



Calendar of Events

New Castle County

October 2018

The mission of Cancer Support Community Delaware is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community. At Cancer Support Community Delaware all programs are free of charge.

New Castle County

4810 Lancaster Pike
Wilmington, DE 19807
(302) 995-2850
Fax # (302) 995-0834
Monday - Friday
9:00am - 5:00pm

For a complete schedule of programs throughout Delaware, please visit:
www.cancersupportdelaware.org

Follow us on social media for news and program updates!



Monthly Support Groups

Cancer Support Community Delaware provides site and issue specific support groups that are “drop in” in nature. All are provided on a monthly basis.

Monthly Support Groups:

- Blood Cancer**—the fourth Monday of each month at 6:00pm
- Brain Cancer**—Please register with Sean Hebbel at (302) 998-2850.
- Breast Cancer**—the fourth Thursday of each month at 6:30pm
- Friends On The Mend**—the third Monday of each month at 6:30pm
- Head & Neck Cancer**—the second Monday of each month at 6:30pm
- NEW: Ladies Living w/Cancer Group**—the third Tuesday of the month at 1:00pm
- Metastatic Breast Cancer**—the first & third Wednesday of each month at 6:30pm
- Pancreatic Cancer**—Please register with Sean Hebbel at (302) 998-2850.
- Prostate Cancer**—the third Monday of each month at 6:30pm
- The Next Step-Bereavement Support Group**—the second Monday of each month at 6:30pm & The last Thursday of each month at 1:00pm.
- Young Adult Survivors**—the second & fourth Thursday of each month at 6:30pm

New & Upcoming Programs

Frankly Speaking About Cancer: Eating Well with Head & Neck Cancer

Thursday, October 18th 6:30pm-8:30pm

Cancer Support Community DE invites people with cancer and their caregivers/loved ones to a free workshop featuring ways to maintain a nutritious diet when living with head and neck cancer.

Come and listen to oncology registered dietitian, Tiffany Whary, RD, LDN who will answer all of your questions and concerns about nutrition before, during, and after head and neck cancer treatment.

Register at (302) 995-2850.

Can't be there in person? Join us on Facebook Live!

<https://www.facebook.com/cancersupportde>

Breast Cancer Support Groups

October is Breast Cancer Awareness Month. Cancer Support Community DE offers support groups to woman going through or surviving a cancer diagnosis.

Breast Cancer Group, Thursday, October 25th at 6:30pm

Metastatic Breast Cancer Group, Wednesday, October 3rd & 17th at 6:30pm

Ladies Living w/Cancer Group, Tuesday, October 16th at 1:00pm

Friends on the Mend, October 15th at 6:30pm

Post breast cancer treatment support group

TAI CHI/QIGONG w/Beth

Tuesdays at 5:15pm & Wednesdays at 9:30am

Put an end to stress and fill it with exercises that will relax your mind and renew your body. Join Beth Oliver as she teaches TAI CHI/QIGONG, a moving meditation that promotes healing that can be done sitting or standing. This class can help improve balance, reduce anxiety, improve cardiovascular fitness, reduce insomnia, and improve emotional well being. Come and explore this ancient art.

Weekly Support Groups

Participant Group

Monday 10:00am—Tuesday 6:15pm—Wednesday 6:30pm

Caregiver Group

Tuesday 6:15pm Wednesday 6:30pm

The heart and soul of Cancer Support Community Delaware are the weekly cancer support groups which provide an opportunity for you to meet with others in a similar situation to give and receive support. The groups are for people with cancer and their primary emotional caregiver. Research continues to indicate that joining a support group can help cope with the isolation, hopelessness, and loss of control that can occur during cancer treatment and beyond. These groups require an interview and a commitment to attend. Come and be proactive in your recovery.

To schedule your pre-group interview, call Sean Hebbel at (302) 995-2850.

Stress Reduction Programs

T'ai Chi, Gentle & Chair Yoga, Restorative Yoga & Meditation, Moving & Groovin with Danzare!, Poetry Group, Expressive Art and Walking Warriors are offered to promote relaxation, creativity, and a sense of well-being.



**TAKE
ON** CANCER
TOGETHER

New Castle County—October 2018

Mon

Tue

Wed

Thu

Fri

1 10:00am-Support Group	2 10:30am-Knit Wits 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups	3 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups 6:30pm-Metastatic Breast Cancer Group	4 10:00am-Gentle Yoga w/Dawna	5 9:00am-Moving & Groovin' with Danzare! This program has been known to help those in and beyond treatment to keep moving in a fun musical environment. Open for any level.
8 Columbus Day In Observance of the holiday the office will be closed	9 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups	10 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups	11 10:00am-Gentle Yoga w/Dawna 5:30pm-Gentle Yoga w/Ed 6:30pm-Young Adult Survivors Group	12 11:30am-Exploring Our Mortality We all know we are mortal and will die one day but it is difficult in this active high-tech society to find a safe place to discuss our mortality. Using printed material and discussions we provide a safe place to have this discussion Facilitated by Sean M. Hebbel, LCSW, OSW-C. Please register at (302) 995-2850.
15 10:00am-Support Group 6:30pm-Friends on the Mend 6:30pm-Prostate Cancer Group	16 10:30am-Knit Wits 12:30pm-Poetry Group 1:00pm-Ladies Living w/Cancer Support Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups	17 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors Participant & Caregiver Groups 6:30pm-Metastatic Breast Cancer Group	18 10:00am-Gentle Yoga w/Dawna 6:30pm-Frankly Speaking About Cancer: Eating Well with Head & Neck Cancer Please register at (302) 995-2850.	19
22 10:00am-Support Group 10:00am-Restorative Yoga & Meditation 6:00pm-Blood Cancer Group 6:30-Living with Loss	23 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups	24 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups	25 10:00am-Gentle Yoga w/Dawna 1:00pm-The Next Step- Bereavement Support Group 5:30pm-Gentle Yoga w/Ed 6:30pm-Young Adult Survivors Group 6:30pm-Breast Cancer Group	26
29 10:00am-Support Group 6:30-Living with Loss	30 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups	31 Happy Halloween! 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups	<p>Living with Loss October 22th-November 26th This six session bereavement support group is intended for those individuals who have had a loved one die of cancer in the past 6-12 months. Facilitated by Jean Sweigart, LCSW. Please call (302) 995-2850.</p>	