

GENERAL PROGRAMS

Below are descriptions of all regular programming being offered virtually.
To register for Health and Wellness programs, visit cancersupportcnj.org/registration

Health and Wellness

CHAIRSIDE YOGA

Incorporate breath-centered movements in a chair or using the chair for support. Improve strength, mobility and balance.

BALANCE, HARMONY, FLOW: JIN SHIN JYUTSU

Explore a method of self-care that releases tension through opening up energy pathways in the body.

MOVE AND TONE

This fun class combines 30 minutes of simple dance moves and 30 minutes of basic weight and resistance band moves.

MOVE INTO STILLNESS

The practice teaches mindfulness — through movement and guided breath, meditation, and provides opening of the body and mind.

PEACEFUL PRACTICES FOR LIFE

Weekly programs rotating between Medical Qi Gong, Meditation, Spirituality, and Journaling.

RESTORATIVE YOGA WITH GUIDED MEDITATION

With support of blankets and other props, rest in poses that gently stretch the body through a guided meditation.

T'AI CHI CHIH

Experience joy through movement as we practice simple, fluid movements. Also known as meditation in motion.

WELLNESS WORKOUT

All are welcome for gentle strength exercises using resistance bands and floor exercises for stress reduction, and overall sense of well-being.

YOGA

Yoga postures modified for your skill level and needs.

YOGA BREATHE AND BALANCE

Learn benefits of breathwork for cleansing, detoxifying, strengthening, purifying, toning and refreshing. All exercises may be done on the floor or on a chair as needed. Combine breathwork with traditional yoga poses for peace of mind and increased flexibility.

Support Groups

*An intake or conversation with a social worker is required before attending.
Please call 908-658-5400.*

ADVANCED BREAST CANCER

Those living with metastatic or advanced breast cancer.

BEREAVEMENT

For those who have lost someone to cancer.

GYNECOLOGICAL CANCER

For women diagnosed with a gynecologic cancer.

FAMILY & FRIENDS

For those who have family or friend with cancer and looking to share their experience.

LATINOS AFFECTED BY CANCER

Support group delivered completely in Spanish for those impacted by cancer.

LIVING WITH ADVANCED CANCER

For individuals living with an advanced stage of cancer.

MEN'S CANCER

Men with a cancer diagnosis are invited to share their experiences with others.

SOMERSET MIRACLE VOICE CLUB: LARYNGECTOMY GROUP

Group dedicated to helping, educating, and supporting those with laryngectomy, their families, and/or caregivers.

KID SUPPORT/PARENT SUPPORT

Children will participate in activities with the support of a Child Life Specialist. The adult group will discuss parenting issues and challenges with a licensed social worker.

TEENS CONNECT/KIDS CONNECT: SCHOOL BASED SUPPORT

Support groups held onsite for students at select schools in the community.