



Calendar of Events

New Castle County

May 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.

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

NEW Gentle Yoga w/Kacie

Saturday, May 4th at 10:00am

Join Kacie Baker, CSCDE's new yoga instructor who is trained in vinyasa, yin, and meditation practices. Some of her training took 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.

Art Therapy Workshop

Saturday, May 18th at 10:00am-1:00pm

Christine Byma, art therapist will help guide the participants of this special program through creating art from their experience of surviving cancer. This workshop will be held at Cancer Support Community. Participants will have an opportunity to display their art at a reception at the Delaware Art Museum. The reception will be scheduled in July or August. Supplies will be provided. Please call (302) 995-2850 to register.

Food for Life

May 17th 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 can help people with cancer live longer and healthier lives. Please call (302) 995-2850 to register.

Inspirational Walk Through Mt. Cuba Center's Garden

Sunday, May 5th 1pm-3pm

Join cancer thriver, Margaret Shillingford, for a free spring walk in Mt. Cuba Center's Naturalistic Gardens. Margaret will share how the garden inspired her through her cancer journey. Please register for the walk by May 2nd as space is limited. Be prepared for a 90 minute walk outside on rolling hills. 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—May 2019

Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Inspirational Walk Through Mt. Cuba Center's Garden</u> Sunday, May 5th 1pm-3pm Join cancer thrivers, Margaret Shillingford, for a free spring walk in Mt. Cuba Center's naturalistic gardens. Margaret will share how the garden inspired her through her cancer journey. Please register for the walk by May 2nd as space is limited. Be prepared for a 90 minute walk outside on rolling hills. Please call (302) 995-2850 to register.</p>	<p>7 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>1 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups 6:30pm-Woman with Metastatic</p>	<p>2 10:00am-Gentle Yoga w/Dawna</p>	<p>3 <i>Agilent Garden Volunteers Thank you!</i></p>	<p>4 <i>10:00am-Yoga w/Kacie</i></p>
<p>6 10:00am-Support Group 6:30pm-Pancreatic Cancer Support</p>	<p>7 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>8 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups</p>	<p>9 10:00am-Gentle Yoga w/Dawna 6:30pm-Young Adult Survivors</p>	<p>10 9:00am-Moving & Groovin' with Danzare! 11:30am-Exploring your Mortality</p>	<p>11</p>
<p>13 10:00am-Support Group 10:00am-Restorative Yoga & Meditation w/Tracy 6:30pm-The Next Step-Bereavement Support Group 6:30pm-Head & Neck Cancer Group</p>	<p>14 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups</p>	<p>15 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups</p>	<p>16 10:00am-Gentle Yoga w/Dawna</p>	<p>17 <i>11:00am-Food for Life</i></p>	<p>18 <i>Art Therapy Workshop 10:00am-1:00pm</i></p>
<p>20 10:00am-Support Group 6:30pm-Friends on Mend 6:30pm-Prostate Cancer</p>	<p>21 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>22 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups</p>	<p>23 10:00am-Gentle Yoga w/Dawna 6:30pm-Young Adult Survivors 6:30pm-Breast Cancer Group</p>	<p>24</p>	<p>25</p>
<p>27 Memorial Day Offices are closed in observance of holiday</p>	<p>28 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups</p>	<p>29 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups</p>	<p>30 10:00am-Gentle Yoga w/Dawna 1:00pm-The Next Step-Bereavement Support Group</p>	<p>31</p>	