

JANUARY 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](http://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.*

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
	12:00: Together Networking Groups (see details below)  6:00: Living with Cancer Support Group  6:00: Caregiver Support Group  6:00: Yoga with Diane (1/6, 1/13, 1/27)  7:00: Teens Joining Forces after Loss Group (1/6, 1/20)	10:30-2:00: WELCOME WEDNESDAY (in person)  12:00-3:30: GILDA'S PANTRY (in person)  1:00: Living with Cancer Support Group  6:30: Young Women with Breast Cancer Group	1:00: Caregiver Support Group  6:00: Living with Cancer Support Group	10:00: Clay Expressions (in person, offsite)

***Support Planning Meetings/Reunion de Apoyo** are offered regularly. Please review the calendar on our website for more information and to register.*

## **ADDITIONAL PROGRAMS IN JANUARY**

**12/24 - 1/2/26: Clubhouse Closed - Wishing you a restful holiday season and a peaceful start to the new year**

1/6 @ 12:00: Post Treatment Breast Cancer Together

1/6 @ 1:00: Sistah's Circle (in person)

**1/7 @ 10:30-2:00: WELCOME WEDNESDAY (in person):** *Morning Munchies, Beading, Qigong, Lunch Break, Reiki Energetics, Yoga*

**1/12 @ 12:00: Writing to Heal: For those Living with Cancer and Caregivers**

1/12 @ 6:00: Rapid Relief from Fear, Worry, Anger, Stress & Negativity

1/13 @ 11:00, 11:30, 12:00: Reiki with Carolyn (in person)

1/13 @ 12:00: Breast Cancer Together

**1/14 @ 10:30-2:00: WELCOME WEDNESDAY (in person):** *Morning Munchies, Qigong, Lunch Break, Bisutería, Yoga*

1/15 @ 12:00: Red Door Readers

**1/19: Clubhouse Closed - Martin Luther King Jr. Day**

1/20 @ 12:00: Post Treatment Together

**1/21 @ 10:30-2:00: WELCOME WEDNESDAYS (in person):** *Morning Munchies, Qigong, Self-Reiki, Lunch Break, Yoga*

**1/26 @ 12:00: Writing to Heal: For those Living with Loss**

**1/26 @ 6:00: Chair Yoga for Cancer Survivors**

**1/28 @ 10:30-2:00: WELCOME WEDNESDAYS (in person):** *Morning Munchies, Qigong, **Feel More Like You**, Lunch Break, Yoga*

**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](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.**

**CSCNYCT 80 Maple Ave, White Plains, NY 10601 914-644-8844**