MAY/JUNE FEATURED PROGRAMS

Programs are held online through Zoom and teleconference. To register, call 908-658-5400 x0 or visit cancersupportcnj.org/registration.

Education

**EXERCISE TO COMBAT FATIGUE**
Rachel Ezra, APN
Learn how to reduce treatment related fatigue through exercise. This is relevant for those actively in treatment or who have completed treatment.

**DISABILITY BENEFITS 101**
Paulann Pierson, Disability Services Coordinator
Learn about disability benefits, a road map for accessing these services, and common misconceptions about the application process and working while receiving benefits.

**MINDFULNESS-BASED STRESS REDUCTION: WHAT IS ALL THE FUSS ABOUT?**
Jean Marie Rosone, MSW, LCSW
An introduction to this beneficial technique that trains us to be “aware.” It can help with stress, anxiety, depression, and pain enabling one to choose wise actions in life.

**UNDERSTANDING MEDICAL BILLS AND EXPLANATION OF BENEFITS**
Sue Null, Medical Billing Advocate
Learn how medical services are coded and billed, what steps you should take before paying those bills, and what options you might have to correct any errors.

Social Connections

**BOOK CLUB**
Participant Advisory Committee (PAC)
Join members of PAC to chat about *Still Life* by Louise Penney in May and *The Water Dancer* by Ta-Nehisi Coates in June.

**BUTTONS OF LOVE**
Maryna Layedra, Instructor
Join us to make a summer bracelet! No experience necessary.

**Clubhouse Corner**
All of our clubhouse programs are intended for children and their primary caregivers impacted by a cancer diagnosis. If you have any questions about Support4Families and programs for kids, please direct them to Jesse Guzik, Child & Youth Program Coordinator at JGuzik@cancersupportcnj.org

**YOGA AND MINDFULNESS 4KIDS**
Miriam Block, Instructor
Virtual yoga and mindfulness with your loved ones and peers. Register online and you will receive a link via email. Kids and parents, remember to bring a stuffed animal to join us for the session!

**PARENT SUPPORT**
This virtual support group will spend time discussing parenting issues and challenges of parenting in the face of cancer with a licensed social worker and child life specialist present.

**BINGO 4KIDS**
This virtual bingo is open to both kids and parents if families want to participate together! Once registered, you will receive an email with instructions on how to make your own BINGO card and the link to participate! Hope to see you all there!

**QUIZZO 4KIDS**
Log on and test your knowledge with Quizzo - each session will test your knowledge of different topics from Disney and Pixar to pop culture or Harry Potter. Kids may participate on their own or sign up the whole family and get the entire team involved! Register online through our website. Once you register, you will receive an email with the link to participate!

Health and Wellness

**EXPRESSIVE ARTS: SPRING ACRYLIC PAINTING**
Billie Marie Aber, Instructor
Paint a picture of birds, bird houses and flowers in spring. No experience necessary.

**POWER WITH PLANT-BASED NUTRITION**
Renee Pieroth RD, CSO, LDN
Help increase your intake of plant-based foods. Create goals based on your preferences and discover tips for planning mindful meals.

**“C.H.E.F.S.” COOKING, HEALTHY EATING, & FOOD STRATEGIES: THE POWER OF PHYTONUTRIENTS**
Susan Stimpson, RD, & Ellen Petrosino, MS, RDN
Focus on preparation of plant-based foods and their cancer-fighting properties. Gain knowledge through an evidence-based lecture & demonstration.

Nutrition

Newcomer Orientation

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

Conversations at Crossroads

Jill Kaplan, LCSW
This discussion group will encourage sharing thoughts and feelings using writings, media, and other insightful sources.

**May:** Seeing with new eyes changes the picture. Let’s chat!

**June:** Dr. Brene Brown defines vulnerability as “uncertainty, risk and emotional exposure.” She says it’s “the birthplace of love, belonging, joy, courage, empathy and creativity.” Your thoughts?
We thank Engineering and Landscape Planning Associates (E&LP) for sponsoring this calendar.

All of these programs are offered virtually and at no charge. Please check back frequently for changes and NEW programs!

All of our programs are LGBTQ friendly.