



# Calendar of Events

## New Castle County

### June 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

#### \*\*\*June is National Cancer Survivor Month\*\*\*

#### Walking Warriors at Winterthur Garden

Every Wednesday at 11:00am (weather permits)  
Join Judy Topkis and walk the beautiful Winterthur Gardens.  
Please call (302) 995-2850 to register.

#### Gentle Yoga w/Kacie

**Saturday, June 8th 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.

#### Summer Solstice Pot Luck Lunch

**Friday, June 21st at 12:00pm**

Join Cancer Support Community DE to celebrate the 1st day of Summer.  
Please rsvp and bring your favorite summer dish.  
We will provide BBQ hot dogs, chips and iced tea!  
Please call (302) 995-2850 to register.

#### Food for Life

**Saturday, June 29th at 11:00am**

Join Cheryl Marshall 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.

#### 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—June 2019

Mon	Tue	Wed	Thu	Fri	Sat
<b>***June is National Cancer Survivor Month***</b>					
<p>3 10:00am-Support Group 6:30pm-Pancreatic Cancer Group</p>	<p>4 10:30am-Knit Wits 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant &amp; Caregiver Groups</p>	<p>5 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant &amp; Caregiver Groups 6:30pm-Woman with Metastatic Cancer</p>	<p>6 10:00am-Gentle Yoga w/Dawna</p>	<p>7</p>	<p>8 10:00am-Gentle Yoga w/Kacie</p>
<p>10 10:00am-Support Group 6:30pm-The Next Step-Bereavement Support Group 6:30pm-Head &amp; Neck Cancer Group</p>	<p>11 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant &amp; Caregiver Groups</p>	<p>12 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant &amp; Caregiver Groups</p>	<p>13 10:00am-Gentle Yoga w/Dawna 6:30pm-Young Adult Survivors</p>	<p>14 9:00am-Moving &amp; Groovin' with Danzare! 11:30am-Exploring your Mortality</p>	<p>15</p>
<p>17 10:00am-Support Group 6:30pm-Friends on Mend 6:30pm-Prostate Cancer Group</p>	<p>18 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 &amp; Caregiver Groups</p>	<p>19 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant &amp; Caregiver Groups</p>	<p>20 10:00am-Gentle Yoga w/Dawna</p>	<p>21 Summer Solstice Pot Luck Lunch 12:00pm </p>	<p>22</p>
<p>24 10:00am-Support Group 6:00pm-Blood Cancer Group 6:30pm-Brain Cancer Group</p>	<p>25 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant &amp; Caregiver Groups</p>	<p>26 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant &amp; Caregiver Groups</p>	<p>27 10:00am-Gentle Yoga w/Dawna 1:00pm-The Next Step-Bereavement Support Group 6:30pm-Young Adult Survivors 6:30pm-Breast Cancer Group</p>	<p>28</p>	<p>29 11:00am-Food for Life</p>