



**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
	<p>12:00: Together Networking Groups (see details below)</p> <p>6:00: Living with Cancer Support Group</p> <p>6:00: Caregiver Support Group</p> <p>6:00: Yoga with Diane (2/3, 2/10, 2/24)</p> <p>7:00: Teens Joining Forces after Loss Group (2/3, 2/17)</p>	<p>10:30-2:00: WELCOME WEDNESDAY (in person, see details below)</p> <p>12:00-3:30: GILDA'S PANTRY (in person)</p> <p>1:00: Living with Cancer Support Group</p> <p>6:30: Young Women with Breast Cancer Group</p>	<p>1:00: Caregiver Support Group</p> <p>6:00: Living with Cancer Support Group</p>	<p>10:00: Clay Expressions (in person, offsite)</p>

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 FEBRUARY

2/3 @ 12:00: Post Treatment Breast Cancer Together

2/3 @ 1:00: Sistah's Circle (in person)

2/4 @ 10:30-2:00: WELCOME WEDNESDAY (in person): *Morning Munchies, Crafting with Heart, Lunch Break, Cancer Survivor Yoga for All**

2/9 @ 6:00: The Rehab You Deserve: How PT Can Support You Through and Beyond Breast Cancer

2/10 @ 12:00: Breast Cancer Together

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

2/16: Clubhouse Closed - President's Day

2/17 @ 12:00: Post Treatment Together

2/18 @ 10:30-2:00: WELCOME WEDNESDAY (in person): *Morning Munchies, Reiki (x3), Qigong, Lunch Break, Cancer Survivor Yoga for All**

2/19 @ 12:00: Red Door Readers

2/19 @ 6:00: Rapid Relief from Fear, Worry, Anger, Stress & Negativity

2/25 @ 10:30-2:00: WELCOME WEDNESDAY (in person): *Morning Munchies, Qigong, Lunch Break, Cancer Survivor Yoga for All*, Meditation (in Spanish), Meditation (in English)*

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.