



Calendar of Events

New Castle County

February 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
- Ladies Living w/Cancer Group**—the third Tuesday of the month at 1:00pm
- 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.
- Women Living w/Metastatic Cancer**—the first Wednesday of each month at 6:30pm
- Young Adult Survivors**—the second & fourth Thursday of each month at 6:30pm

Stress Reduction Programs

“Women Living with Metastatic Cancer”

Wednesday, February 6th at 6:30pm
Metastatic cancer brings forth new and difficult challenges. Join others who understand. Facilitated by Michelle Bailiff, LCSW, OSW-C. To register call (302) 995-2850.

NEW: Middletown Support Group

Thursday, February 21st at 6:30pm
811 N. Broad Street, Middletown, DE 19709
Enter double glass doors next to Goodwill entrance, take elevator to 2nd floor and follow signs to suite 213. Call Sean Hebbel to register at (302) 9952850

“Health Coaching for Cancer Survivors”

Cancer Support Community Delaware will continue to recruit 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. Last chance to register by March 1st. To learn more email Nicole Berzins nicolejb@udel.edu.

Yoga By Appointment

2nd & 4th Thursday of each month at 5:30pm
Enjoy your yoga session either chair yoga or mat yoga. Please register by Wednesday 12:00 noon prior to Thursday’s session at (302) 995-2850

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>4 10:00am-Support Group</p>	<p>5 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</p>	<p>6 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups 6:30pm-Woman with Metastatic Cancer Support Group</p>	<p>7 10:00am-Gentle Yoga w/Davna</p>	<p>1 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.</p>
<p>11 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</p>	<p>12 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups</p>	<p>13 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups</p>	<p>14 10:00am-Gentle Yoga w/Davna 5:30pm-Yoga by Appointment Register at (302) 995-2850 6:30pm-Young Adult Survivors Group</p>	<p>8 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.</p>
<p>18 Office closed in observance of President's Day</p>	<p>19 10:30am-Knit Wits 12:30pm-Poetry Group 1:00pm-Ladies Living with Cancer Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups</p>	<p>20 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups</p>	<p>21 10:00am-Gentle Yoga w/Davna 6:30pm-NEW: Middletown Support Group 811 N. Broad Street, Suite 213 Middletown, DE 19709 Register at (302) 995-2850</p>	<p>15 11:30am-"What's Your Story" 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.</p>
<p>25 10:00am-Support Group 10:00am-Restorative Yoga & Meditation w/Tracy 6:00pm-Blood Cancer Group</p>	<p>26 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</p>	<p>27 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups</p>	<p>28 10:00am-Gentle Yoga w/Davna 1:00pm-The Next Step-Bereavement Support Group 5:30pm-Yoga by Appointment Register at (302) 995-2850 6:30pm-Young Adult Survivors Group</p>	<p>22 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.</p>

"New Member Orientation"
Tuesdays at 11:00am and Wednesdays at 5:30pm
Please call to reserve your space in the new member orientation session at (302) 995-2850.

