i>*pre-registration required</i> 1:15pm-2:15pm Gentle Yoga Movement & Relaxation with Nancy
11 11:00-12:00pm Spousal Bereavement Support Group <i>*pre-registration required</i>	13 11:00am- 11:30am Mindfulness Meditation 11:30am - 12:45pm Living with Cancer Support Group 1:15pm-2:15pm Gentle Yoga Movement & Relaxation with Nancy
18 11:00-12:00pm Spousal Bereavement Support Group <i>*pre-registration required</i>	20 11:00am- 11:30am Mindfulness Meditation 11:30am - 12:45pm Living with Cancer Support Group 1:15pm-2:15pm Gentle Yoga Movement & Relaxation with Nancy
25 11:00-12:00pm Spousal Bereavement Support Group <i>*pre-registration required</i>	27 11:00am - 11:30am Mindfulness Meditation 11:30am -12:45pm Living with Cancer Support Group

*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**

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