

*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](http://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

### “Alex’s Legacy”

Monday December 10, 2018 at 6:30pm

This once a year memorial program is for anyone who has had a loved one die in 2018. Named for Alex Tyree beloved Delaware Hospice bereavement counselor who developed and facilitated the group until his own death in 2010. It is a simple celebration of life. Please let us know you can attend. Call (302) 995-2850 to register.

### “Health Coaching for Cancer Survivors”

Cancer Support Community Delaware will be recruiting 80 individuals to work both in person and by phone with health coaches. These coaches will help individual cancer survivors with physical activity, nutrition, healthy sleeping and other healthy lifestyle changes to incorporate after a cancer diagnosis. If you are 18 years old or over, have been diagnosed with cancer and would like assistance with healthy lifestyle changes, please consider joining. To learn more email Nicole Berzins [nicolejb@udel.edu](mailto:nicolejb@udel.edu).

### “Holiday Open House”

Cancer Support Community DE is hosting a holiday open house on Monday, December 17th 4:30pm-6:30pm. Please call (302) 995-2850.

Baked goods will be provided by Agilent Baking Club



### 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**



Holiday Open House  
Monday, December 17th  
4:30pm-6:30pm



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

3 10:00am-Support Group	4 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	5 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups 6:30pm-Metastatic Breast Cancer Group	6 10:00am-Gentle Yoga w/Dawna	7 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.
10 10:00am-Support Group 10:00am-Restorative Yoga & Meditation w/Tracy 6:30-Alex's Legacy 6:30-The Next Step- Bereavement Support Group 6:30-Head & Neck Cancer Group	11 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups	12 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups	13 10:00am-Gentle Yoga w/Dawna 5:30pm-Gentle Yoga w/Ed 6:30pm-Young Adult Survivors Group	14 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.
17 10:00am-Support Group <b>Holiday Open House</b> 4:30pm-6:30pm 6:30pm-Friends on the Mend 6:30pm-Prostate Cancer Group	18 10:30am-Knit Wits 12:30pm-Poetry Group 1:00pm-Ladies Living w/Cancer Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups	19 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups 6:30pm-Metastatic Breast Cancer Group	20 10:00am-Gentle Yoga w/Dawna	21
24 Office Closed	25 Office Closed in Observance of the Holiday	26 Office Closed	27	28
31 Office Closed	1 Office Closed in Observance of the Holiday	<p>There will be no programs offered the week following the Christmas holiday so that our participants, staff and families have time to spend with their loved ones. All offices will be open for day to day operations. On behalf of all of us at the Cancer Support Community we wish you a wonderful holiday and a Happy New Year!</p>		