

NOVEMBER 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, 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
2:00: Yoga with Joyce or Patty (in person)	12:00: Together Networking Groups (see below) 1:00: Sistah's Circle (in person) (11/4) 6:00: Living with Cancer Support Group 6:00: Caregiver Support Group 6:00: Yoga with Diane (11/18, 7:00: Teens Joining Forces after Loss: Support Group (11/11, 11/25)	WELCOME WEDNESDAY (in person, 11/5 & 11/19) 1:00: Living with Cancer Support Group 5:00: Pa'lante: Grupo para hombres 6:30: Young Women with Breast Cancer Group	1:00: Caregiver Support Group 6:00: Living with Cancer Support Group	10:00: Clay Expressions (off-site)

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

ADDITIONAL PROGRAMS IN NOVEMBER

11/4 @ 12:00: Post Treatment Breast Cancer Together
11/5 @ 10:30-2:00: **WELCOME WEDNESDAYS (in person):** Morning Munchies, Qigong with Steve, Beading with Christina, Lunch Break, Yoga with Joyce & Patty, Meditation
11/6 @ 5:30 **Gilda's Dinner (in person)**
11/7 @ 10:00: Tai Chi
11/8 @ 10:00: Walking with Essie (offsite)
11/11 @ 10:30: Beading with Christina (in person)
11/11 @ 11:00, 11:30, 12:00: Reiki with Carolyn (in person)
11/11 @ 12:00: Breast Cancer Together
11/12 @ 11:00: Qigong with Steve (in person)
11/12 @ 11:00 & 12:00: Reiki Energetics (in person)
11/12 @ 12:00: Té y Bocaditos (en persona)
11/13 @ 1:00: Red Door Readers
11/18 @ 12:00: Post Treatment Together
11/19 @ 10:30-2:00: **WELCOME WEDNESDAYS (in person):** Morning Munchies, Qigong with Steve, Lunch Break, Yoga with Joyce & Patty, Sound Bath
11/19 @ 12:00-3:30: **Gilda's Pantry (in person)**
11/19 @ 2:00: **The 5 Estate Planning Documents Everyone Needs (hybrid workshop)**
11/20 @ 6:00: Rapid Relief from Fear, Worry, Anger, Stress & Negativity
11/25 @ 11:00 & 12:00: Reiki Energetics (in person)
11/26 @ 1:00: **Clubhouse Closed - Thanksgiving**
11/27-11/28: **Clubhouse Closed - Happy Thanksgiving**

OTHER SUPPORTS: Short-term Individual Counseling, Family Support, Community Navigation

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

CSCNYCT 80 Maple Ave, White Plains, NY 10601 914-644-8844