

OCTOBER 2026



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.cancersupportcommunitynyc.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 (10/6) 12:00: Post Treatment Together (10/20) 2:00: Living with Cancer Support Group 6:00: Caregiver Support Group 6:00: Yoga with Diane (10/6, 10/13, 10/20)	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 (in person, starting 10/21) 2:00: Living with Breast Cancer Support Group 7:00: Joining Forces after Loss Group (10/7, 10/21) 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.*

ADDITIONAL PROGRAMS IN OCTOBER

10/6 @ 1:00: Sistah's Circle (in person)

10/7 @ 10:30-2:00: WELCOME WEDNESDAY (in person): *Morning Munchies, Card Making Workshop, Qigong, Lunch Break, Health Insurance 2027, Seguro médico para 2027, Cancer Survivor Yoga for All**

10/7 @ 1:00: Health Insurance in 2027: What People with Cancer Need to Know During Open Enrollment (Hybrid)

10/7 @ 1:00: Seguro médico para 2027: Lo que las personas con cáncer deben saber durante el periodo de inscripción abierta

10/12: CSCNYCT Closed for Indigenous People's Day

10/12 @ 10:00-2:00: Noogiefest: Halloween 2026 (in person)

10/14 @ 10:30-2:00: WELCOME WEDNESDAY (in person): *Morning Munchies, Qigong, The Awe of Autumn, Lunch Break, Cancer Survivor Yoga for All*, Meditation, Meditación*

10/15 @ 6:00: Rapid Relief from Fear, Worry, Anger, Stress & Negativity

10/20 @ 12:00: Frankly Speaking: Cancer & Mental Health

10/21 @ 10:30-2:00: WELCOME WEDNESDAY (in person): *Morning Munchies, Beading, Qigong, Lunch Break, Cancer Transitions, Cancer Survivor Yoga for All**

10/28 @ 10:30-2:00: WELCOME WEDNESDAY (in person): *Morning Munchies, Beading, Qigong, Reiki, Lunch and Learn: A Taste of Asia, Cancer Transitions Cancer Survivor Yoga for All*, Dwelling Light Journaling*

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.cancersupportcommunitynyc.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.

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