



www.cancersupportdelaware.org

August 2025

Program Calendar—Sussex County

302-645-9150

18947 John J Williams Hwy Ste 312

Rehoboth Beach DE 19971

Types of Programs:

Zoom/FB Live: Program is fully virtual

Hybrid: Program is at another location but you can join virtually

In-Person: Program is happening in-person in Sussex County (will specify if virtual option is also available)



Scan QR code to visit calendar on website

<p>4</p> <p>10:30a Expressive Art (In-person & Zoom)</p> <p>5pm Caregiver Support Group (In-person & Zoom)</p> <p>6:30pm - Colorectal Cancer Support Group (Zoom)</p>	<p>5</p> <p>1:30pm Poetry of Wellness (Zoom)</p>	<p>6</p> <p>8am Walking Warriors (Rehoboth)</p> <p>5pm The New You (In-person & Zoom)</p>	<p>7</p> <p>10am Chair Yoga with Reber (In-person & Zoom)</p> <p>11am Yoga with Reber (In-person & Zoom)</p> <p>1:30pm Participant Support Group (In-person only)</p> <p>1:30pm Caregiver Support Group (In-person only)</p> <p>5pm Meditation with Clare (Zoom)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	<p>8</p>
<p>11</p> <p>5pm Caregiver Support Group (In-person & Zoom)</p>	<p>12</p> <p>1pm Stage 4 Couch Support Group (Hybrid - New Castle)</p> <p>1:30pm Poetry of Wellness (Zoom)</p>	<p>13</p> <p>8am Walking Warriors (Rehoboth)</p> <p>11am Tai Chi with Linda (In-person)</p> <p>12n Cooking with Chef Dave (Hybrid - Sussex)</p> <p>2pm Chair Yoga with Rita (FB Live)</p> <p>5pm Breathing & The Vagus Nerve Workshop (In-person at Beebe South Coastal)</p>	<p>14</p> <p>10am Welcome Meeting (Zoom)</p> <p>10am Chair Yoga with Reber (In-person & Zoom)</p> <p>11am Yoga with Reber (In-person & Zoom)</p> <p>1:30pm Participant Support Group (In-person & Zoom)</p> <p>1:30pm Caregiver Support Group (In-person & Zoom)</p> <p>4pm Sound Meditation with Mary (Zoom & FB Live)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p>	<p>15</p>
<p>18</p> <p>5pm Caregiver Support Group (Zoom)</p> <p>6:30pm Prostate Cancer Support Group (Hybrid - New Castle)</p>	<p>19</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>2:30pm GYN Cancer Support Group (Zoom)</p>	<p>20</p> <p>8am Walking Warriors (Rehoboth)</p> <p>12n T'ai Chi Chih with Jessica (FB Live)</p> <p>5pm The New You (In-person & Zoom)</p>	<p>21</p> <p>10am Chair Yoga with Reber (In-person & Zoom)</p> <p>11am Yoga with Reber (In-person & Zoom)</p> <p>1:30pm Participant Support Group (In-person & Zoom)</p> <p>1:30pm Caregiver Support Group (In-person & Zoom)</p> <p>5pm Meditation w/ Clare (Zoom)</p> <p>6:30pm Lung Cancer Support Group (Zoom)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	<p>22</p>
<p>25</p> <p>4:30pm Nutrition with Elena (Zoom)</p> <p>5pm Caregiver Support Group (Zoom)</p> <p>6:00pm Blood Cancer Support Group (Zoom)</p> <p>7:00pm Welcome Meeting (Zoom)</p>	<p>26</p> <p>1pm Metastatic Breast Cancer Support Group (Hybrid - New Castle)</p> <p>1:30pm Poetry of Wellness (Zoom)</p>	<p>27</p> <p>8am Walking Warriors (Rehoboth)</p> <p>9am Coffee & Conversation: Men's Group (In-person)</p> <p>11am Tai Chi with Linda (In-person)</p> <p>2pm Chair Yoga with Rita (FB Live)</p>	<p>28</p> <p>10am Chair Yoga with Reber (In-person & Zoom)</p> <p>11am Yoga with Reber (In-person & Zoom)</p> <p>1:30pm Participant Support Group (In-person & Zoom)</p> <p>1:30pm Caregiver Support Group (In-person & Zoom)</p> <p>4pm Sound Meditation w/ Mary (In-person at Metta Studio)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p>	<p>29</p> <p>10am READ Book Club (Hybrid - New Castle)</p> <p>Save the Date: 9/3/25 3pm Benefits of Palliative Care (Zoom & FB Live)</p>