

DECEMBER 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.cancersupportcommunitynyct.org](http://www.cancersupportcommunitynyct.org) or 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 Networking Groups (see below)  6:00: Living with Cancer Support Group  6:00: Caregiver Support Group  6:00: Yoga with Diane (12/2, 12/9, 12/23)  7:00: Teens Joining Forces after Loss Group (12/9, 12/23)	WELCOME WEDNESDAY (in person, 12/3 & 12/17)  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	

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 DECEMBER

12/2 @ 12:00: Post Treatment Breast Cancer Together  
12/2 @ 1:00: Sistah's Circle (in person)  
**12/3 @ 10:30-2:00: WELCOME WEDNESDAYS (in person):** Morning Munchies, Qigong with Steve, Meditation, Lunch Break, Cassatt String Quartet  
**12/3 @ 12:00-3:30: Gilda's Pantry (in person)**  
12/3 @ 12:00: Té y Bocaditos (evento hibrido)  
12/5 @ 10:00: Tai Chi  
**12/8 @ 12:00: Writing to Heal: For those Living with Cancer and Caregivers**  
12/9 @ 11:00, 11:30, 12:00: Reiki with Carolyn (in person)  
12/9 @ 12:00: Breast Cancer Together  
12/10 @ 11:00: Qigong with Steve (in person)  
12/10 @ 2:00: Yoga with Joyce (in person)  
12/13 @ 10:00: Walking with Essie (offsite)  
**12/15 @ 12:00: Writing to Heal: For those Living with Loss**  
12/16 @ 12:00: Post Treatment Together  
12/16 @ 6:30: Rapid Relief from Fear, Worry, Anger, Stress & Negativity  
**12/17 @ 10:30-2:00: WELCOME WEDNESDAYS (in person):** Morning Munchies, Qigong with Steve, Lunch Break, Yoga with Joyce & Patty, Meditation  
**12/17 @ 12:00-3:30: Gilda's Pantry (in person)**  
**12/24 - 1/2/26: Clubhouse Closed - Wishing you a restful holiday season and a peaceful start to the new year**

**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**