



Calendar of Events

New Castle County

March 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.
- Metastatic Breast Cancer**—the first Wednesday of each month at 6:30pm
- Young Adult Survivors**—the second & fourth Thursday of each month at 6:30pm

Special Programs

NEW Gentle Yoga w/Kacie **Saturday, March 9th at 10:00am**

Join Kacie Baker, CSCDE’s new yoga instructor who is trained in vinyasa, yin, and meditation practices. Some of her training has brought her to India, where she learned traditional yoga practices in the place where yoga originated. Kacie is a genetic counselor at the Helen F. Graham Cancer Center and is passionate about bridging yoga with cancer therapy and survivorship. Please call (302) 995-2850 to register.

Food for Life **Friday, March 15th at 11:00am**

Join Karen Smith, RD for a fun and empowering class that includes evidence-based nutrition information, practical skills, and cooking demonstrations of simple, inexpensive and delicious foods shown to help people with cancer live longer and healthier lives. Please call (302) 995-2850 to register.

“Slo Art” at Delaware Art Museum **Thursday, February 21st at 6:30pm**

Research has indicated that looking at art improves brain function, helps with stress and can create moments of insight joy and calmness. This 30 minute guided program will take a slow look at two works of art at the Delaware Art Museum. All that is required is a willingness to explore the connection between the canvas and what we see and feel. Please let us know that you will be coming. Entrance to the Museum is free.

Living with Loss **Mondays, March 18th –April 22nd at 6:30pm**

This 6 week session bereavement program facilitated by Jean Sweigart, LCSW, is for those who have had a loved one die from cancer in the past 6 months. Come and learn that you are not alone. Please register for all 6 sessions 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.



**TAKE
ON
CANCER
TOGETHER**
JOIN. GIVE. ACT.

New Castle County— March 2019

Mon	Tue	Wed	Thu	Fri	Sat
<p>4 10:00am-Support Group 6:30pm-Pancreatic Cancer Support</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/Dawna</p>	<p>8 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>9 NEW 10:00am-Gentle Yoga w/Kacie</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/Dawna 5:30pm-Yoga by Appointment Register at (302) 995-2850 6:30pm-Young Adult Survivors Group</p>	<p>15 11:00am-Food For Life Back by popular demand Please call (302) 995-2850.</p>	<p>16</p>
<p>18 10:00am-Support Group 6:30pm-Friends on Mend 6:30pm-Prostate Cancer 6:30pm-Living With Loss</p>	<p>19 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</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/Dawna 6:30pm-Slo-Art at Delaware Art Museum</p>	<p>22 10:00am-What's your Story Writer Myrtle 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.</p>	<p>23</p>
<p>25 10:00am-Support Group 10:00am-Restorative Yoga & Meditation w/Tracy 6:00pm-Blood Cancer Group 6:30pm-Bran Cancer Group 6:30pm-Living with Loss</p>	<p>26 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/Dawna 1:00pm-The Next Step- Bereavement Support Group 5:30pm-Yoga by Appointment Register at (302) 995-2850 6:30pm-Young Adult Survivors Group 6:30pm-Breast Cancer</p>	<p>29</p>	<p>30</p>

*New Member Orientation
Every Tuesday at 11:00am and Wednesday at 5:30pm
Please call (302) 995-2850 to reserve your space.*