

DECEMBER FEATURED PROGRAMS

Programs are held online through a secure online platform.
To register, call 908-658-5400 x0 or visit cancersupportcnj.org/registration.

Newcomer Orientation

Kyle Jachim, LSW, Program Coordinator

Learn how we can help support you and your family. As a person with cancer, survivor, family member, friend or bereaved, discover our programs, and connect with others who are living with, through, and beyond cancer. There is a community of support waiting.

Conversations at Crossroads

Jill Kaplan, LCSW
Ellen Levine, LCSW

This discussion group, led by different mental health professionals, will encourage sharing thoughts and feelings.

Cancer and the Holidays

How to cope and celebrate during the holiday season.

Education

LIFE AFTER CANCER: EXERCISE, NUTRITION, MENTAL HEALTH, AND MORE

In this multidisciplinary talk conducted virtually, Ellen Ronnen, MD, Betsy Dubov, RD, MS and Katherine Schaible MSW, LSW will conduct a comprehensive review of maintaining a healthy life after cancer. Go to ebpl.org/calendar to register.



All Aboard the Gratitude Express!

Join us from 5:30pm-6:30pm to bring gratitude to your home during the holidays.

Yoga and Self Care | December 2nd

Gratitude Art4Families | December 8th

Community Social Event | December 9th

Questions? Contact Kyle Jachim, LSW, Program Coordinator at 908-658-5400 x3 or kjachim@cancersupportcnj.org

Nutrition

"C.H.E.F.S." COOKING, HEALTHY EATING, AND FOOD STRATEGIES

Elisa England, RDN, *Newtritious You*
Sue Stimpson, RD

Focus on preparation of plant-based foods and their cancer-fighting properties. Gain knowledge through a virtual evidence-based lecture & demonstration.

Social Connections

BOOK CLUB

Participant Advisory Committee (PAC)

Let's discuss "We Were the Lucky Ones" by Georgia Hunter.

COFFEE, TEA, & TALK

Participant Advisory Committee (PAC)

Join us for an open discussion to network and socialize--distantly! Bring your beverage of choice in your favorite mug.

Health and Wellness

EXPRESSIVE ARTS: WINTER SCENES

Billie Marie Aber, Instructor

No experience necessary--beginners welcome!

Supplies:

- Painting surface: canvas, watercolor or heavy white paper
- Paints: acrylic, craft paints, tempura, watercolors
- Paint brushes
- No paint? You can use colored pencils, markers, or crayons

This program is supported by a generous gift in memory of Karen Stober, who loved our expressive arts programs

Cancer Awareness & Health Disparities in the LGBTQ+ Community Series

CANCER PREVENTION

Deborah Lue, MD, Medical Director, Breast Cancer Services, *Steeplechase Cancer Center*

A discussion on risk factors and breast cancer prevention.

SCREENING FOR BREAST CANCER

Anne Moch, MD, Medical Director, Sanofi US Breast Cancer Program, *Steeplechase Cancer Center*

Alicia Rogers, APN, *Babs Siperstein PROUD Center*

A conversation on barriers the community faces with access to care and an overview of screening for breast cancer.

ONCOLOGY CARE








Kathleen Toomey, MD, Medical Director, *Steeplechase Cancer Center*

Paula A. Gutierrez, MHA, CPTC, Director of Diversity & Inclusion, *RWJUH Somerset*

A look at cancers with higher incidence rates in the community and screenings for those cancers.

Support4Families

These programs are for *children* and their primary caregivers impacted by a cancer diagnosis. If you have questions about programs for kids, contact Jesse Guzik and Rachel Werner, Child & Youth Program Coordinators at 908-658-5400 x5.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CALENDAR KEY  Programs with the above logo are part of the Gratitude Express Series featuring four different sessions of programs through December 9th.	1 Peaceful Practices: Medical Qi Gong 11:00 am - 12:00 pm Mens Cancer Support Group 11:00 am - 12:30 pm T'ai Chi Chih 12:30 pm - 1:30 pm Yoga 6:30 pm - 7:30 pm	2 Yoga, Breathe & Balance 9:30 am - 11:00 am Advanced Breast Cancer Support Group 11:30 am - 1:00 pm Family & Friends Support Group 11:30 am - 1:00 pm Cancer Awareness and Health Disparities in the LGBTQ+ Community: Cancer Prevention 1:00 pm - 2:00 pm The Gratitude Express: Yoga and Self Care 5:30 pm - 6:30 pm 	3 Move and Tone 9:45 am - 10:45 am Living with Advanced Cancer Support Group 11:00 am - 1:00 pm Bereavement Support Group 11:00 am - 12:30 pm	4 Expressive Arts: Winter Scenes 9:30 am - 11:00 am "C.H.E.F.S." Cooking, Healthy Eating, and Food Strategies 11:30 am - 1:00 pm Lunch and Learn Series-Life After Cancer: Exercise, Nutrition, Mental Health, and More 12:00 pm - 1:00 pm	5
7 Gynecological Cancer Support Group 12:00 pm - 1:30 pm Chairside Yoga 1:30 pm - 2:30 pm Wellness Workout 6:00 pm - 7:00 pm	8 Balance, Harmony, Flow: Jin Shin Jyutsu 9:30 am - 10:30 am Peaceful Practices: Meditation 11:00 am - 12:00 pm T'ai Chi Chih 12:30 pm - 1:30 pm The Gratitude Express: Gratitude Art4Families  5:30 pm - 6:30 pm Yoga 6:30 pm - 7:30 pm Gynecological Cancer Support Group 7:00 pm - 8:30 pm	9 Yoga, Breathe & Balance 9:30 am - 11:00 am LGBTQ+ Health Series: Cancer Awareness and Health Disparities in the LGBTQ+ Community: Screening for Breast Cancer 1:00 pm - 2:00 pm The Gratitude Express: CSCCNJ Community Social Event  5:30 pm - 6:30 pm Men's Cancer Support Group 6:30 pm - 8:00 pm	10 Move and Tone 9:45 am - 10:45 am Living with Advanced Cancer Support Group 11:00 am - 1:00 pm Book Club 1:00 pm - 3:00 pm 	11 Move Into Stillness 10:00 am - 11:00 am Coffee, Tea, and Talk 10:00 am - 11:00 am	12
14 Newcomer Orientation 11:00 am - 12:30 pm Conversations at Crossroads: Cancer and the Holidays 1:00 pm - 2:30 pm Wellness Workout 6:00 pm - 7:00 pm	15 Peaceful Practices: Spirituality 11:00 am - 12:00 pm T'ai Chi Chih 12:30 pm - 1:30 pm Yoga 6:30 pm - 7:30 pm	16 Yoga, Breathe & Balance 9:30 am - 11:00 am Advanced Breast Cancer Support Group 11:30 am - 1:00 pm Family & Friends Support Group 11:30 am - 1:00 pm Cancer Awareness and Health Disparities in the LGBTQ+ Community: Oncology Care 12:00 pm - 1:00 pm Restorative Yoga with Guided Meditation 7:30 pm - 8:45 pm	17 Move and Tone 9:45 am - 10:45 am Living with Advanced Cancer Support Group 11:00 am - 1:00 pm Bereavement Support Group 11:00 am - 12:30 pm	18	19
21 Gynecological Cancer Support Group 12:00 pm - 1:30 pm Chairside Yoga 1:30 pm - 2:30 pm Wellness Workout 6:00 pm - 7:00 pm	22 Balance, Harmony, Flow: Jin Shin Jyutsu 9:30 am - 10:30 am Peaceful Practices: Journaling 11:00 am - 12:00 pm T'ai Chi Chih 12:30 pm - 1:30 pm Yoga 6:30 pm - 7:30 pm	23 Yoga, Breathe & Balance 9:30 am - 11:00 am Men's Cancer Support Group 6:30 pm - 8:00 pm	24 NO VIRTUAL PROGRAMS	25 OFFICE CLOSED NO VIRTUAL PROGRAMS 	26 
28 Wellness Workout 6:00 pm - 7:00 pm	29 T'ai Chi Chih 12:30 pm - 1:30 pm Yoga 6:30 pm - 7:30 pm	30 Yoga, Breathe & Balance 9:30 am - 11:00 am Advanced Breast Cancer Support Group 11:30 am - 1:00 pm Family & Friends Support Group 11:30 am - 1:00 pm	31 NO VIRTUAL PROGRAMS	<p><i>All programs are offered virtually and at no charge. Registration is required for all via our secure online platform.</i></p> <p><i>Check back frequently for changes and NEW programs!</i></p> <p><i>All of our programs are LGBTQ friendly.</i></p>	