NOVEMBER 2026

CELEBRATING 25 YEARS

CANCER SUPPORT COMMUNITY GREATER NY & CT

Cancer Support Community Greater NY & CT uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

Servicios de apoyo estan disponible en español.

To learn more or to become a member,

visit our website at www.cancersupportcommunitynyct.org or call 914-644-8844

ONGOING PROGRAMS *Please note: Program offerings vary by week; please refer to our website calendar for current dates.*

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	12:00: Post Treatment Breast Cancer Together (11/3) 12:00: Post Treatment Together (11/17) 2:00: Living with Cancer Support Group 6:00: Caregiver Support Group 6:00: Yoga with Diane (11/3, 11/10, 11/17)	10:30: WELCOME WEDNESDAY (in person, details below) 12:00-3:30: GILDA'S PANTRY (in person) 1:00: Living with Cancer Support Group 1:00: Cancer Transitions (hybtid, 11/4, 11/11) 2:00: Living with Breast Cancer Support Group 7:00: Joining Forces after Loss Group (11/4, 11/18) 6:30: Young Adults Living with Breast Cancer Support Group	12:00: Living with Loss Support Group 1:00: Caregiver Support Group	Clay Expressions: Intermediate Class (Offsite) 10:00: Clay Expressions: For Beginners (Offsite)

***Support Planning Meetings/Reunion de Apoyo* are offered regularly. Please review the calendar on our website for more information and to register.**

**This program was generously sponsored by Summit Health Management Survivors Program. All CSCNYCT members are welcome to participate, regardless of hospital affiliation.*

ADDITONAL PROGRAMS IN NOVEMBER

11/3 @ 1:00: Sistah's Circle (in person)

11/4 @ 10:30-2:00: WELCOME WEDNESDAY (in person): *Morning Munchies, Beading, Qigong, Reiki, Lunch Break, Cancer Survivor Yoga for All**

11/4 @ 2:00: Amiga's Circle (in person)

11/9 @ 5:30: Oncofertility: Fertility Preservation Before, During & After Cancer Treatment*

11/11 @ 10:30-2:00: WELCOME WEDNESDAY (in person): *Morning Munchies, Qigong, The Support Around Us, Lunch & Learn, CSCNYCT on GTTR Viewing Party, Cancer Survivor Yoga for All**

11/12 @ 5:30: Gilda's Dinner

11/12 @ 6:30: Rapid Relief from Fear, Worry, Anger, Stress & Negativity

11/18 @ 10:30-2:00: WELCOME WEDNESDAY (in person): *Morning Munchies, Nature Notecard Making, Qigong, Lunch Break, Cancer Survivor Yoga for All*, Meditation*

11/23 @ 10:30-2:00: WELCOME WEDNESDAY... but on a Monday (in person): *Morning Munchies, Qigong, Lunch Break, Cancer Survivor Yoga for All**

11/25 @ 1:00: Closing @ 1:00 for Thanksgiving

11/26 & 11/27: CLOSED - Happy Thanksgiving

OTHER SUPPORTS: Short-Term Individual Counseling, Family Support, Community Navigation, Gilda's Pantry

For a full look at our calendar, visit our website at www.cancersupportcommunitynyct.org

Please read the event description on the website to see if the program is being held in-person or on Zoom and if it is open to the public. Please note, some programs are open to members only.

Please also note that events are subject to change.