



# Calendar of Events

## New Castle County

### March 2020

*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 4th Monday of each month at 6:00pm
- Brain Cancer**—Please register with Sean Hebbel at (302) 995-2850.
- Breast Cancer**—the 1st Thursday of each month at 6:30pm and 3rd Thursday of each month at 1:00pm
- Friends On The Mend**—the 3rd Monday of each month at 6:30pm
- Head & Neck Cancer**—the 2nd Monday of each month at 6:30pm
- GYN Cancer Group**—the 3rd Tuesday of the month at 1:00pm
- Prostate Cancer**—the 3rd Monday of each month at 6:30pm
- The Next Step-Bereavement Support Group**—the 2nd Monday of each month at 6:30pm & The last Thursday of each month at 1:00pm.
- Woman w/Metastatic Cancer**—the 1st-Wednesday of each month at 6:30pm
- Young Adult Survivors**—the 2nd & 4th Thursday of each month at 6:30pm
- Bagels & Banter: A Young Adult Survivor Support Group**—1st & 3rd Wednesday of the month at 10:30am

#### Special Programs

#### Ask the Oncology Nurse: “Managing Effects of Cancer Treatments”

**Friday, March 6, 1:00-2:30pm**

Join us for a presentation and discussion with Darcy Burbage, DNP, RN, AOCN®, CBCN® on coping with chemo-brain, fatigue and neuropathy, as well as other common symptoms during cancer treatment. Bring your questions! There will be a time for Q & A, allowing for personalized discussion of the cancer treatment related symptoms that affect you the most. Please call (302) 995-2850 to register.

#### Sign up now!-Health Coaching

Thanks to a generous grant from the Longwood Foundation, CSCDE is collaborating with University of Delaware and Stockton University NJ to once again offer Health Coaching for Cancer Survivors. A certified health coach or health coach student will work with you individually to make healthy lifestyle changes concerning physical activity, nutrition, sleeping and other areas. Anyone diagnosed with cancer, anywhere on the cancer continuum is eligible; visits can be done telephonically for your convenience. Please call (302) 995-2850 for more information.

#### NEW! READ Book Club

**Friday, March 27th at 9:30am-11:00am**

Read Eat And Discuss: A monthly book club on the fourth Friday of the month. Join us for a light brunch and lively discussion about our book choice. Read the book on your own before the meeting in preparation for coming to share your thoughts. All are welcome, even if you aren't able to ready our book ahead of time. This month's book is:  
**“The Unwinding of the Miracle”** by Julie Yip-Williams.  
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—March 2020

Mon	Tue	Wed	Thu	Fri	Sat
2 10:00am-Participant Group	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 10:30am-Bagels & Banter: Young Adult Survivors Group 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups 6:30pm-Woman W/Metastatic Cancer	5 10:00am-Gentle Yoga w/Dawna 6:30pm-Breast Cancer Support Group	6 9:00am-Moving & Groovin' with Danzare! 1:00pm-Ask the Oncology Nurse- "Managing the Effects of Cancer"	7 10:00am-Restorative Yoga & Meditation w/Tracy
9 10:00am-Participant Group 6:30pm-Head & Neck Group 6:30-The Next Step- Bereavement Support 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 9:30am-Let's Talk About Sex (Full) 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
16 10:00am-Participant Group 6:30pm-Friends on the Mend 6:30pm-Prostate Group	17 10:30am-Knit Wits 12:30pm-Poetry Group 1:00pm-GYN 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 10:30am-Bagels & Banter: Young Adult Survivors Group 11:00am-Walking Warriors 6:30pm-Participant & Caregiver Groups	19 10:00am-Gentle Yoga w/Dawna 1:00pm-Breast Cancer Support Group	20 9:30am-Food For Life	21 9:30am-Food For Life
23 10:00am-Participant 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 1:00-The Next Step- Bereavement Support Group 6:30pm-Young Adult Survivors	27 9:30am-READ Book Club	28
30 10:00am-Participant Group	31 12:30pm-Poetry Group 2:30pm-Chair Yoga w/Ed 5:15pm-T'ai Chi w/Beth 6:15pm-Participant & Caregiver Groups	<div style="border: 2px solid black; border-radius: 50%; padding: 10px; text-align: center;">  <p>***Special Program*** Save the date: Thursday, April 2 at 11 am Social Security Disability 101: A comprehensive two hour workshop Please call 302-995-2850</p> </div>			<p><b>Cancer Support Community DE App</b> It's free and allows you one click access to all that we have to offer including our daily program calendar.</p> 