

JANUARY 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.

Peaceful Practices for Life

with Janet Oussaty

MEDICAL QI GONG

TUESDAY, JANUARY 8 | 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, JANUARY 15 | 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, JANUARY 22 | 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, JANUARY 29 | 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, JANUARY 9, 16, 23, 30 | 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.

FAMILY MEMORY MAKING

TUESDAY, JANUARY 15 | 5:00 PM - 6:30 PM

Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ

We will put together scrapbook pages and collages to create mementos of your favorite family vacation, your family pets, or even the silliest photos in your collection! No creativity or artistic skill required! All supplies will be provided, bring your family photos and favorite mementos.

MINI CHEFS

MONDAY, JANUARY 28 | 5:00 PM - 6:00 PM

Allie Sanderson, RD, ShopRite of Bernardsville

Kids will enjoy making healthy snacks and talking about food with other kids who are touched by cancer. Parents are encouraged to stay as the little chefs do all the work!

Health & Wellness

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

THURSDAY, JANUARY 3 | 12:30 PM - 2:00 PM

WEDNESDAY, JANUARY 9 | 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 & spiritual well-being.

EXPRESSIVE ARTS: SCRAPBOOKING

MONDAY, JANUARY 7 | 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.

CREATURE COMFORT: PET THERAPY

THURSDAY JANUARY 10 | 12:30 PM - 1:30 PM

Dogs & Their Humans, from Creature Comfort Pet Therapy

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

WRITING TO HEAL

WEDNESDAY, JANUARY 16 | 1:00 PM - 2:00 PM

Jean Marie Rosone, MSW, LCSW, Carol G. Simon Cancer Center-Morristown

One doesn't need to be a "writer" to express oneself. Come join us in this judgement free space as we explore tools and techniques to connect to the writer within.

RESTORATIVE YOGA WITH GUIDED MEDITATION

SATURDAY, JANUARY 19 | 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.

Education

SKIN REJUVENATION FOR DRY WINTER SKIN

MONDAY, JANUARY 14 | 1:00 PM - 2:00 PM

Ruth Hrobak, Esthetician

Join Ruth in a discussion about the importance of hydration during the winter months. She will provide product suggestions for your face and body, as well as helpful tips on how to revive your sensitive skin!

COGNITIVE FITNESS

MONDAY, JANUARY 21 | 1:30 PM - 3:00 PM

Douglas Downs, OT, CBIS, Kessler Institute for Rehabilitation

The presentation will focus on cognitive changes that occur with aging and cancer treatment. We will go over exercises to sharpen one's cognitive skills and strategies to compensate for any cognitive deficits.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

OFFICE CLOSED 1



2
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
11:30 am - 1:00 pm
Advanced Breast Cancer Support Group
11:30 am - 1:30 pm

3
Living with Advanced Cancer Support Group
11:00 am - 12:30 pm
Reiki Circle
12:30 pm - 2:00 pm

4
Quilting
1:00 pm - 3:00 pm

5

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

8
Peaceful Practices: Medical Qi Gong
11:00 am - 12:00 pm
Gynecological Cancer Support Group @RCINJ
7:00 pm - 8:30 pm
Yoga
6:30 pm - 7:30 pm

9
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 @SCC
11:30 am - 1:00 pm
Reiki Circle
5:30 pm - 7:00 pm
Big Talk/Small Talk
5:30 pm - 7:00 pm
Men's Cancer Support Group@SCC
6:30 pm - 8:00 pm



10
Living with Advanced Cancer Support Group
11:00 am - 12:30 pm
Bereavement Support Group
11:00 am - 12:30 pm
Creature Comfort: Pet Therapy
12:30 pm - 1:30 pm

11

12

14
Wellness Workout @SCC
10:00 am - 11:00 am
Skin Rejuvenation for Dry Winter Skin
1:00 pm - 2:00 pm
Wellness Workout
6:00 pm - 7:00 pm

15
Peaceful Practices: Meditation
11:00 am - 12:00 pm
Family Memory Making
5:00 pm - 6:30 pm
Bereavement Support Group
5:30 pm - 7:00 pm
Yoga
6:30 pm - 7:30 pm
Singing Bowls
7:45 pm - 8:30 pm

16
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
11:30 am - 1:00 pm
Advanced Breast Cancer Support Group
11:30 am - 1:30 pm
Writing to Heal
1:00 pm - 2:00 pm
Big Talk/Small Talk
5:30 pm - 7:00 pm



17
Living with Advanced Cancer Support Group
11:00 am - 12:30 pm

18
Quilting
1:00 pm - 3:00 pm

19
Restorative Yoga with Guided Meditation
10:00 am - 11:30 am

21
Wellness Workout @SCC
10:00 am - 11:00 am
Gynecological Cancer Support Group
12:00 pm - 1:30 pm
Cognitive Fitness
1:30 pm - 3:00 pm
Wellness Workout
6:00 pm - 7:00 pm

22
Peaceful Practices: Spirituality
11:00 am - 12:00 pm
Yoga
6:30 pm - 7:30 pm

23
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
Big Talk/Small Talk
5:30 pm - 7:00 pm
Men's Cancer Support Group@SCC
6:30 pm - 8:00 pm



24
Living with Advanced Cancer Support Group
11:00 am - 12:30 pm
Bereavement Support Group
11:00 am - 12:30 pm

25

26

28
Wellness Workout @SCC
10:00 am - 11:00 am
Mini Chefs
5:00 pm - 6:00 pm
Wellness Workout
6:00 pm - 7:00 pm



29
Peaceful Practices: Journaling
11:00 am - 12:00 pm
Yoga
6:30 pm - 7:30 pm

30
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
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



31
Living with Advanced Cancer Support Group
11:00 am - 12:30 pm



As we head into the winter months, stay up to date with closings and class cancellations through social media and by calling us at 908 658 5400 x0