



Calendar of Events Sussex County

September 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- For programs only

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 - Join Stacy LaMotta for 20/20/20, a diversified class that includes 20 minutes of Zumba, 20 minutes of strength training and 20 minutes of yoga. Stacy demonstrates modifications so that the classes are appropriate for all levels.

Yoga Fit- Tuesdays at 5pm- Join Stacy LaMotta for this 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 New You! - Wednesdays, September 4th and 18th 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.

Johnny Appleseed's Autumn Dinner -Monday, September 9th at 12 Noon—Join Chef David Nolker of Have Knives Will Travel to sample these healthy, easy and delicious recipes of all things "APPLE". What a fun and nutritious menu to kick off the season! Please register in advance by calling 645-9150, as space is limited.

Living With Loss - Mondays at 2 pm for six weeks beginning September 9th - 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.

Gentle Mindful Yoga - Tuesday, September 10th and 24th at 9am- Be mindful, concentrate on the present, relax and breathe. Join Hiba Stancovski, a certified yoga instructor who has specialized yoga training to help people affected by cancer.

Knit Wits— Tuesday, September 10th at 10 am- Cynthia and Camille will guide new and experienced knitters through the basics of knitting. 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, September 10th 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

Exploring Our Mortality- Thursday, September 12th at 11 am- Bring lunch and be prepared to have a spirited discussion on a excerpt from Atul Gawande, MD's book "Being Mortal". Sean Hebbel, LCSW, OSW-C will facilitate the discussion. Register in advance by calling 645-9150.

Wave of Healthy Meals- Monday, September 16th at 11:30 am-Join Denise Vansant, Executive Director, to learn about a new 501C3 in our area, designed to prepare and deliver free healthy meals to our neighbors that are cancer patients. This informational program will help you learn more about this new community effort and how you can help spread the word.

Metastatic Breast Cancer (MBC) Support Group - Thursday, September 19th 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."



September 2019/ Sussex County

Monday

Tuesday

Wednesday

Thursday

Friday

Satur-

2

*Closed
for Labor Day Holiday*

3

Yoga Fit-5pm

4

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

5

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

6

7

9

20/20/20 Fitness - 10:30 am
Johnny Appleseed's Autumn
Dinner-12 Noon
Living With Loss-2 pm

10

Gentle Mindful Yoga - 9am
Knit Wits- 10 am
Yoga Fit- 5 pm
Creative Journaling Circle-5:30pm

11

Yoga - 12 Noon

12

Exploring Our Mortality-11am
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

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16

20/20/20 Fitness - 10:30 am
Wave of Healthy Meals-
11:30am
Living With Loss-2 pm

17

Yoga Fit- 5 pm

18

Yoga - 12 Noon
The New You! - 5 pm

19

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

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23

20/20/20 Fitness - 10:30 am
Living With Loss-2 pm

24

Gentle Mindful Yoga - 9am
Yoga Fit- 5 pm

25

Yoga - 12 Noon

26

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

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30

20/20/20 Fitness - 10:30 am
Living With Loss-2pm

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



*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!