



Calendar of Events

New Castle County

October 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
- 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

Living With Loss

Monday, October 14th-November 18th at 6:30pm

This bereavement program is offered for six successive Mondays for those who have suffered the loss of a loved one to cancer in the past year. Jean Sweigart, LCSW, OSW-C facilitates this program that combines emotional support with education. Must commit to attend at least 5 of the sessions. Please call (302) 995-2850 to register.

Digital Sherpa Workshop

A Guide to Navigating Your Cancer Research

Thursday, October 17, 2019 6:30pm-8:30pm

So you want to find reliable information on the internet but feel digitally challenged? In this round table presentation for cancer patients and caregivers, attendees will learn internet and social media skills, to become better self-advocates as they face their disease. Participants are encouraged to bring their own personal smartphone and/or tablet for interactive and hands-on training. Please call (302) 995-2850 to register.

Focus Group: "What Constitutes Value in Cancer Care"

Friday, October 18th at 12pm

What do you value when making health care decisions? Join us for a focus group discussing what you, as a cancer patient, value as you make treatment decisions. Lunch will be provided. Seating is limited, please call (302) 995-2850 to register.

Musical Performance by Singer/Songwriter Kate Schutt

Thursday, October 24 at 6:30pm

Singer-songwriter Kate Schutt will perform music from her latest recording "Bright Nowhere". Kate supported her mother through her ovarian cancer treatment and performed a TED talk about her experience as well as including songs about her experience. Please visit her website at <https://www.kateschutt.com/> Light refreshments will be provided. Seating is limited, 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—October 2019

Mon	Tue	Wed	Thu	Fri	Sat
<p>7</p>  <p>10:00am-Support Group</p>	<p>1</p> <p>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>2</p> <p>9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups 6:30pm-Woman with Metastatic Cancer</p>	<p>3</p> <p>10:00am-Gentle Yoga w/Dawna</p>	<p>4</p> <p>9:00am-Moving & Groovin' with Danzare! 11:30am-Exploring your Mortality</p>	<p>5</p>
<p>14</p> <p>Office is Closed in Observance of Holiday</p> <p>6:30pm-Living with Loss 6:30-The Next Step-Bereavement Support Group</p>	<p>8</p> <p>2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups</p>	<p>9</p> <p>9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups</p>	<p>10</p> <p>10:00am-Gentle Yoga w/Dawna 6:30pm-Young Adult Survivors</p>	<p>11</p>	<p>12</p> <p>10:00am-Restorative Yoga & Meditation w/ Tracy</p>
<p>21</p> <p>10:00am-Support Group 6:30pm-Living with Loss 6:30pm-Friends on Mend 6:30pm-Prostate Cancer Group</p>	<p>15</p> <p>10:30am-Knit Wits 1:00pm-Ladies Living w/Cancer Group 2:30pm-Chair Yoga w/Rita 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups</p>	<p>16</p> <p>9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups</p>	<p>17</p> <p>10:00am-Gentle Yoga w/Dawna 6:30pm-Digital Sherpa Workshop</p>	<p>18</p> <p>12:00pm-Focus Group "What Constitutes Value in Cancer Care"</p>	<p>19</p>
<p>28</p> <p>10:00am-Support Group 6:00pm-Blood Cancer Group 6:30pm-Brain Cancer Group 6:30pm-Living with Loss</p>	<p>22</p> <p>12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups</p>	<p>23</p> <p>9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups</p>	<p>24</p> <p>10:00am-Gentle Yoga w/Dawna 6:30pm-Young Adult Survivors 6:30pm-Breast Cancer Group 6:30pm-Musical Performance by Singer/Songwriter Kate Schutt</p>	<p>25</p>	<p>26</p> <p>11:00am-Food for Life</p>
<p>28</p> <p>10:00am-Support Group 6:00pm-Blood Cancer Group 6:30pm-Brain Cancer Group 6:30pm-Living with Loss</p>	<p>29</p> <p>12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups</p>	<p>30</p> <p>9:30am-T'ai Chi w/Beth 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups</p>	<p>31</p> <p>10:00am-Gentle Yoga w/Dawna 1:00pm-The Next Step-Bereavement Support Group</p>	<p>Get the App!</p> <p>Cancer Support Community DE</p> 