



Calendar of Events

New Castle County

January 2019

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 Year, New You! Stress Reduction Programs

Cancer Support Community Physical & Health Activity Programs

Restorative Yoga & Meditation 2nd and 4th Mondays at 10:00am
Chair Yoga - Tuesdays at 2:00pm
Tai Chi - Tuesdays at 5:30pm and Wednesdays at 9:30am
Walking Warriors (at Winterthur) - Wednesdays at 10:00am
Gentle Yoga in the Morning - Thursdays at 10:00am
Gentle Yoga in the Evening - 2nd and 4th Thursdays at 5:30pm
Moving & Groovin’ with Danzare! - 1st Friday of the month at 9:00am
Please call (302) 995-2850.

“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.

“What's Your Story?”

Friday, January 18th 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.

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.

New Castle County—January 2019

Mon	Tue	Wed	Thu	Fri
7 10:00am-Support Group	1 Office is Closed 	2 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups 6:30pm-Metastatic Breast Cancer Group	3 10:00am-Gentle Yoga w/Dawna	4 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 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	9 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups	10 10:00am-Gentle Yoga w/Dawna 5:30pm-Gentle Yoga w/Ed 6:30pm-Young Adult Survivors Group	11 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. Facilitated by Sean M. Hebbel, LCSW, OSW-C.	
14 10:00am-Support Group 10:00am-Restorative Yoga & Meditation w/Tracy 6:30-The Next Step- Bereavement Support Group 6:30-Head & Neck Cancer Group	15 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups	16 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups 6:30pm-Metastatic Breast Cancer Group	17 10:00am-Gentle Yoga w/Dawna	18 11:00am-What is your Story
21 Office Closed	22 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	23 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups	24 10:00am-Gentle Yoga w/Dawna 5:30pm-Gentle Yoga w/Ed 6:30pm-Young Adult Survivors Group	25
28 10:00am-Support Group 10:00am-Restorative Yoga & Meditation w/Tracy 6:00pm-Blood Cancer Group	29 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups	30 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups	31 10:00am-Gentle Yoga w/Dawna 1:00pm-The Next Step- Bereavement Support Group	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 .