

Support. Education. Hope.



COMMUNITY IS STRONGER THAN CANCER



WELCOME

Join us to learn how we can help support you and your family. As a person with cancer, a survivor, family member, friend, or bereaved, come explore our homelike setting, discover our programs and connect with others who are living with, through, and beyond cancer. There is a community of support waiting for you. Call for your appointment: 610.861.7555

ALL PROGRAMS ARE PROVIDED FREE OF CHARGE

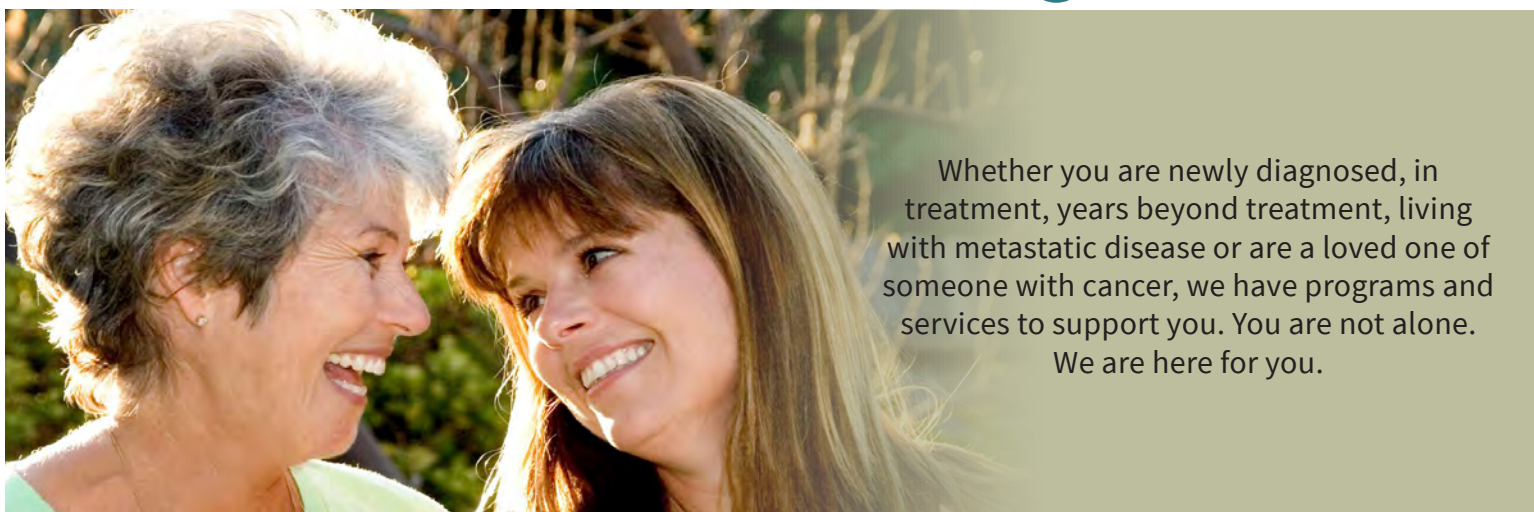
The Cancer Support Community of the Greater Lehigh Valley ensures that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

We carefully curate our programs to build your physical and emotional strength. We offer many programs since we know your needs can change daily.

NEED A SHORT-TERM HAND? We offer free six-week counseling sessions. Call us to schedule if you are a cancer survivor or caregiver.

PROGRAM HIGHLIGHTS

- SUPPORT GROUP**
- HEALTHY BODY**
- CANCER EDUCATION**
- FAMILIES**
- HEALTHY MIND**
- SOCIAL**



Whether you are newly diagnosed, in treatment, years beyond treatment, living with metastatic disease or are a loved one of someone with cancer, we have programs and services to support you. You are not alone. We are here for you.



OCTOBER 2024 - PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
	<p>Gentle Yoga 9:30 AM 1</p> <p>Creative Expression 11 AM</p> <p>People/Cancer 6 PM</p> <p>Prostate Support Group 7 PM</p>	<p>Yoga Meditation 9:30 AM 2</p> <p> Animal Guide Meditation 10 AM</p> <p> Gentle Yoga 12:30 PM</p> <p> Kids Sand Tray Play 5:30 PM</p> <p>Restorative Yoga 6 PM</p>	<p>Upcycled Autumn Tree 12 PM 3</p>	<p>Let it Go Friday 12 PM 4</p>	<p>5</p> <hr/> <p>6</p>
<p> Help Our Garden Grow 9:30 AM 7</p> <p>Unite for HER 11:30 AM</p> <p>Breast Cancer Support 12 PM</p> <p>People/Cancer 6 PM</p> <p>Friends/Family 7 PM</p> <p>People/Cancer 7:15 PM</p>	<p>Extreme Self-Care 8 AM 8</p> <p>Gentle Yoga 9:30 AM</p> <p>Creative Expression 1 PM</p> <p>People/Cancer 6 PM</p>	<p>Yoga Meditation 9:30 AM 9</p> <p> Coffee Talk 10 AM</p> <p>Thyroid Cancer Support 6 PM</p>	<p>Extreme Self-Care 8 AM 10</p> <p>Upcycled Autumn Tree 12 PM</p> <p> Kids Sand Tray Play 5:30 PM</p>	<p>Yamuna Body Rolling: Healthy Shoulders 11:30 AM 11</p> <p>Let it Go Friday 12 PM</p>	<p>12</p> <hr/> <p>13</p>
<p> Help Our Garden Grow 9:30 AM 14</p> <p>Perfect Balance Boutique Pop-Up 10:30 AM</p> <p>People/Cancer 6 PM</p> <p>Friends/Family 7 PM</p> <p>People/Cancer 7:15 PM</p>	<p>Extreme Self-Care 8 AM 15</p> <p>Gentle Yoga 9:30 AM</p> <p>Creative Expression 11 AM</p> <p>People/Cancer 6 PM</p>	<p>Yoga Meditation 9:30 AM 16</p> <p> Easy Fall Hike 10 AM</p> <p>Yoga for Breast Cancer and Beyond 12 PM</p> <p> Kids Sand Tray Play 5:30 PM</p>	<p>Extreme Self-Care 8 AM 17</p> <p>Upcycled Autumn Tree 12 PM</p> <p> Self-Massage 4:30 PM</p>	<p>Let it Go Friday 12 PM 18</p> <p>Holiday Themed Tassel Making 1 PM</p>	<p>19</p> <hr/> <p>20</p>
<p> Help Our Garden Grow 9:30 AM 21</p> <p>People/Cancer 6 PM</p> <p>Friends/Family 7 PM</p> <p>People/Cancer 7:15 PM</p>	<p>Extreme Self-Care 8 AM 22</p> <p>Gentle Yoga 9:30 AM</p> <p>Pancreatic Support 10:15 AM</p> <p>Creating and Maintaining Your New Normal 12 PM</p> <p>People/Cancer 6 PM</p> <p>Tibetan Singing Bowls 7 PM</p>	<p>Yoga Meditation 9:30 AM 23</p> <p> Line Dancing 10 AM</p> <p>Yoga for Breast Cancer and Beyond 12 PM</p> <p> Carbon County Support 3 PM</p>	<p>Extreme Self-Care 8 AM 24</p> <p>Beading Basics 10:30 AM</p> <p>Compassion Meditation 12 PM</p> <p> Suites N Treats 4:30 PM</p>	<p>Let it Go Friday 12 PM 25</p>	<p>26</p> <hr/> <p>27</p>
<p>Help Our Garden Grow End of the Season Party 12 PM 28</p> <p> Mindful Stroll 1 PM</p> <p>People/Cancer 6 PM</p> <p>Friends/Family 7 PM</p> <p>People/Cancer 7:15 PM</p>	<p>Extreme Self-Care 8 AM 29</p> <p>Gentle Yoga 9:30 AM</p> <p>Journaling with Art 11 AM</p> <p>People/Cancer 6 PM</p>	<p>Yoga Meditation 9:30 AM 30</p> <p> Seasonal Crafting 10 AM</p> <p>Yoga for Breast Cancer and Beyond 12 PM</p> <p> Kid Support™ at Palmerton Library 5:30 PM</p>	<p>Extreme Self-Care 8 AM 31</p> <p>Energy Vampires 12 PM</p>	<p>Designates Offsite Location</p> <p> Carbon County</p> <p> Monroe County</p> <p> Other</p> <p>Designates Family Programs</p> <p></p>	



SUPPORT GROUPS

Hold a hand

Register to receive a private invitation to an online support group meeting.

PEOPLE LIVING WITH CANCER

Mondays, 6 PM; Mondays, 7:15 PM; Tuesday, 6 PM

FRIENDS AND FAMILY

Mondays, 7 PM

BREAST CANCER

1st Monday of month, 11 AM

PROSTATE CANCER

1st Tuesday of month, 7 PM

THYROID CANCER

2nd Wednesday of month, 6 PM

PANCREATIC CANCER

4th Tuesday of month, 10:15 AM • Anyone affected by pancreatic cancer is invited to join. Sponsored by Pancreatic Cancer Hope Foundation.

📍 CARBON COUNTY GROUP

Wednesday, October 23, 3 PM • All cancer types are welcome. • In collaboration with Perfect Balance Boutique.

📍 COFFEE TALK

Wednesday, October 9, 10 AM • Join other local survivors for an informal support group discussion over coffee. Location: Seventh Street Coffee, 20 N. 7th Street, Stroudsburg, PA



RESOURCES

PERFECT BALANCE BOUTIQUE POP-UP

Monday, October 14, 10:30 AM • Receive a free consultation with staff from the Perfect Balance Boutique. During this private one hour session, you can talk with a certified bra fitter, try on garments, and review options for products to help during treatment, post-surgery, and to maintain positive body image. Call 610-861-7555 to schedule a session.

WIG SALON

Trained professionals are available for free wig fittings by appointment only. Women in active cancer treatment can call to schedule a time.



HEALTHY BODY

Physical activity- movement, strength, flexibility- can help reduce treatment side effects. Do it carefully. Do it with us.

THE 5 YOGAS

Experienced instructors teach gentle movement, strengthening, stretching, mindful breathing, meditation, and imagery techniques to relieve stress, quiet the mind, help sleep, and promote healing. Come on over, no matter your level!

RESTORATIVE YOGA AND YOGA NIDRA

ROOTED IN SELF-COMPASSION

Wednesday, October 2, 6 PM • Appropriate for all levels, restorative yoga is practiced at a slow pace, using supportive props in seated and reclined postures to encourage physical, mental, and emotional relaxation. We practice self-compassion by softening areas of tension through long holds, stillness, and breath awareness. This pairs well with yoga nidra, a compassionate deep relaxation that literally means “yogic sleep.”

GENTLE YOGA: Building Your Tadasana

Tuesdays, 9:30 AM • Learn the simple steps to build a strong foundation from the ground up. Mild stretching and focused breathing practices designed to improve posture and body awareness can be done on a chair, against the wall or standing.

YOGA MEDITATION

Wednesdays, 9:30 AM • Join Jamie Laputka for yoga techniques that are designed for people living with cancer and chronic illness, focusing on awareness of breath, gentle movement, meditation and imagery. In-person program onlywall or standing.

📍 GENTLE YOGA

Wednesday, October 2, 12:30 PM • Join us for gentle stretches and poses that can be adapted to a chair. Location: 2226 Blakeslee Blvd, Lehighton, PA (LVHN Carbon)

YOGA FOR BREAST CANCER & BEYOND

Wednesdays, October 16, 23, and 30, 12 PM • This gentle practice includes focus on lymph drainage, range of motion of the arm, chest, and shoulders, pain relief, and total body strengthening and stretching. Our goals are to strengthen the whole body, offer protection from lymphedema and calm the mind.

YAMUNA BODY ROLLING: HEALTHY SHOULDERS

Friday, October 10, 11:30 AM • Are you interested in trying Yamuna Body Rolling to see what it is all about? Join Jeanne Reilly for a monthly introduction to the techniques that help elongate the spine and calm the nervous system. Beginners and previous attendees are welcome to participate in this class that will focus on keeping the shoulders in shape. Please note: Must be able to get up and down from the floor comfortably.

📍 EASY FALL HIKE

Wednesday, October 16, 10 AM • Soak in the fall colors along the walking path at Columcille Megalith Park. Location: 2155 Fox Gap Rd, Bangor, PA



SOCIAL

Take a break from cancer and have fun!

📍 HELP OUR GARDEN GROW

Mondays, 9:30 AM • There's still time to join us for our final weeks on the farm. We're picking berries and harvesting flowers for bouquets. Join us as we wrap up this colorful season! Supplies and equipment are provided. Location: Rodale Institute, St. Luke's Hospital Organic Farm, Easton, PA

📍 LINE DANCING

Wednesday, October 23, 10 AM • Bring your wild west spirit for a morning of heel touching, hand clapping, a heart pumping fun made easy! Location: Pocono YMCA 809 Main St, Stroudsburg, PA

HELP OUR GARDEN GROW END OF THE SEASON PARTY

Monday, October 28, 12 PM • We've enjoyed another full season at the St. Luke's Rodale Institute Organic Farm. Join us for a harvest-inspired lunch, pumpkin decorating, and recipe sharing to celebrate this collaboration.

📍 MINDFUL STROLL

Monday, October 28, 1 PM • Engage all 5 senses as you join us for a walking tour. Location: Sand Island D&L Trail

Do you or someone you know need a wig?
We're here to help.




UNITE FOR HER

Monday, October 7, 11:30 AM • Join us before the breast cancer networking meeting for an introduction to Unite for HER. Melissa Christie will share about their Passport and Empowered Living programs.

ENERGY VAMPIRES

Thursday, October 31, 12 PM • Dealing with toxic people can drain your energy and diminish your spirit. Learn ways to identify them and ward them off safely (with or without the garlic!) Spooky lunch provided for people joining in person.


FAMILIES

The whole family, the whole time

KIDS SAND TRAY PLAY

Wednesdays, October 2, 16, and 30 and Thursdays, October 10, 5:30 PM • A cancer diagnosis can be a difficult and confusing experience, both physically and emotionally, especially for children. Our sand tray support group facilitates a gentle and secure space for kids to explore their feelings through the use of play and storytelling. We use sensory play and sand tray therapy to help them process the emotions and experiences associated with the diagnosis. Come join us for some much needed comfort and support.

SUITES N TREATS

Thursday, October 24, 4:30 PM • Families with young children are welcome to join us for a spooky night, hosted by IronPigs Charities at the Coca Cola ballpark. This is a Trick or Treat experience like no other! Registration is due by October 4th to ensure there are enough treats for all who are interested in attending.

KID SUPPORT AT PALMERTON LIBRARY

Wednesday, October 30, 5:30 PM • Meet other kids who are coping with cancer in their families. This program provides a gentle and secure space for kids to explore their feelings. Activities include story, craft, and discussion. Location: Palmerton Area Public Library, 402 Delaware Avenue, Palmerton, PA

THE ARTS

Writing, drawing, sculpting, knitting, and other crafts can help reduce tension.

CREATIVE EXPRESSION

Tuesdays, October 1 and 15, 11 AM and October 8, 1 PM • Use art journals, altered books or just a piece of paper to create artwork that will support healing, mindfulness and wellness. We will explore multiple mediums like collage, markers, paints and colored pencils.

UPCYCLED AUTUMN TREE

Thursdays, October 3, 10, 17, and 12 PM • This decorative wall art is made from rolled newspaper and cardboard. Each week, we will mindfully follow simple steps to create our fall tree and watch the transformation

HOLIDAY THEMED TASSEL MAKING

Friday, October 18, 1 PM • We will be creating a fun, decorative tassel for door handles, bed posts, lamps, or gifts. We have a selection of fall, winter or other themed salt and pepper shakers that will be the subject of this fun project. With just some yarn, ribbons and some hot glue, you will leave with a lovely, decorative piece for home.

BEADING BASICS

Thursday, October 24, 10:30 AM • A new supply of beads has arrived in our art room and we're sharing them with you! Join guest instructor Nancy Peck for a fun bracelet and necklace making workshop.

JOURNALING WITH ART

Tuesday, October 29, 11 AM • Inspired by affirmations, you can create art journal pages with words or drawings. Materials and creative prompts will be provided.

SEASONAL CRAFTING

Wednesday, October 30, 10 AM • Pumpkin spice season is right around the corner. Embrace the upcoming colorful time of year by making some fun and easy fall décor. Location: Pocono YMCA, 809 Main Street, Stroudsburg, PA

MEDITATION + MINDFULNESS

Think kindly about yourself by tuning into yourself.

EXTREME SELF-CARE

Tuesdays, October 8, 15, 22, and 29, Thursdays, October 10, 17, 24, and 31, 8 AM • Looking for ways to set your intentions for healthy living? Practice the twelve skills that lead to Peace and Grace. Facilitator: Debra Watts, GodSpede (Zoom only)

LET IT GO FRIDAY

Fridays, 12 PM • Clear your mind, and leave the stressful parts of the week behind. This quick meditation will reset your mood as you close your eyes and visualize a peaceful scene.

ANIMAL GUIDE MEDITATION

Wednesday, October 2, 10 AM • This meditative program will include a discussion about the meaning behind different animals based on spiritual practices. Join us in person at CSCGLV or Pocono YMCA, 809 Main St, Stroudsburg, PA

SELF-MASSAGE

Thursday, October 17, 4:30 PM • Learn simple ways to soothe your stress with tender touch and the safe use of essential oils. Presenter: Mariella Silva, MS of Complete Stillness. Location: Eastern Monroe Public Library, 1002 N 9th Street, Stroudsburg, PA

CREATING AND MAINTAINING YOUR NEW NORMAL

Tuesday, October 22, 12 PM • In this open discussion, we'll address themes about making healthy lifestyle choices, strengthening emotional resilience, regaining a sense of self, and building a support community.

TIBETAN SINGING BOWLS

Tuesday, October 22, 7 PM • These quartz crystal bells are tuned to the chakras (energy centers) with seven pitches. This practice helps reduce stress, promotes healing and relaxation and aids in meditation.

COMPASSION MEDITATION

Thursday, October 24, 12 PM • This supportive workshop offers ways to attend to our thoughts, emotions, and body to help us fully integrate our intention or goal behavior into daily life.

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