

MAY 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](http://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 (5/5)                   | 1:00: Sistah's Circle (in person) (5/6)                           | 11:00: Qigong with Steve (in person)              | 1:00: Caregiver Support Group                     | 10:00: Clay Expressions (off-site location) |
| 12:00: Post-Treatment Breast Cancer Support Group (5/19)** | 12:00: Té y Bocadillos (en persona) (5/6)                         | 12:30: Post-Treatment Together Group (5/21)       | 2:00: Yoga with Joyce or Patty (in person)        |   |
|  | 6:00: Cafecito y Conexion*  | 1:00: Living with Cancer Support Group            | 6:00: Living with Cancer Support Group            |   |
|  | 6:00: Living with Cancer Support Group                            | 4:00: Men's Group (4/30)                          | 6:00: Cancer Transitions: Moving Beyond Treatment |   |
|  | 6:00: Caregiver Support Group                                     | 5:00: Pa'lante: Grupo para hombres*               |   |   |
|  | 6:00: Breast Cancer Support Group (4/8)                           | 6:00: Post-Treatment Breast Cancer Group (5/21)** |   |   |
|  | 6:00: Yoga with Diane   | 6:30: Young Women with Breast Cancer Group        |   |   |
|  | 7:00: Teens Joining Forces after Loss: Support Group (5/13, 5/27) |   |   |   |

*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 MAY

- 5/2 @ 10:00: Tai Chi
- 5/5 @ 11:00 & 12:00: Reiki Energetics (in person)
- 5/5 @ 6:00: Yoga Nidra with Claudia
- 5/6 @ 11:00, 11:30, 12:00: Reiki with Carolyn (in person)
- 5/7 @ 11:00: The ABCs (& Ds!) of Medicare**
- 5/13 @ 10:30: Beading with Christina (in person)
- 5/14 @ 5:30: The Role of Movement in Bone Health (in person)**
- 5/15 @ 6:30: Rapid Relief from Fear, Worry, Anger, Stress & Negativity
- 5/16 @ 5:30: Healthy Eating for Cancer Survivors\*\***
- 5/20 @ 11:00: Lite Zumba (in person)
- 5/22 @ 1:00: Red Door Readers (in person)
- 5/23 @ 1:00: Clubhouse closing for Memorial Day**
- 5/26: Clubhouse closed for Memorial Day**
- 5/28 @ 6:30: Fertility Preservation for Cancer Patients (in person)\*\***
- 5/29 @ 5:30: Gilda's Dinner (in person)**

*\*\*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](http://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.