

NOVEMBER FEATURED PROGRAMS

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

Social Connections

BOOK CLUB

Participant Advisory Committee (PAC)

Let's chat about "The Dutch House" by Ann Patchat

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. All are welcome, including pets!

Newcomer Orientation

Katherine Schaible, LSW, Program Director

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

Ellen Levine, LCSW

Carol Wilson, MA, LPC

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

Gratitude--Feel it, Share it, Live it

Cultivating gratitude in this season of expectations.

Finding Meaning

Join us to watch a TED Talk and discuss our thoughts and feelings.

Health and Wellness

THE GRATITUDE EXPRESS:

GRATITUDE AROUND THE HOLIDAYS

Katherine Schaible, LSW, Program Director at CSCCNJ and Kyle Jachim, LSW, Program Coordinator at CSCCNJ

Join us for a guided discussion focusing on gratitude around the holidays through the use of various gratitude exercises and journaling prompts.

Clubhouse Corner

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 and JGuzik@cancersupportcnj.org or RWerner@cancersupportcnj.org

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.

PEDIATRIC PARENT SUPPORT

This support group is geared towards parents of a child with a cancer diagnosis. The group will discuss the challenges of parenting in the face of cancer, focusing on common experiences that arise in day to day lives. The group will be facilitated by one of the Certified Child Life Specialists.

The following programs are offered weekly:

HOPE ART MONDAYS

Join us for a different expressive art activity each week led by one of our Certified Child Life Specialists.

GAME TIME TUESDAYS

Each week we will have a fun game to play together! Some games will be Support4Families favorites and new ones too!

WELLNESS WEDNESDAYS

Move with us as we welcome various facilitators to lead us through yoga sessions, dance classes, and more!

Education

EXERCISE TO FIGHT FATIGUE

Rachel Ezra, APN, Memorial Sloan Kettering-Basking Ridge

Join us for a discussion around the benefits of exercise on helping fight fatigue in oncology patients. This program is for patients currently in treatment as well as those who have completed treatment.



All Aboard the Gratitude Express!

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














Gratitude Around the Holidays | November 18th

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Gynecological Cancer Support Group 12:00 pm - 1:30 pm Chairside Yoga 1:30 pm - 2:30 pm Hope Art 4:00 pm - 4:30 pm Wellness Workout 6:00 pm - 7:00 pm 	3 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 Game Time Tuesday 4:00 pm - 4:30 pm Yoga 6:30 pm - 7:30 pm 	4 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 Wellness Wednesday 4:00 pm - 4:30 pm 	5 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 Parent Support 6:30 pm - 7:30 pm 	6	7
9 Newcomer Orientation 11:00 am - 12:30 pm Conversations at Crossroads: Gratitude--Feel it, Share it, Live it 1:00 pm - 2:30 pm Hope Art 4:00 pm - 4:30 pm Wellness Workout 6:00 pm - 7:00 pm 	10 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 Game Time Tuesday 4:00 pm - 4:30 pm Yoga 6:30 pm - 7:30 pm Gynecological Cancer Support Group 7:00 pm - 8:30 pm 	11 Yoga, Breathe & Balance 9:30 am - 11:00 am Wellness Wednesday 4:00 pm - 4:30 pm Men's Cancer Support Group 6:30 pm - 8:00 pm 	12 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 Exercise to Fight Fatigue 1:30 pm - 2:30 pm	13 Move Into Stillness 10:00 am - 11:00 am Coffee, Tea, and Talk 10:00 am - 11:00 am	14
16 Gynecological Cancer Support Group 12:00 pm - 1:30 pm Chairside Yoga 1:30 pm - 2:30 pm Hope Art 4:00 pm - 4:30 pm 	17 Peaceful Practices: Spirituality 11:00 am - 12:00 pm T'ai Chi Chih 12:30 pm - 1:30 pm Game Time Tuesday 4:00 pm - 4:30 pm Yoga 6:30 pm - 7:30 pm 	18 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 Wellness Wednesday 4:00 pm - 4:30 pm The Gratitude Express: Gratitude Around the Holidays 5:30 pm - 6:30 pm Restorative Yoga with Guided Meditation 7:30 pm - 8:45 pm 	19 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 Parent Support 6:30 pm - 7:30 pm Conversations at Crossroads: Finding Meaning 7:00 pm - 8:30 pm Pediatric Parent Support 8:00 pm - 9:00 pm 	20	21
23 Hope Art 4:00 pm - 4:30 pm Wellness Workout 6:00 pm - 7:00 pm 	24 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 Game Time Tuesday 4:00 pm - 4:30 pm Yoga 6:30 pm - 7:30 pm 	25 Yoga, Breathe & Balance 9:30 am - 11:00 am Wellness Wednesday 4:00 pm - 4:30 pm Men's Cancer Support Group 6:30 pm - 8:00 pm 	26 OFFICE CLOSED NO VIRTUAL PROGRAMS 	27 OFFICE CLOSED NO VIRTUAL PROGRAMS 	28
30 Hope Art 4:00 pm - 4:30 pm Wellness Workout 6:00 pm - 7:00 pm 	<p>All programs are offered virtually and at no charge. Registration is required for all via our secure online platform.</p> <p>Check back frequently for changes and NEW programs!</p> <p>All of our programs are LGBTQ friendly.</p>			<p>CALENDAR KEY</p>   <p>Programs with the above logo are for <i>children</i> and their primary caregivers impacted by a cancer diagnosis. Call 908-658-5400 x5 to learn more!</p> <p>Programs with the above logo are part of the Gratitude Express Series featuring four different sessions of programs beginning November 18th through December 9th.</p>	