

APRIL 2025



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 914-997-6006.

To learn more or to become a member,
visit our website at www.cscnyct.org call 914-644-8844

ONGOING PROGRAMS Please note, not all programs are offered weekly. Please see website calendar for dates.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
11:00: Breast Cancer Support Group (4/7)	1:00: Sistah's Circle (in person) (4/1) 2:00: Té y Bocadoillos (en persona) (4/8)	12:30: Post-Treatment Together Group (4/16)	1:00: Caregiver Support Group	10:00: Clay Expressions (off-site location)
12:00: Post-Treatment Breast Cancer Support Group (4/21)**	6:00: Cafecito y Conexion* 6:00: Living with Cancer Support Group 6:00: Caregiver Support Group 6:00: Breast Cancer Support Group (4/8) 6:00: Yoga with Diane 7:00: Teens Joining Forces after Loss: Support Group (4/1, 4/15, 4/29)	1:00: Living with Cancer Support Group 4:00: Men's Group (4/30) 5:00: Pa'lante: Grupo para hombres* 6:00: Post-Treatment Breast Cancer Group (4/16)** 6:30: Young Women with Breast Cancer Group	2:00: Yoga with Joyce or Patty (in person) 6:00: Living with Cancer Support Group 6:00: Living with Loss Support Group (8-week session)	

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

**Our Spanish language support groups are made possible by the generous support of Memorial Sloan Kettering Cancer Center.*

***These support groups and programs are made possible by the generous support of Summit Health Management.*

ADDITIONAL PROGRAMS IN APRIL

- 4/1 @ 1:00: BREATH-BODY-MIND™ (in person)**
- 4/3 @ 7:00: Caring for the Caregiver Presentation (off-site)
- 4/4 @ 10:00: Tai Chi
- 4/7 @ 11:00 & 12:00: Reiki Energetics (in person)
- 4/7 @ 12:00: Writing to Heal For Those Living with Loss
- 4/7 @ 6:00: Yoga Nidra with Claudia
- 4/8 @ 10:30: Beading with Christina (in person)
- 4/8 @ 11:00, 11:30, 12:00: Reiki with Carolyn (in person)
- 4/8 @ 1:00: BREATH-BODY-MIND™ (in person)**
- 4/8 @ 2:00: Té y Bocadoillos (en persona)
- 4/9 @ 11:00: Healthy Tips to Live A Vibrant Life (in person)
- 4/10 @ 6:00: Rapid Relief from Fear, Worry, Anger, Stress & Negativity
- 4/15 @ 11:00: Lite Zumba (in person)
- 4/15 @ 6:00: Plant-Based Cooking
- 4/17 @ 1:00: Red Door Readers
- 4/21 @ 11:00 & 12:00: Reiki Energetics (in person)
- 4/27 @ 5:00: Strides for Strength Fundraiser (off-site)
- 4/28 @ 12:00: Frankly Speaking: Mental Health and Survivorship**

***These programs are made possible by the generous support of Summit Health Management.*

OTHER SUPPORTS: Short-term Individual Counseling, Family Support

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.

CSCNYCT 80 Maple Ave, White Plains, NY 10601 914-644-8844