SEPTEMBER 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 “Unsheltered” by Barbara Kingsolver.

CREATURE COMFORT: PET THERAPY
Dogs and their Volunteers from Creature Comfort
Come join a virtual hang out with furry friends from Creature Comfort: Pet Therapy. You will have the chance to meet the animals and their handlers in the comfort of your home and even have the opportunity to showcase your pets!

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!

Community Programs

CHRONIC DISEASE SERIES FOR THE BLACK AND BROWN COMMUNITY
In partnership with Robert Wood Johnson University Hospital Somerset and Far Hills Race Meeting Association Community Health Partnership, join us weekly to discuss the following: Cancer Prevention and Early Detection, Nutrition, Diabetes, and Building Trust with Your Healthcare Provider.

Questions? Contact Hiral Shukla, Outreach Coordinator at outreach@cancersupportcnj.org

FRANKLY SPEAKING ABOUT CANCER: EATING WELL WITH HEAD & NECK CANCER
In partnership with Rutgers Cancer Institute of NJ and Elisa England, MS, RDN, NewTritious You, people with a head and neck cancer diagnosis and their caregivers are invited to learn the following:

-How to manage common head and neck cancer eating problems during treatment and into survivorship
-Common problems for long term survivors and coping tips
-See a demonstration of easy recipes to help manage head and neck cancer eating challenges

Questions? Contact Kyle Jachim, LSW, Program Coordinator, at kjachim@cancersupportcnj.org

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.

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.

SUPPORT4FAMILIES PROGRAMS
Beginning in September, there will be regularly scheduled programs in the following areas:

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

Game Time
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 on Wednesdays as we welcome various facilitators to lead us through yoga sessions, dance classes, and more!

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. This month we will discuss the following:

COVID-19: Is this the New ’New Normal’?
Acknowledge how the current pandemic has impacted your life, and explore ways to adjust under unwavering times.

Communication--A Two Way Street
How to deal with communication challenges everywhere you turn!
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<th>MONDAY</th>
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| **OFFICE CLOSED** | **1** 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 | **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  
Wellness Wednesday 4:00 pm - 4:30 pm | **3** Move and Tone 9:45 am - 10:45 am  
Bereavement Support Group 11:00 am - 1:00 pm  
Parent Support 6:30 pm - 7:30 pm | **4** Move Into Stillness 10:00 am - 11:00 am  
Book Club 1:00 pm - 3:00 pm | **5** Please check back frequently for changes and NEW programs!  
All programs are offered virtually and at no charge.  
Registration is required for all via our secure online platform.  
Please check back frequently for changes and NEW programs!  
All of our programs are LGBTQ friendly. |
| **Newcomer Orientation** 11:00 am - 1:00 pm  
Conversations at Crossroads: COVID-19--Is this the New 'New Normal'? 1:00 pm - 2:30 pm  
Hope Art 4:00 pm - 4:30 pm  
Wellness Workout 6:00 pm - 7:00 pm | **5** Move and Tone 9:45 am - 10:45 am  
Bereavement Support Group 11:00 am - 1:00 pm  
Parent Support 6:30 pm - 7:30 pm | **6** Coffee, Tea, & Talk 10:00 am - 11:00 am | **7** Move Into Stillness 10:00 am - 11:00 am | **8** 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 | **9** Move and Tone 9:45 am - 10:45 am  
Bereavement Support Group 11:00 am - 1:00 pm  
Parent Support 6:30 pm - 7:30 pm |
| **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 | **10** Move and Tone 9:45 am - 10:45 am  
Bereavement Support Group 11:00 am - 1:00 pm  
Parent Support 6:30 pm - 7:30 pm | **11** **11** **12** | **13** **14** **15** | **16** **17** **18** | **19** **20** **21** | **22** **23** **24** | **25** **26** |