

AUGUST 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.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
	12:00: Post Treatment Breast Cancer Together (8/4)	10:30: WELCOME WEDNESDAY (in person, details below)	12:00: Cancer Transitions (8/6)	
	12:00: Post Treatment Together (8/18)	12:00-3:30: GILDA'S PANTRY (in person)	1:00: Caregiver Support Group	
	2:00: Living with Cancer Support Group	1:00: Living with Cancer Support Group		
	6:00: Caregiver Support Group	2:00: Living with Breast Cancer Support Group		
	6:00: Yoga with Diane (8/4, 8/18, 8/25)	6:30: Young Adults Living with Breast Cancer Support Group		
	7:00: Teens Joining Forces after Loss Group (8/4, 8/18)			

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 AUGUST

8/4 @ 1:00: Sistah's Circle (in person)

8/5 @ 10:30-2:00: **WELCOME WEDNESDAY (in person):** Morning Munchies, Beading, Qigong, Lunch Break, Cancer Survivor Yoga for All*

8/12 @ 10:30-2:00: **WELCOME WEDNESDAY (in person):** Morning Munchies, Qigong, Lunch Break, Cancer Survivor Yoga for All*, Meditacion, Meditation

8/18 @ 6:00: Rapid Relief from Fear, Worry, Anger, Stress & Negativity

8/19 @ 10:30-2:00: **WELCOME WEDNESDAY (in person):** Morning Munchies, Qigong, Lunch Break, , Cancer Survivor Yoga for All*

8/25 @ 10:30-2:00: **WELCOME WEDNESDAY (in person):** Morning Munchies, Qigong, **The Art of Letting Go**, Lunch Break, Cancer Survivor Yoga for All*, Dwelling Light Journaling, Meditation

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.