



Calendar of Events

New Castle County

November 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
- NEW! GYN 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

Cooking for Chemo: A Skype Session with Chef Ryan

Thursday, November 7th at 6:30

Chef Ryan, author of the book *Cooking For Chemo...And Beyond* will present an interactive session that focuses on common sense and practical, easy to use cooking techniques to help cancer participants enjoy eating again. You will participate in simple tastings and leave with a deeper understanding of what flavors and spices will enhance your eating experience. Chef Ryan's goal is to help you take back a part of your life that cancer may have taken away...the simple enjoyment of food.

Please call (302) 995-2850 to register.

Frankly Speaking About Cancer: Precision Medicine

Thursday, November 14th at 6:30pm

Cancer Support Community DE invites people interested in learning about precision medicine to a free workshop that provides fundamental information about precision medicine, biomarker testing, and types of targeted therapies to find the best treatment on an individual basis. Please call (302) 995-2850 to register.

Feel More Like You

Friday, November 15th at 10:00am

Trained Beauty Consultants from Walgreens will be here to give guidance and tips on dealing with hair loss, dry skin and skin discolorations, sun care protection, changes to nails and cuticles, and other beauty challenges from cancer treatment.

A hand massage and make-over will be given to all program participants, along with make-up application guidance. Please call (302) 995-2850 to register.

Gratitude Gathering

Friday, November 22nd at Noon

Join us for a social gathering with our participants, caregivers and staff for a time of light refreshments, sharing what we are thankful for, and adding to our gratitude trees. 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.




**TAKE
ON
CANCER
TOGETHER**
JOIN. GIVE. ACT.

New Castle County—November 2019

Mon	Tue	Wed	Thu	Fri	Sat
<p>4 10:00am-Support Group 6:30pm-Living with Loss</p>	<p>5 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>6 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups 6:30pm-Woman with Metastatic Cancer</p>	<p>7 10:00am-Gentle Yoga w/Dawna 6:30pm-Cooking for Chemo: A Skype Session with Chef Ryan</p>	<p>1 9:00am-Moving & Groovin' with Danzare! 2:00pm-Restorative Yoga & Meditation</p>	<p>2</p>
<p>11 10:00am-Support Group 6:30pm-Living with Loss 6:30-The Next Step-Bereavement Support Group</p>	<p>12 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups</p>	<p>13 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups</p>	<p>14 10:00am-Gentle Yoga w/Dawna 6:30pm-Young Adult Survivors 6:30pm-Frankly Speaking About Cancer: Precision Medicine</p>	<p>15 10:00am-Feel More Like You</p>	<p>16</p>
<p>18 10:00am-Support Group 6:30pm-Living with Loss 6:30pm-Friends on Mend 6:30pm-Prostate Cancer Group</p>	<p>19 10:30am-Knit Wits 12:30pm-Poetry Group 1:00pm-NEW:GYN Cancer Support Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups</p>	<p>20 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups</p>	<p>21 10:00am-Gentle Yoga w/Dawna 1:00pm-The Next Step-Bereavement Support Group</p>	<p>22 12:00pm-Gratitude Gathering</p>	<p>23</p>
<p>25 10:00am-Support Group 6:00pm-Blood Cancer Group 6:30pm-Brain Cancer Group</p>	<p>26 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups</p>	<p>27 9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups</p>	<p>28 The office will be closed to observance of the holiday</p>	<p>Happy Thanksgiving</p> 	<p>29</p>

Showing gratitude is one of the simplest yet most powerful things humans can do for each other.
-Randy Pausch

Get the Cancer Support Community DE App



It's free and allows you one click access to all that we have to offer including our daily program calendar.