



# Calendar of Events

## New Castle County

### April 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](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

**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.

**Woman 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

#### Special Programs

#### Young Adult Survivors Support Group

**Thursday, April 11th & 25th at 6:30pm**

This bi-monthly support group is for young adults (ages 18-39) with cancer in any stage of treatment and beyond. Young adult cancer brings a unique set of challenges and this group will explore the physical, emotional, and social effects exclusive to young adult cancer.

The group is facilitated by Samantha Lane, MSW

Please call (302) 995-2850 to register.

#### Gentle Yoga on Saturday

**Saturday, April 13th at 10:00am**

Join Dawna for a relaxing Saturday morning yoga class.

Please register at (302) 995-2850.

#### Knit Wits

**April 2nd & 15th at 10:30am**

Dealing with your own cancer, or a cancer diagnosis and subsequent treatment for a loved one is stressful. It has been shown that knitting is one way to help alleviate some of that stress. You don't even have to know how to hold knitting needles – we'll teach you!

Some knitting material may be provided.

Facilitated by Carol Post. Please call (302) 995-2850 to register.

#### Food for Life

**Friday, April 26th 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.

#### 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—April 2019

**Mon**                      **Tue**                      **Wed**                      **Thu**                      **Fri**                      **Sat**

|  |   |  |   |  |  |
|--|---|--|---|--|--|
| <p><b>1</b><br/>9:00am-Tai Chi w/Beth<br/>10:00am-Support Group<br/>6:30pm-Pancreatic Cancer Support</p>   | <p><b>2</b><br/>10:30am-Knit Wits<br/>12:30pm-Poetry Group<br/>2:30pm-Chair Yoga w/Ed<br/>5:15pm-T'ai Chi w/Beth<br/>6:15pm-Participant &amp; Caregiver Groups</p>  | <p><b>3</b><br/>No Morning Tai Chi today only<br/>11:00am-Walking Warriors<br/>6:30pm-Participant &amp; Caregiver Groups<br/>6:30pm-Woman with Metastatic Cancer</p> | <p><b>4</b><br/>10:00am-Gentle Yoga w/Dawna</p>   | <p><b>5</b><br/>9:00am-Moving &amp; Groovin' with Danzare!</p>                           | <p><b>6</b></p>                                      |
| <p><b>8</b><br/>10:00am-Support Group<br/>10:00am-Restorative Yoga &amp; Meditation w/Tracy<br/>6:30pm-The Next Step-Bereavement Support Group<br/>6:30pm-Head &amp; Neck Cancer Group</p> | <p><b>9</b><br/>12:30pm-Poetry Group<br/>2:30pm-Chair Yoga w/Ed<br/>5:15pm-T'ai Chi w/Beth<br/>6:15pm-Participant &amp; Caregiver Groups</p>  | <p><b>10</b><br/>9:30am-T'ai Chi w/Beth<br/>11:00am-Walking Warriors<br/>6:30pm-Participant &amp; Caregiver Groups</p>   | <p><b>11</b><br/>10:00am-Gentle Yoga w/Dawna<br/>5:30pm-Yoga by Appointment<br/>Register at (302) 995-2850<br/>6:30pm-Young Adult Survivors</p>   | <p><b>12</b></p>   | <p><b>13</b><br/>10:00am<br/>Gentle Yoga w/Dawna</p> |
| <p><b>15</b><br/>10:00am-Support Group<br/>6:30pm-Friends on Mend<br/>6:30pm-Prostate Cancer</p>   | <p><b>16</b><br/>10:30am-Knit Wits<br/>12:30pm-Poetry Group<br/>1:00pm-Ladies Living w/Cancer Group<br/>2:30pm-Chair Yoga w/Ed<br/>5:15pm-T'ai Chi w/Beth<br/>6:15pm-Participant &amp; Caregiver Groups</p> | <p><b>17</b><br/>9:30am-T'ai Chi w/Beth<br/>11:00am-Walking Warriors<br/>6:30pm-Participant &amp; Caregiver Groups</p>   | <p><b>18</b><br/>10:00am-Gentle Yoga w/Dawna</p>  | <p><b>19</b><br/>Good Friday<br/>Our offices are closed in Observance of the Holiday</p> | <p><b>20</b></p>                                     |
| <p><b>22</b><br/>10:00am-Support Group<br/>10:00am-Restorative Yoga &amp; Meditation w/Tracy<br/>6:00pm-Blood Cancer Group<br/>6:30pm-Brain Cancer Group</p>                               | <p><b>23</b><br/>12:30pm-Poetry Group<br/>2:30pm-Chair Yoga w/Ed<br/>5:15pm-T'ai Chi w/Beth<br/>6:15pm-Participant &amp; Caregiver Groups</p>   | <p><b>24</b><br/>9:30am-T'ai Chi w/Beth<br/>11:00am-Walking Warriors<br/>6:30pm-Participant &amp; Caregiver Groups</p>   | <p><b>25</b><br/>10:00am-Gentle Yoga w/Dawna<br/>1:00pm-The Next Step-Bereavement Support Group<br/>5:30pm-Yoga by Appointment<br/>Register at (302) 995-2850<br/>6:30pm-Young Adult Survivors<br/>6:30pm-Breast Cancer Group</p> | <p><b>26</b><br/>11:00am-Food for Life</p>   | <p><b>27</b></p>                                     |
| <p><b>29</b><br/>10:00am-Support Group</p>   | <p><b>30</b><br/>12:30pm-Poetry Group<br/>2:30pm-Chair Yoga w/Ed<br/>5:15pm-T'ai Chi w/Beth<br/>6:15pm-Participant &amp; Caregiver Groups</p>   | <p><b>New Member Orientation</b><br/><b>Every Tuesday at 11:00am and Wednesday at 5:30pm</b><br/><b>Please call (302) 995-2850 to reserve your space.</b></p>        |   |  |  |