

JANUARY 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 (1/6)	1:00: Sistah's Circle (in person) 6:00: Cafecito y Conexion* 6:00: Living with Cancer Support Group 6:00: Breast Cancer Support Group 6:00: Yoga with Diane 7:00: Teens Joining Forces after Loss: Support Group	12:30: Post-Treatment Together Group 1:00: Living with Cancer Support Group 4:00: Men's Group 5:00: Pa'lante: Grupo para hombres* 6:00: Post-Treatment Breast Cancer Group* 6:00: Young Women with Breast Cancer Group	1:00: Caregiver Support Group 2:00: Yoga with Joyce or Patty (in person) 6:00: Caregiver Support Group 6:00: Living with Cancer Support Group 6:00: Parent Support Group	10:00: Clay Expressions

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. Our Post-Treatment Breast Cancer Group is made possible by the generous support of Summit Health Management.*

ADDITIONAL PROGRAMS IN JANUARY

1/1/25: Clubhouse Closed for Holiday Season & New Year

1/6 @ 6:00: Yoga Nidra with Claudia

1/7 @ 11:00, 11:30, 12:00: Reiki with Carolyn (in person)

1/7 @ 1:00: BREATH-BODY-MIND™ (in person)*

1/10 @ 10:00: Tai Chi

1/13 @ 12:00: Writing to Heal for Those Living with Loss

1/14 @ 10:30: Beading with Christina (in person)

1/14 @ 1:00 pm: BREATH-BODY-MIND™ (in person)*

1/16 @ 1:00: Red Door Readers

1/16 @ 4:00: Family Bingo Afternoon

1/21 @ 11:00: Lite Zumba (in person)

1/21 @ 1:00: Cassatt String Quartet (in person)

1/23 @ 6:00: Rapid Relief from Fear, Worry, Anger, Stress & Negativity

**This program is 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.