



Calendar of Events Sussex County April 2019

The mission of the 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 CSCDE, all programs are offered at no charge to participants.

Sussex County

18947 John J. Williams Highway
Suite 312
Rehoboth Beach DE 19971

(302) 645-9150
Fax # (302) 645-9160

Monday - Thursday
9 am - 5 pm
Friday - 9 am until 3pm

Outreach Programs:

Nanticoke Cancer Care Center
801 Middleford Road, Seaford, DE

For a complete schedule of programs throughout Delaware, please visit our website:

www.cancersupportdelaware.org

Our programs are offered free of charge, but we request that you call to register in advance.

Ongoing Programs

Participant Groups are weekly support groups where people with cancer explore new ways of dealing with the physical and emotional effects of cancer. An interview is required before attending one of these groups.

Family Groups are weekly support groups for the primary emotional caregiver to explore ways to care for both their loved one with cancer and themselves. An interview is required before attending.

Stress Reduction Programs such as t'ai chi and yoga are offered to promote relaxation and a sense of well-being.

Meditation Sessions increase feelings of vitality and rejuvenation, and help reduce stress. Primordial Sound Meditation and meditation classes that incorporate guided imagery are offered to help optimize overall health.

Special Programs

20/20/20 Fitness - Mondays at 10:30 am - Studies support the value of exercise during and after cancer treatment. Join Stacy LaMotta for 20/20/20, a diversified class that includes 20 minutes of Zumba, 20 minutes of strength training with elastic bands, and 20 minutes of yoga. Stacy demonstrates modifications so that the classes are appropriate for all levels whether you are a new, returning or experienced exerciser.

The Next Step - Monday, April 3rd at 1pm- Our monthly bereavement group focuses on issues of loss that continue beyond the early stages of grief. Facilitated by Meredith English, Bereavement Coordinator of Delaware Hospice.

The New You! - Wednesdays, April 3rd and 17th at 5 pm - As a cancer survivor, you may find yourself feeling sad and a bit disconnected even after you have completed your treatment. Join Clare Wilson, RN, MS and Oncology Mental Health Therapist at Tunnell Cancer Center for The New You!, a cancer survivorship support group.

A Healthy Easter Dinner- Monday, April 8th at 12 Noon- Please join Chef David Nolker, of Have Knives Will Travel, as he demonstrates a family worthy dinner, with healthier options. Chef Dave will help you impress anyone with his delicious menu ideas.

Gentle Mindful Yoga - Tuesday, April 9th at 9:00 am - Be mindful, concentrate on the present, relax and breathe. Join Hiba Stancofski, a certified yoga instructor who has specialized yoga training to help people affected by cancer. No yoga experience is necessary. (NO Gentle Mindful Yoga on 4/23.)

Knit Wits— Tuesday, April 9th at 10am -Cynthia Valone and Camille Rafferty will guide new and experienced knitters through the basics of knitting. Everyone is welcome to join in! If you've never held knitting needles before, or if you're experienced, come spend an hour of relaxation, fun, and companionship.

Creative Journaling Circle - Tuesday, April 9th at 5:30 pm - Join Barb Buford for an informal, fun and creative open art studio session. No need to be intimidated. This class is about abstract, colorful, self expression! You will have access to a variety of supplies or you can bring your own supplies. No rules...just fun! This 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.

Metastatic Breast Cancer (MBC) Support Group - Thursday, April 18th at 6 pm - Please join Clare Wilson, RN, MS, Oncology Mental Health Therapist at Tunnell Cancer Center, as she facilitates this special Networking Group for women affected by metastatic breast cancer.

Living With Loss - Mondays at 1 pm for six weeks beginning April 22nd- The Cancer Support Community and Delaware Hospice collaborate to offer this support group for anyone who has lost a loved one in the past year. This series will be facilitated by Meredith English, Grief Counselor of Delaware Hospice.

Living Beyond Cancer: A Survivorship Series

Join us at the Cancer Support Community in Sussex for this monthly series. We will explore a variety of topics to help anyone whose life is touched by cancer learn how they can live their best life possible.

Living Beyond Cancer: Art and Science of Body Wisdom: Stress Management, Thursday, April 25th at 5:30pm-Join Mariann Wolskee, LCSW for the Art and Science of Body Wisdom. Mariann will guide you to learn the ABC's for daily living; awareness, breath, and connection. Relate to your inner intelligence, relax the body, and restore your spirit during this enlightening and informative program. Please dress comfortably.



April 2019 / Sussex County



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	20/20/20 Fitness – 10:30 am	2	3	4	5	6
8	20/20/20 Fitness – 10:30 am Healthy Easter Dinner-1 2 Noon	9	10	11	12	13
15	20/20/20 Fitness – 10:30 am	16	17	18	19	20
22	20/20/20 Fitness – 10:30 am Living With Loss– 1:00pm	23	24	25	26	27
29	20/20/20 Fitness – 10:30 am Living With Loss– 1:00pm	30	<i>Weekly Support Groups</i> Participant Group and Family Group Thursdays: 1 pm - 3 pm			