CANCER SUPPORT COMMUNITY GREATER PHILADELPHIA

November 2026 Program Calendar

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
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*

Each location (*Virtual, Ridgeland, Gilda's Club, & 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

CANCER SUPPORT COMMUNITY GREATER PHILADELPHIA

GILDA'S CLUB

November *VIRTUAL* Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **10:30am** Living w/ Metastatic Cancer Support Group **10:30am** Qigong / Tai Chi **5:00pm** Tutoring **5:30pm** Feel Good Fitness **6:30pm** New Member Orientation	**3** **10:30am** Pilates **7:00pm** Men's Health & Cancer Networking Grouo **7:00pm** Living with Loss Networking Group	**4** **9:30am** Upcoming Treatment Decisions? Open to Options **12:00pm** New Member Orientation **1:00pm** Colorectal Cancer Network *Sponsored by The Adriana Halper Fund* **1:00pm** Living After Cancer Support **5:30pm** Yoga Therapy	**5** **9:00am** Restorative Yoga **10:30am** Guided Meditation **11:15am** Living w/ Cancer Support **2:00pm** Writing For Health & Wellness **2:00pm** New Volunteer Orientation **7:00pm** Living After Cancer Networking	**6** **10:00am** Knitting & Crocheting (and Everything Else!) Circle
9 **10:30am** Living w/ Metastatic Cancer Support Group **10:30am** Qigong / Tai Chi **5:00pm** Tutoring **5:30pm** Feel Good Fitness **6:30pm** New Member Orientation **8:00pm** Parenting Through It All	**10** **9:30am** Nia *Sponsored by the Bob Brockman Nia Fund* **10:30am** Pilates **6:30pm** Ovarian Cancer Group **7:00pm** **Understanding & Finding Clinical Trials** **7:00pm** Breast Cancer Support	**11** **CLOSED**	**12** **9:00am** Restorative Yoga **10:30am** Guided Meditation **11:15am** Living w/ Cancer Support **6:30pm** Teen Connect: Living with Cancer's Impact **7:00pm** Living with Cancer Support **7:00pm** **Grief & The Holidays**	**13**
16 **10:30am** Living w/ Metastatic Cancer **10:30am** Qigong / Tai Chi **5:00pm** Tutoring **5:30pm** Feel Good Fitness **6:30pm** New Member Orientation **7:00pm** Parenting Networking Group: Childhood Cancers	**17** **9:30am** Nia **10:30am** Pilates **2:00pm** **Cancer Nutrition 101** **2:00pm** Volunteer Orientation **6:30pm** Blood Cancer Networking *sponsored by Blood Cancer United* **7:00pm** Support for Partners	**18** **10:30am** Writing For Health & Wellness **12:00pm** New Member Orientation **1:00pm** Living After Cancer Support **1:00pm** Breast Cancer Networking Group **5:30pm** Yoga Therapy for Cancer	**19** **9:00am** Restorative Yoga **10:30am** Guided Meditation **11:15am** Living w/ Cancer Support **1:30pm** **Gratitude in the In-Between** **6:30pm** Teens Grief Support **7:00pm** Living After Cancer Networking	**20** **10:00am** Knitting & Crocheting (and Everything Else!) Circle
23 **10:30am** Living w/ Metastatic Cancer **10:30am** Qigong / Tai Chi **5:00pm** Tutoring **5:30pm** Feel Good Fitness **6:30pm** New Member Orientation	**24** **9:30am** Nia **10:30am** Pilates **7:00pm** Breast Cancer Support **7:00pm** Support for the Supporters	**25** **CLOSED**	**26** **Happy Thanksgiving**	**27**
30 **10:30am** Living w/ Metastatic Cancer **10:30am** Qigong / Tai Chi **1:30pm** **Death Cafe** **5:00pm** Tutoring **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

November 2026

MONDAY	TUESDAY	THURSDAY	SATURDAY
2 **10:30am** Qigong / Tai Chi	**3** **11:00am** Living with Cancer Support Group **11:00am** Friends & Family Support Group **1:00pm** The Steady Center: Somatic Practices for Anxiety	**5** **10:30am** Guided Meditation **1:30pm** New Member Orientation	**7**
9 **10:30am** Qigong / Tai Chi	**10** **11:00am** Living with Cancer Support Group **11:00am** Friends & Family Support Group **1:00pm** The Steady Center: Somatic Practices for Anxiety	**12** **9:30am** Men's Breakfast and Social **10:30am** Guided Meditation **1:30pm** New Member Orientation	**14** **9:00am** Member Orientation **9:30am** Zumba Gold -Mindful Movements **10:00am** Living Well w/ Metastatic Cancer **11:00am** Live Art Studio
16 **10:30am** Qigong / Tai Chi	**17** **11:00am** Living with Cancer Support Group **11:00am** Friends & Family Support Group **1:00pm** The Steady Center: Somatic Practices for Anxiety	**19** **10:30am** Guided Meditation **1:30pm** New Member Orientation **1:30pm** **Gratitude in the In-Between**	**21** **4:00pm** **Young Adult Friendsgiving: Potluck & Trivia**
23 **10:30am** Qigong / Tai Chi	**24** **11:00am** Living with Cancer Support **11:00am** Friends & Family Support	**26** **Happy Thanksgiving**	**28** **CLOSED**
30 **10:30am** Qigong / Tai Chi	Program assistance is available at this location on Mon, Tues, Thurs & select Saturdays, please call to schedule a visit. 215-879-7733		

CANCER SUPPORT COMMUNITY GREATER PHILADELPHIA

GILDA'S CLUB

Gilda's Club

200 Kirk Road, Warminster PA, 18974

215-441-3290

**(CTP) denotes Children, Teen & Family programming*

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
2 **12:00pm** Chair/Floor Yoga **12:00pm** Gilda's Hair: Wig & Scalp Resources **1:00pm** Faith & Spirituality Networking Group **2:45pm** Mindfulness Through Art	**3** **10:30am** Wool Applique Club **6:30pm** Kid Support *CTP	**4** **10:00am** Morning Mahjong	**5** **10:00am** Comfort Quilts **2:00pm** Living with Cancer Support Group *(Ann's Choice)*	**7**
9 **12:00pm** Bring Your Own Lunch **12:00pm** Gentle Yoga **1:00pm** Women's Support Circle	**10** **6:30pm** Kid Support **CTP*	**11** **6:30pm** Families Living with Loss **CTP*	**12** **12:00pm** Beaded Jewelry Making	**14**
16 **11:00am** New Member Meeting **12:00pm** Gentle Chair/Floor Yoga **1:00pm** **Death Cafe**	**17** **6:30pm** Kid Support **CTP*	**18** **5:00pm** **Turkey B-I-N-G-O** **6:30pm** Teen Social: Stronger Together **CTP*	**19** **8:30am** Men's Breakfast **10:30am** Writing for Health & Wellness **11:00am** Arleen Boyes Quilting Circle **12:00pm** Beaded Jewelry Making	**21**
23 **12:00pm** Gentle Chair/Floor Yoga **1:00pm** Stronger Together Networking Group	**24** **11:00am** Navigating Life After Loss: A cancer bereavement group	**25** **CLOSED**	**26** **Happy Thanksgiving**	**28**
30 **12:00pm** Gentle Chair/Floor Yoga **10:00am** Reflexology with Restoring Balance	Program assistance is available at this location on Mondays, Tuesdays, Thursdays, please call to schedule a visit. 215-441-3290			

CANCER SUPPORT COMMUNITY GREATER PHILADELPHIA

St. Mary Medical Center

1201 Langhorne-Newtown Rd., Langhorne, PA 19047
215-710-4512

Trinity Health Mid-Atlantic

November 2026

TUESDAY	THURSDAY
3 **11:00-12:00pm** Spousal Bereavement Support Group **pre-registration required*	**5** **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
10 **11:00-12:00pm** Spousal Bereavement Support Group **pre-registration required*	**12** **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
17 **11:00-12:00pm** Spousal Bereavement Support Group **pre-registration required*	**19** **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
24 **11:00-12:00pm** Spousal Bereavement Support Group **pre-registration required*	**26** **Happy Thanksgiving**

Anyone interested in joining the weekly LWC Support Group or Bereavement Support must speak with Sofie Pollack before attending.
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