

NOVEMBER 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.

Clubhouse Corner

BIG TALK/SMALL TALK

WEDNESDAYS, NOVEMBER 6, 13, 20 | 5:30 PM - 7:00 PM
Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ
Katherine Schaible, LSW, Program Coordinator at CSCCNJ
This 8 week group series will be an opportunity for parents in active treatment and their children. Preregistration and commitment to all 8 weeks are required.

MINI CHEFS @ CSCCNJ

MONDAY, NOVEMBER 11 | 5:00 PM - 6:00 PM
Stacie DeLucia, RD, ShopRite of Chester
Kids will enjoy making healthy snacks in the CSCCNJ kitchen while talking about food with other kids who are touched by cancer. Parents can sit back as the little chefs do all the work!

SELF CARE FOR WHEN YOUR CHILD IS ILL

THURSDAY, NOVEMBER 14 | 5:30 PM - 7:00 PM
Tara Geraghty, Author, *Making Cancer Fun*
Join Tara Geraghty, author of *Making Cancer Fun* for a workshop. Topics covered include building emotional resiliency, staying organized, and talking with the medical staff. Parents will also learn the powerful P.A.R.T method - learning to play their part in their child's care.

KID SUPPORT/PARENT SUPPORT

THURSDAY, NOVEMBER 21 | 5:30 PM - 7:00 PM
Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ
Katherine Schaible, LSW, Program Coordinator at CSCCNJ
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. These support groups will run on a monthly basis.

Education

COGNITIVE FITNESS: CHEMOBRAIN

MONDAY, NOVEMBER 4 | 1:30 PM - 3:00 PM
Douglas Downs, OT Kessler Institute for Rehabilitation
Donna Altman, MS, Senior Speech Language Pathologist
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.

Social Connections

BOOK CLUB

THURSDAY, NOVEMBER 14 | 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 for more.

Health & Wellness

REIKI CIRCLE **LIMITED SPACE**

THURSDAY, NOVEMBER 7 | 12:30 PM - 2:00 PM
WEDNESDAY, NOVEMBER 13 | 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, NOVEMBER 8 | 10:00 AM - 11:00 AM
Anna Palma, Yoga Instructor from Essence Yoga
Learn Presence. Find Stillness. Gain Awareness. Join Anna in a meditative practice, letting gentle movement and conscious breathing bring connection with the body and a relaxed and focused state.

BALANCE, HARMONY, FLOW: JIN SHIN JYUTSU

TUESDAY, NOVEMBER 12 | 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

RESTORATIVE YOGA WITH GUIDED MEDITATION

SATURDAY, NOVEMBER 16 | 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.

THANKSGIVING FLOWER CENTERPIECE

FRIDAY, NOVEMBER 22 | 1:30 PM - 3:00 PM
Sandra Rhue, Bridgewater Garden Club
Create a Thanksgiving Flower Centerpiece using flowers and garden bounty with the Bridgewater Garden Club.

Survivorship

CANCER TRANSITIONS @ SMG BERKELEY HEIGHTS

THURSDAYS, NOVEMBER 7, 14, 21 | 6:00 PM - 8:30 PM
Your treatment is over...now what? Join us for a 6 week series for cancer survivors to help navigate the transition.



We thank Eli Lilly & Company and its volunteers for sponsoring and mailing this month's calendar through their Connecting Hearts at Home Program.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Check out Support4Families Programs!

Join us for the following programs for children and families affected by cancer:

Kids Support/
Parent Support

Mini Chefs

Big Talk/
Small Talk

Holiday Party

For more information about these programs, contact
Jesse Guzik, Child/Youth Program Coordinator, at 908-658-5400 x5

Quilting
1:00 pm - 3:00 pm

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Gynecological Cancer
Support Group
12:00 pm - 1:30 pm
Cognitive Fitness: Chemobrain
1:30 pm - 3:00 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

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 - 1:00 pm
Mahjong
1:00 pm - 3:00 pm
Big Talk/Small Talk
5:30 pm - 7:00 pm



Move and Tone
10:00 am - 11:00 am
Living with Advanced Cancer
Support Group
11:00 am - 1:00 pm
Reiki
12:30 pm - 2:00 pm
Cancer Transitions
@SMG-Berkeley Heights
6:00 pm - 8:30 pm

Move Into Stillness
10:00 am - 11:00 am

Mini Chefs
5:00 pm - 6:00 pm
Wellness Workout
6:00 pm - 7:00 pm



Balance, Harmony, Flow:
Jin Shin Jyutsu
10:00 am - 11:00 am
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

Blissful Breathing
10:00 am - 11:00 am
T'ai Chi Chih
11:30 am - 12:30 pm
Mahjong
1:00 pm - 3:00 pm
Big Talk/Small Talk
5:30 pm - 7:00 pm
Reiki
5:30 pm - 7:00 pm
Men's Cancer Support Group@SCC
6:30 pm - 8:00 pm



Move and Tone
10:00 am - 11:00 am
Bereavement Support Group
11:00 am - 12:30 pm
Living with Advanced Cancer
Support Group
11:00 am - 1:00 pm
Book Club
1:00 pm - 3:00 pm
Self Care for When
Your Child is Ill
5:30 pm - 7:00 pm
Cancer Transitions
@SMG-Berkeley Heights
6:00 pm - 8:30 pm



Quilting
1:00 pm - 3:00 pm

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

Gynecological Cancer
Support Group
12:00 pm - 1:30 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

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 - 1:00 pm
Mahjong
1:00 pm - 3:00 pm
Big Talk/Small Talk
5:30 pm - 7:00 pm



Move and Tone
10:00 am - 11:00 am
Living with Advanced Cancer
Support Group
11:00 am - 1:00 pm
Computer Basics
1:00 pm - 3:00 pm
Kid Support/Parent Support
5:30 pm - 7:00 pm
Cancer Transitions
@SMG-Berkeley Heights
6:00 pm - 8:30 pm



Thanksgiving Flower Centerpiece
1:30 pm - 3:00 pm

Wellness Workout
6:00 pm - 7:00 pm

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

Blissful Breathing
10:00 am - 11:00 am
T'ai Chi Chih
11:30 am - 12:30 pm
Mahjong
1:00 pm - 3:00 pm
Men's Cancer Support Group@SCC
6:30 pm - 8:00 pm

OFFICE CLOSED



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