



Calendar of Events

New Castle County

November 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

NEW-Evening T'ai Chi

Tuesdays at 5:15pm

Join Beth Oliver to learn gentle movement and breathing techniques specifically targeted to those with cancer. T'ai chi is an ancient martial art that improves balance both physically and emotionally. Come learn the techniques that can help you through treatment and survivorship.

Frankly Speaking About Cancer: Clinical Trial

Thursday, November 15th at 6:30pm

Being aware of clinical trials is important. Clinical trials drive progress in cancer treatment and care. The workshop will help you answer your questions about clinical trials and help prepare you to discuss them with your physician and healthcare team. Please join Jaci Fransisco, RN, Research Nurse at Tunnell Cancer Center to gain information about clinical trials. This program is held at our Sussex County office at the Tunnell Cancer Center but can be viewed on Facebook Live.

“What's Your Story?”

Friday, November 16th at 11:00am

Writer Myrle Bowe returns with this popular program that helps participants frame the narrative of their life. Learn basic elements of autobiographical writing. Please call (302) 995-2850 to register.

Frankly Speaking About Cancer: AML (Acute Myeloid Leukemia)

Monday, November 26th at 6:30pm-8:30pm

A presenter from the Delaware Clinical & Laboratory Physician this educational program invites people with Acute Myeloid Leukemia and their caregivers/loved ones to a free workshop featuring ways to help manage the physical and psychological effects of the disease and its treatment. Please call (302) 995-2850 to register.

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.

	Mon	Tue	Wed	Thu	Fri
	<p>Young Adult Survivor Group—Thursday, November 1st & 15th at 6:30pm Young Adult Survivor Group Thanksgiving Pot Luck Lunch—Sunday, November 18th, 1:00pm-4:00pm Young Adult Survivor Group-2nd and 4th Thursday of each month at 6:30pm. Young adults with cancer (21-39 years old) have different needs. Facilitated by Samantha Lane, MSW Please call (302) 995-2850.</p>				
5	10:00am-Support Group 6:30pm-Living with Loss	6 10:30am-Knit Wits 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups	7 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups 6:30pm-Metastatic Breast Cancer Group	8 10:00am-Gentle Yoga w/Davna 5:30pm-Gentle Yoga w/Ed 6:30pm-Young Adult Survivors Group	9 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.
12	Veteran's Day Office is Closed 6:30-The Next Step- Bereavement Support Group 6:30pm-Living with Loss	13 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups	14 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups	15 10:00am-Gentle Yoga w/Davna 6:30pm-Young Adult Survivors Group 6:30pm-Frankly Speaking About Cancer: Clinical Trials Program located at our Sussex County office or on  	16 11:00am-What's your story
19	10:00am-Support Group 6:30pm-Friends on the Mend 6:30pm-Prostate Cancer Group 6:30pm-Living with Loss	20 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	21 6:30pm-Participant & Caregiver Groups	Office is Closed Thanksgiving Holiday	
26	10:00am-Support Group 10:00am-Restorative Yoga & Meditation 6:30pm-Living with Loss 6:30pm-Frankly Speaking About Cancer: AML (Acute Myeloid Leukemia)	27 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups	28 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups	29 10:00am-Gentle Yoga w/Davna 1:00pm-The Next Step- Bereavement Support Group	30 The Poetry Group program is made possible, in part, by the Delaware Division of the Arts, a state agency dedicated to nurturing the arts in Delaware, in partnership with the National Endowment for the Arts. The Division promotes Delaware arts events on www.DelawareScene.com .