

Monday	Tuesday	Wednesday	Thursday	Friday
3 5pm Caregiver Support Group (Zoom) 6:30pm Colorectal Cancer Support Group (Zoom)	4 11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga with Lisa (Middletown office) 12:30pm Cancer Support Group (In-person) 1:30pm Poetry of Wellneess (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown office)	5 10am Walking Warriors (In-person John Dickinson plantation) 5pm The New You (Zoom)	6 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga with Reber (Hybrid - Sussex) 1pm T'ai Chi Chih with Jessica (FB Live) 5pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom)	7
10 5pm Caregiver Support Group (Zoom)	11 11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga with Lisa (Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 1pm Stage 4 Couch Support Group (Hybrid - New Castle) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown)	12	13 10am Chair Yoga with Reber (Hybrid - Sussex) 10am <i>Welcome Meeting</i> (Zoom) 11am Yoga with Reber (Hybrid - Sussex) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Cancer Support Group (Zoom)	14
17 3pm Nutrition with Elena (Zoom & FB Live) 5pm Caregiver Support Group (Zoom) 5:30pm Coaching Corner (Zoom) 6:30pm Prostate Cancer Support Group (Hybrid - New Castle)	18 11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga with Lisa (Middletown office) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown office)	19 10am GYN Cancer Support Group (Zoom) 10am Walking Warriors (In-person at Dickinson plantation) 5pm The New You (Zoom)	20 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga with Reber (Hybrid - Sussex) 1pm T'ai Chi Chih with Jessica (FB Live) 5pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom) 6:30pm Lung Cancer Support Group (Zoom)	21
24 5pm Caregiver Support Group (Zoom) 6:30pm Blood Cancer Support Group (Zoom)	25 11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga with Lisa (Middletown office) 12:30pm Cancer Support Group (In-person) 1pm Stage 4 Couch Support Group (In-person & Zoom) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown office)	26	27 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga with Reber (Hybrid - Sussex) 4pm Sound Meditation with Mary (Zoom & FB Live) 6pm Spirituality, Uncertainty and Cancer (Zoom)	28 10am READ Book Club (Hybrid - New Castle)

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5pm Caregiver Support Group (Zoom)
7pm *Welcome Meeting* (Zoom)



www.cancersupportdelaware.org

August 2026

Program Calendar

Kent County

302-645-9150
812 S Bradford St
Dover DE 19904

Types of Programs:

Zoom: Join program virtually

FB Live: Watch program live

Hybrid: Program is in-person at another location and you can join virtually via Zoom

In-person: Join in-person at the Dover office



Scan QR code
to view
calendar on
website