

*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

### Cancer Support Community DE App



We are so excited to announce that Cancer Support Community DE now has its own app available for iPhone and Android. Download today! Search “Cancer Support Community Delaware” in the App Store or Google Play. It’s free and allows you one click access to all that we have to offer!

### Mindfulness Series

- Thursday, September 5th at 6:30pm-Gentle Yoga, Guided Meditation w/Kacie & Audrey (nourishing snacks and recipes will be provided, please register)**
- Saturday, September 14th at 10:00am-Gentle Yoga and Guided Meditation w/Kacie**
- Saturday, September 14th at 11:15am-Spirituality in the Garden w/Audrey**

Join Kacie Baker, certified yoga instructor and Audrey Rossi, rectal cancer thriver as they present different practices that can open your heart and mind to the strength that lies within. Kacie and Audrey are passionate about sharing the tools of mindfulness practices such as yoga. Meditation, spiritual readings and open discussions. This series is open and inclusive to all religions and spiritual practices and non-believers.

Please register for this series at 302-995-2850 or email [shebbel@cscde.org](mailto:shebbel@cscde.org).

### Food for Life

**Saturday, September 28th 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—September 2019

Mon	Tue	Wed	Thu	Fri	Sat
2 Labor Day Office is closed in observance of holiday	3 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	4 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups 6:30pm-Woman with Metastatic Cancer	5 10:00am-Gentle Yoga w/Dawna 6:30pm-Mindfulness Series Guided Meditation and Spirituality in the Garden	6 9:00am-Moving & Groovin' with Danzare!	7 10:00am-Restorative Yoga & Meditation w/Tracy
9 10:00am-Support Group 6:30pm-The Next Step- Bereavement Support Group 6:30pm-Head & Neck Cancer Group	10 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups	11 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups	12 10:00am-Gentle Yoga w/Dawna 6:30pm-Young Adult Survivors	13 11:30am-Exploring your Mortality	14 10:00am-Gentle Yoga w/Kacie 11:15am-Spirituality in the Garden w/Audrey
16 10:00am-Support Group 6:30pm-Friends on Mend 6:30pm-Prostate Cancer Group	17 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	18 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups	19 10:00am-Gentle Yoga w/Dawna	20	21
23 10:00am-Support Group 6:00pm-Blood Cancer Group 6:30pm-Brain Cancer Group	24 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups	25 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups	26 10:00am-Gentle Yoga w/Dawna 1:00pm-The Next Step- Bereavement Support Group 6:30pm-Young Adult Survivors 6:30pm-Breast Cancer Group	27	28 11:00am-Food for Life
30 10:00am-Support Group	<div data-bbox="1356 1354 1534 1627" data-label="Image">  </div> <p><b>Cancer Support Community DE App</b></p> <p>We are so excited to announce that Cancer Support Community DE now has its own app available for iPhone and Android. Download today! Search "Cancer Support Community Delaware" in the App Store or Google Play. It's free and allows you one click access to all that we have to offer!</p>				