

FEBRUARY 2025



# CANCER SUPPORT COMMUNITY GREATER NY & CT

Cancer Support Community Greater NY & CT uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

Servicios de apoyo estan disponible en español 914-997-6006.

To learn more or to become a member,  
visit our website at [www.cscnyct.org](http://www.cscnyct.org) call 914-644-8844

**ONGOING PROGRAMS** Please note, not all programs are offered weekly. Please see website calendar for dates.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
11:00: Breast Cancer Support Group (2/3)	1:00: Sistah's Circle (in person)	12:00: Cancer Transitions: Moving Beyond Treatment (4-weeks)**	1:00: Caregiver Support Group	10:00: Clay Expressions
12:00: Post-Treatment Breast Cancer Support Group (2/10)**	6:00: Cafecito y Conexión*	12:30: Post-Treatment Together Group	2:00: Yoga with Joyce or Patty (in person)	
	6:00: Living with Cancer Support Group	1:00: Living with Cancer Support Group	6:00: Caregiver Support Group	
	6:00: Breast Cancer Support Group	4:00: Men's Group	6:00: Living with Cancer Support Group	
	6:00: Yoga with Diane	5:00: Pa'lante: Grupo para hombres*	6:00: Living with Loss Support Group (8-week Session)	
	7:00: Teens Joining Forces after Loss: Support Group	6:00: Post-Treatment Breast Cancer Group**		
		6:00: Young Women with Breast Cancer Group		

*Support Planning Meetings/Reunion de Apoyo are offered regularly. Please review the calendar on our website for more information and to register.*

*\*Our Spanish language support groups are made possible by the generous support of Memorial Sloan Kettering Cancer Center.*

*\*\*These support groups and programs are made possible by the generous support of Summit Health Management.*

## ADDITIONAL PROGRAMS IN FEBRUARY

- 2/3 @ 11:00 & 12:00: Reiki Energetics (in person)
- 2/3 @ 6:00: Yoga Nidra with Claudia
- 2/4 @ 1:00: BREATH-BODY-MIND™ (in person)\*\*
- 2/5 @ 10:30: Beading with Christina (in person)
- 2/7 @ 10:00: Tai Chi
- 2/10 @ 12:00: Writing to Heal for Caregivers and Those Living with Cancer
- 2/11 @ 11:00, 11:30, 12:00: Reiki with Carolyn (in person)
- 2/11 @ 1:00: BREATH-BODY-MIND™ (in person)\*\*
- 2/11 @ 2:00: Healing Qigong to Soothe the Soul (in person)
- 2/13 @ 12:00: Frankly Speaking: Why Can't I Stay Positive\*\*
- 2/17 - 2/19 @ 9:00-12:00: CTF Winter Camp (in person)
- 2/18 @ 1:00: BREATH-BODY-MIND™ (in person)\*\*
- 2/20 @ 1:00: Red Door Readers
- 2/20 @ 6:00: Rapid Relief from Fear, Worry, Anger, Stress & Negativity
- 2/25 @ 11:00: Lite Zumba (in person)
- 2/25 @ 1:00: BREATH-BODY-MIND™ (in person)\*\*
- 2/26 @ 11:30: Walgreens Feel More Like You (in person)

*\*\*These programs are made possible by the generous support of Summit Health Management.*

**OTHER SUPPORTS:** Short-term Individual Counseling, Family Support

For a full look at our calendar, visit our website at

[www.cancersupportcommunitynyct.org](http://www.cancersupportcommunitynyct.org)



Please read the event description on the website to see if the program is being held in-person or on Zoom and if it is open to the public. Please note, some programs are open to members only.

Please also note that events are subject to change.