

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

REIKI CIRCLE ****LIMITED SPACE****

THURSDAY, FEBRUARY 7 | 12:30 PM – 2:00 PM

Kristine O'Hare, Reiki Master

Reiki, a spiritual healing energy, is a gentle process that enhances mental, emotional, physical and spiritual well-being

EXPRESSIVE ARTS: SCRAPBOOKING

MONDAY, FEBRUARY 11 | 11:00 AM - 12:30 PM

Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ

Please join us for an opportunity to commemorate and reflect upon the important people, places and events in your life.

We encourage you to bring pictures and mementos, all other supplies will be provided.

RESTORATIVE YOGA WITH GUIDED MEDITATION

SATURDAY, FEBRUARY 16 | 10:00 AM - 11:30 AM

Anna Palma, Yoga Instructor from Essence Yoga

With the 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.

CREATURE COMFORT: PET THERAPY

WEDNESDAY, FEBRUARY 20 | 12:30 PM – 1:30 PM

Dogs & Their Humans, from Creature Comfort Pet Therapy

Please stop by during this "visiting hour" to engage with teams of volunteers and their dogs.

KINDNESS ROCKS!

THURSDAY, FEBRUARY 21 | 5:30 PM - 6:30 PM

Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ

We will create our own Rock Garden at CSCCNJ and we want you to help us get it started! Together we'll paint rocks, adding our favorite quotes and words of encouragement to spread joy and support others in our community. Come ready to paint and positively impact others through spreading kindness!



Peaceful Practices for Life

with Janet Oussaty

MEDICAL QI GONG

TUESDAY, FEBRUARY 5 | 11:00 AM - 12:00 PM

Based on teachings of Classical Chinese Medicine, learn ways to help balance your energy and find harmony in yourself to gain health & wellbeing.

MEDITATION

TUESDAY, FEBRUARY 12 | 11:00 AM - 12:00 PM

Make time for yourself and learn this practice for daily life. Make yourself comfortable by sitting in a chair, floor cushion, or lying on the floor.

SPIRITUALITY

TUESDAY, FEBRUARY 19 | 11:00 AM - 12:00 PM

This personal experience includes reflections, discussions and other practices that can bring us inner wisdom, guidance and companionship.

JOURNALING

TUESDAY, FEBRUARY 26 | 11:00 AM - 12:00 PM

Get to know yourself through writing. Based on Ira Progoff's "The Journal Workshop," we can learn more about ourselves through this practice.

Clubhouse Corner

BIG TALK/SMALL TALK

WEDNESDAY, FEBRUARY 6, 13, 20, 27 | 5:30 PM - 7:00 PM

Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ
Katherine Schaible, LSW, Program Coordinator at CSCCNJ

This eight-week group series will be an opportunity for parents in active treatment and their children to spend time with other families impacted by cancer. We will break off into a parent group and a child group to support one another through the challenges of a cancer diagnosis.

TEEN SOCIAL

THURSDAY, FEBRUARY 7 | 5:30 PM - 7:00 PM

Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ
Katherine Schaible, LSW, Program Coordinator at CSCCNJ

An evening dedicated just to our Teens! For ages 13-18, This is an opportunity to hang out and get to know other teenagers who are impacted by a cancer diagnosis. Join other teenagers from different schools in a safe and supportive environment.

Nutrition

IS CHOCOLATE A HEALTHY TREAT?

THURSDAY, FEBRUARY 14 | 2:00 PM - 3:00 PM

Mary-Giselle Ulbrich, RD, Carol G. Simon Cancer Center

Celebrate Valentine's Day and American Heart Month!

Please join us in learning about the health benefits of chocolate and how to incorporate it into a healthy diet.

WE ARE WHAT WE EAT

WEDNESDAY, FEBRUARY 27 | 12:30 PM - 1:30 PM

Jay Benson, D.O., Dr. Furhman Wellness Center

Join Dr. Benson, expert in Nutrition and Disease, in a discussion about the relationship between your diet and its impact on the cancer experience.

Education

LYMPHEDEMA: WHAT YOU NEED TO KNOW

MONDAY, FEBRUARY 18 | 1:30 PM - 3:00 PM

Kessler Institute for Rehabilitation

In this workshop, explore the myths and recent scientific evidence about lymphedema, learn about risk reduction techniques and approaches to lymphedema management.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Join us for Peaceful Practices for Life!

Looking for programs to help you de-stress and find your calm?
Attend any or all of the following programs:



Medical Qi Gong

Jan. 8

Feb. 5

Meditation

Jan. 15

Feb. 12

Spirituality

Jan. 22

Feb. 19

Journaling

Jan. 29

Feb. 26

Quilting
1:00 pm - 3:00 pm

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Wellness Workout @SCC
10:00 am - 11:00 am
Gynecological Cancer
Support Group
12:00 pm - 1:30 pm
Wellness Workout
6:00 pm - 7:00 pm

**Peaceful Practices: Medical
Qi Gong**
11:00 am - 12:00 pm
**Men's Cancer Support Group
@SCC**
11:00 am - 12:30 pm
Bereavement Support Group
5:30 pm - 7:00 pm
Yoga
6:30 pm - 7:30 pm

Wellness Workout @SCC
10:00 am - 11:00 am
Hatha Yoga
10:00 am - 11:00 am
T'ai Chi Chih
11:30 am - 12:30 pm
Family & Friends Support Group
11:30 am - 1:00 pm
Advanced Breast Cancer Support Group
11:30 am - 1:30 pm
Big Talk/Small Talk
5:30 pm - 7:00 pm

Living with Advanced Cancer
Support Group
11:00 am - 12:30 pm
Reiki
12:30 pm - 2:00 pm
Teen Social
5:30 pm - 7:00 pm



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Wellness Workout @SCC
10:00 am - 11:00 am
Expressive Arts: Scrapbooking
11:00 am - 12:30 pm
Wellness Workout
6:00 pm - 7:00 pm

Peaceful Practices: Meditation
11:00 am - 12:00 pm
Yoga
6:30 pm - 7:30 pm
**Gynecological Cancer Support
Group @RCINJ**
7:00 pm - 8:30 pm
Singing Bowls
7:45 pm - 8:30 pm

Wellness Workout @SCC
10:00 am - 11:00 am
Blissful Breathing
10:00 am - 11:00 am
T'ai Chi Chih
11:30 am - 12:30 pm
Family & Friends Support Group @SCC
11:30 am - 1:00 pm
Big Talk/Small Talk
5:30 pm - 7:00 pm
Men's Cancer Support Group@SCC
6:30 pm - 8:00 pm



Living with Advanced Cancer
Support Group
11:00 am - 12:30 pm
Bereavement Support Group
11:00 am - 12:30 pm
Is Chocolate a Healthy Treat?
2:00 pm - 3:00 pm

Quilting
1:00 pm - 3:00 pm

**Restorative Yoga with
Guided Meditation**
10:00 am - 11:30 am

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Wellness Workout @SCC
10:00 am - 11:00 am
Gynecological Cancer
Support Group
12:00 pm - 1:30 pm
**Lymphedema:
What You Need to Know**
1:30 pm - 3:00 pm
Wellness Workout
6:00 pm - 7:00 pm

Peaceful Practices: Spirituality
11:00 am - 12:00 pm
Bereavement Support Group
5:30 pm - 7:00 pm
Yoga
6:30 pm - 7:30 pm

Wellness Workout @SCC
10:00 am - 11:00 am
Hatha Yoga
10:00 am - 11:00 am
T'ai Chi Chih
11:30 am - 12:30 pm
Family & Friends Support Group
11:30 am - 1:00 pm
Creature Comfort: Pet Therapy
1:00 pm - 2:00 pm
Advanced Breast Cancer Support Group
11:30 am - 1:30 pm
Big Talk/Small Talk
5:30 pm - 7:00 pm



Living with Advanced Cancer
Support Group
11:00 am - 12:30 pm
Kindness Rocks!
5:30 pm - 6:30 pm



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Wellness Workout @SCC
10:00 am - 11:00 am
Wellness Workout
6:00 pm - 7:00 pm

**Peaceful Practices:
Journaling** 11:00 am - 12:00 pm
Yoga
6:30 pm - 7:30 pm

Wellness Workout @SCC
10:00 am - 11:00 am
Blissful Breathing
10:00 am - 11:00 am
T'ai Chi Chih
11:30 am - 12:30 pm
We Are What We Eat
12:30 pm - 1:30 pm
Big Talk/Small Talk
5:30 pm - 7:00 pm
Men's Cancer Support Group@SCC
6:30 pm - 8:00 pm



Living with Advanced Cancer
Support Group
11:00 am - 12:30 pm
Bereavement Support Group
11:00 am - 12:30 pm

CALENDAR KEY

Red Programs - Special Programs Which Require Preregistration

SCC - Steeplechase Cancer Center, Somerville, NJ

RCINJ - Rutgers Cancer Institute of New Jersey, New Brunswick, NJ

SPUH - Saint Peter's University Hospital, New Brunswick, NJ