FEBRUARY FEATURED PROGRAMS

Preregistration is required for programs on this page. Space is limited!
Programs are held at CSCCNJ unless otherwise noted.
To register, call 908 658 5400 x0 or visit cancersupportcnj.org/registration.

Health & Wellness

CHAIRSIDE YOGA
MONDAYS, FEBRUARY 3 AND 17 | 1:30 PM – 2:30 PM
Diane Ernst, Yoga Instructor
All are welcome to try this new Chair Yoga class! Classes will incorporate breath-centered movements while seated in a chair or standing on the ground using the chair for support. Chair yoga can improve strength, mobility and balance while fostering a sense of calm inner peace.

REIKI CIRCLE **LIMITED SPACE**
THURSDAY, FEBRUARY 6 | 12:30 PM – 2:00 PM
WEDNESDAY, FEBRUARY 12 | 5:30 PM – 7:00 PM
Kristine O’Hare, Reiki Master
Reiki, a spiritual healing energy, is a gentle process that enhances mental, emotional, physical and spiritual well-being.

MOVE INTO STILLNESS
FRIDAY, FEBRUARY 7 | 10:00 AM – 11:00 AM
Anna Palma, Yoga Instructor from Essence Yoga

BALANCE, HARMONY, FLOW: JIN SHIN JYUTSU
TUESDAY, FEBRUARY 11 | 10:00 AM – 11:00 AM
Janette Carlucci, Instructor
Explore Jin Shin Jyutsu, a method of self-care that supports the flow of life energy within the body. Class includes instruction, practice, and answers to your questions.

CREATURE COMFORT: PET THERAPY
WEDNESDAY, FEBRUARY 12 | 1:00 PM – 2:00 PM
Dogs & Their Humans, from Creature Comfort Pet Therapy
Stop by during this “visiting hour” to engage with teams of dogs and their humans.

RESTORATIVE YOGA WITH GUIDED MEDITATION
SATURDAY, FEBRUARY 15 | 10:00 AM – 11:30 AM
Anna Palma, Yoga Instructor from Essence Yoga
With full support of blankets and other props, rest in poses that gently stretch the body. With a guided meditation, we will fall into a deep level of relaxation.

Social Connections

STITCHERS OF HOPE
FRIDAYS, FEBRUARY 7 AND 21 | 1:00 PM – 3:00 PM
Stitches of Hope Club
An informal gathering of friendly people with a common interest in quilting, sewing embroidery, needlepoint, knitting, crocheting or other forms of hand needlework. No experience necessary. All levels welcome.

BOOK CLUB
THURSDAY, FEBRUARY 13 | 1:00 PM – 3:00 PM
Participant Advisory Committee (PAC)
Not a book worm? That’s OK! Join us for a book discussion. Contact the PAC at pac5400@gmail.com to learn more.

Newcomer Orientation

MONDAY, FEBRUARY 10 | 11:00 AM – 12:30 PM
THURSDAY, FEBRUARY 27 | 6:00 PM – 7:30 PM
Jill Kaplan, LCSW, Program Director at CSCCNJ
Join us to learn how we can help support you and your family. As a person with cancer, a survivor, family member, friend or bereaved, come explore our homelike setting, discover our programs, and connect with others who are living with, through, and beyond cancer. There is a community of support waiting.

Clubhouse Corner

January + February

MINI CHEFS @CSCCNJ
MONDAY, JANUARY 13 | 5:00 PM – 6:00 PM
MONDAY, FEBRUARY 10 | 5:00 PM – 6:00 PM
Stacie DeLucia, RD, ShopRite of Chester
Allie Sanderson, RD ShopRite of Bernardsville
Kids will make healthy snacks in the CSCCNJ kitchen. Parents can sit back as the little chefs do all the work!

KID SUPPORT/PARENT SUPPORT
THURSDAY, JANUARY 9 | 5:30 PM – 7:00 PM
THURSDAY, FEBRUARY 20 | 5:30 PM – 7:00 PM
Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ
Katherine Schaible, LSW, Manager, Outreach & Family Programs
Children will participate in activities with the support of a Child Life Specialist. The adult group will discuss parenting issues and challenges in the face of cancer with a licensed social worker.

TEEN PIZZA NIGHT
TUESDAY, JANUARY 21 | 5:30 PM – 6:30 PM
Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ
Katherine Schaible, LSW, Manager, Outreach & Family Programs
Come hungry! Join us at CSCCNJ to enjoy pizza while socializing with other teens impacted by cancer.

VALENTINE’S DAY CRAFT NIGHT FOR FAMILIES
THURSDAY, FEBRUARY 13 | 5:00 PM – 6:00 PM
Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ
Katherine Schaible, LSW, Manager, Outreach & Family Programs
Families of all ages join us for some fun Valentine’s Day themed crafts with other families impacted by cancer.

Stay up to date with closings and class cancellations through social media and by calling us at 908 658 5400 x0
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<td>Stitches of Hope 10:00 am - 11:00 am</td>
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<td>Men's Cancer Support Group@SCC</td>
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<td>Living with Advanced Cancer Support Group 11:00 am - 1:00 pm</td>
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**What’s New?**

Join us for our Newcomer Orientation!

Join us to learn how we can help support you and your family. Come explore our homelike setting, discover our programs, and connect with others who are living with, through, and beyond cancer. There is a community of support waiting.

**January 13th**
- Newcomer Orientation 11:00 am
- Wellness Workout 6:00 pm

**January 23rd**
- 6:00 pm

**February 10th**
- 11:00 am

**February 27th**
- 6:00 pm