

Monday

Tuesday

Wednesday

Thursday

Friday



January 2026

Program Calendar—Sussex County

18947 John J Williams Hwy Ste 312
Rehoboth Beach DE 19971

302-645-9150

www.cancersupportdelaware.org

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)

1

Offices Closed
for Programs
1/1 & 1/2.



Scan QR code to view
calendar on website

5	10:30a Expressive Art (In-person) 5pm Caregiver Support Group (In-person & Zoom) 6:30pm Colorectal Cancer Support Group (Zoom)	6	1:30pm Poetry of Wellness (Zoom)	7	10am Welcome Meeting (Zoom) 10am Chair Yoga with Reber (In-person & Zoom) 11am Yoga with Reber (In-person & Zoom) 11am The Next Step (In-person) 1:30pm Living with Cancer Support Group (In-person/Zoom) 1:30pm Caregiver Support Group (In-person/Zoom) 4pm Sound Meditation with Mary (at Metta Studio) 5pm Meditation with Clare (Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Cancer Support Group (Zoom)	8	9
12	5pm Caregiver Support Group (In-person & Zoom) 5:30pm Coaching Corner (Zoom)	13	1pm Stage 4 Couch Support Group (Hybrid - New Castle) 1:30pm Poetry of Wellness (Zoom)	14	8am Walking Warriors (Rehoboth) 11am Tai Chi with Linda (In-person) 2pm Chair Yoga with Rita (FB Live)	15	10am Chair Yoga with Reber (In-person & Zoom) 10:30am Creative Writing Workshop (Hybrid - New Castle) 11am Yoga with Reber (In-person & Zoom) 1:30pm Living with Cancer Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 6:30pm Lung Cancer Support Group (Zoom) 6:30pm Breast Cancer Support Group (Zoom)
19	Offices Closed	20	1:30pm Poetry of Wellness (Zoom) 2:30pm GYN Support Group (Zoom)	21	12n T'ai Chi Chih with Jessica (FB Live) 2pm Advanced Healthcare Directives Updates with Rev. Goheen (Zoom) 5pm The New You (Hybrid - Sussex)	22	10am Chair Yoga with Reber (In-person & Zoom) 11am Yoga with Reber (In-person & Zoom) 1:30pm Living with Cancer Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 4pm Sound Meditation with Mary (Zoom & FB Live) 5pm Meditation with Clare (Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom)
26	3pm Nutrition with Elena (Zoom & FB Live) 5pm Caregiver Support Group (In-person & Zoom) 6pm Blood Cancer Support Group (Zoom) 7:00pm Welcome Meeting (Zoom)	27	1pm Stage 4 Couch Support Group (Hybrid - New Castle) 1:30pm Poetry of Wellness (Zoom)	28	11a Tai Chi with Linda (In-person) 12n Cooking with Chef Dave (In-person & Zoom) 2pm Chair Yoga with Rita (FB Live) 3pm Gynecologic Cancers Education (Zoom & FB Live)	29	10am Chair Yoga with Reber (In-person & Zoom) 11am Yoga with Reber (In-person & Zoom) 1:30pm Living with Cancer Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 6:30pm Breast Cancer Support Group (Zoom)
							10am READ Book Club (Hybrid - New Castle)