



Calendar of Events

Sussex County

August 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

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

Kent County

812 S. Bradford St.
Dover, DE 19904
and
811 N. Broad St. - Suite 213
Middletown, DE 19709
(302)734-0898

New Castle County

4810 Lancaster Pike
Wilmington, DE 19807
(302) 995-2850

For schedule of programs throughout Delaware, 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 may be required.

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 may be required.

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. 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 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.

Yoga Fit - Beginning Tuesdays at 5pm- Join Stacy LaMotta for this weekly evening yoga class to connect and link movement to your breath. Yoga Fit helps align, strengthen and promote flexibility in your body and mind.

The Next Step - Monday, August 7th at 1 pm- 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, August 7th and 21st 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.

Meditation for Relaxation - Thursday, August 8th at 5pm- Clare Wilson invites you to discover the health benefits of meditation and experience how it reduces stress and enhances breathing, focus and relaxation. This guided meditation class is perfect for beginners and particularly beneficial during a cancer diagnosis.

Yummy Summer Fruits - Monday, August 12th at 12 Noon - Join Denise Clemons, Food Columnist of Cape Gazette's Cape Flavors, as she showcases the bright and sweet flavors of summer in both healthy soups and salads.

No Gentle Mindful Yoga in August - Hiba will return on regular 2nd and 4th Tuesdays at 9am in September.

Knit Wits - Tuesday, August 13th at 10 am- 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, August 13th 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, August 22nd at 6 pm - Please join Clare Wilson, RN, MS, of Tunnell Cancer Center, as she facilitates this special Networking Group for women affected by metastatic breast cancer. The MBC Group is generously sponsored by Xi Sigma Chapter, Beta Sigma Phi, to honor and remember members and friends that are touched by cancer.

Survive and Thrive Program (Also available in Sussex)

Private counseling sessions for anyone with cancer who has limited insurance and is unable to access individual therapy. You will receive a short-term one on one evaluation and a brief 1-5 sessions. Please call 645-9150 for information and to sign up for counseling sessions.



August 2019 / Sussex County

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Weekly Support Groups
Participant Group and Family Group
Thursdays: 1 pm - 3 pm

5
20/20/20 Fitness – 10:30 am

12
20/20/20 Fitness – 10:30 am
Yummy Summer Fruits-12 Noon

19
20/20/20 Fitness – 10:30 am

26
20/20/20 Fitness – 10:30 am

6
Yoga Fit– 5 pm

13
NO Gentle Mindful Yoga
Knit Wits– 10 am
Yoga Fit– 5 pm
Creative Journaling Circle-5:30pm

20
Yoga Fit– 5 pm

27
NO Gentle Mindful Yoga
Yoga Fit– 5 pm

7
Yoga - 12 Noon
The Next Step– 1pm
The New You! - 5 pm

14
Yoga - 12 Noon

21
Yoga - 12 Noon
The New You! - 5 pm

28
Yoga - 12 Noon

1
Tai Chi - 12 Noon
Caring for the Caregiver - 1 pm
Cancer Support Group – 1 pm
Beginner's Yoga –2pm
Stiff Men's Yoga – 3:30 pm

8
Tai Chi - 12 Noon
Caring for the Caregiver– 1pm
Cancer Support Group – 1 pm
Beginner's Yoga– 2pm
Stiff Men's Yoga – 3:30 pm
Meditation for Relaxation—5 pm

15
Tai Chi - 12 Noon
Caring for the Caregiver - 1 pm
Cancer Support Group – 1 pm
Beginner's Yoga –2pm
Stiff Men's Yoga – 3:30 pm

22
Tai Chi - 12 Noon
Caring for the Caregiver - 1 pm
Cancer Support Group – 1 pm
Beginner's Yoga –2pm
Stiff Men's Yoga – 3:30 pm
Meditation– 5 pm
MBC Group– 6pm

29
Tai Chi - 12 Noon
Caring for the Caregiver - 1 pm
Cancer Support Group – 1 pm
Beginner's Yoga –2pm
Stiff Men's Yoga – 3:30 pm

3

10

17

24

31

2

9

16

23

30