

OCTOBER 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
2:00: Yoga with Joyce or Patty (in person)	12:00: Together Groups (see below) 1:00: Sistah's Circle (in person) (10/7) 6:00: Cafecito y Conexion* 6:00: Living with Cancer Support Group 6:00: Caregiver Support Group 6:00: Yoga with Diane 7:00: Teens Joining Forces after Loss: Support Group (10/14, 10/28)	WELCOME WEDNESDAY (in person, 10/8 & 10/22) 1:00: Living with Cancer Support Group 5:00: Pa'lante: Grupo para hombres 6:30: Young Women with Breast Cancer Group	1:00: Caregiver Support Group 6:00: Living with Cancer Support Group	10:00: Clay Expressions (off-site)

**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.

## ADDITIONAL PROGRAMS IN OCTOBER

**10/1: Clubhouse Closing at 1:00 - Yom Kippur**

**10/2: Clubhouse Closed - Yom Kippur**

10/7 @ 10:30: Beading with Christina (in person)

10/7 @ 11:00 & 12:00: Reiki Energetics (in person)

10/7 @ 12:00: Post Treatment Breast Cancer Together

10/7 @ 1:00: Resilience Group Coaching Workshop

10/8 @ 10:00-2:00: WELCOME WEDNESDAYS (in person): *Morning Munchies, Qigong with Steve, Self-Reiki, Lunch Break, Yoga with Joyce & Patty, Coloring for Adults*

10/8 @ 12:00: Té y Bocaditos (en persona)

10/10 @ 10:00: Tai Chi

10/11 @ 10:00: Walking with Essie (offsite)

**10/13: Clubhouse Closed - Indigenous People's Day**

10/14 @ 12:00: Breast Cancer Together

10/15 @ 11:00: Qigong with Steve (in person)

10/15 @ 11:00 & 12:00: Reiki Energetics (in person)

10/21 @ 12:00: Post-Treatment Together

10/22 @ 10:00-2:00: WELCOME WEDNESDAYS (in person): *Morning Munchies, Qigong with Steve, Self-Reiki, Lunch Break, Yoga with Joyce & Patty, Bingo*

10/23 @ 6:30: Rapid Relief from Fear, Worry, Anger, Stress & Negativity

10/28 @ 12:00: Men Together

10/29 @ 11:00: Qigong with Steve (in person)

10/29 @ 11:00 & 12:00: Reiki Energetics (in person)

**OTHER SUPPORTS:** Short-term Individual Counseling, Family Support, Community Navigation

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.**

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