





# DECEMBER 2024 - PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p><b>2</b></p> <p>Breast Cancer Support 12 PM People/Cancer 6 PM Caregiver Reset 6:30 PM Friends/Family 7 PM People/Cancer 7:15 PM</p>	<p><b>3</b></p> <p>Extreme Self-Care 8 AM Gentle Yoga 9:30 AM Creative Expression 11 AM People/Cancer 6 PM Prostate Support Group 7 PM</p>	<p><b>4</b></p> <p>Yoga Meditation 9:30 AM Coffee Talk 10 AM FSA: Breast Cancer and Gastrointestinal Side Effects 12 PM Restorative Yoga 6 PM</p>	<p><b>5</b></p> <p>Perpetual Calendar Series 1 PM</p>	<p><b>6</b></p> <p>Let it Go Friday 12 PM</p>	<p><b>7</b></p>
<p><b>9</b></p> <p>People/Cancer 6 PM Friends/Family 7 PM People/Cancer 7:15 PM</p>	<p><b>10</b></p> <p>Extreme Self-Care 8 AM Gentle Yoga 9:30 AM Perfect Balance Boutique Pop-Up 10:30 AM Creative Expression 1 PM People/Cancer 6 PM</p>	<p><b>11</b></p> <p>Yoga Meditation 9:30 AM Why Can't I Stay Positive 10 AM Pelvic Floor Strengthening 12 PM Thyroid Cancer Support 6 PM</p>	<p><b>12</b></p> <p>Gifts of Winter 12 PM Perpetual Calendar Series 1 PM</p>	<p><b>13</b></p> <p>Yamuna Body Rolling: Healthy Shoulders 11:30 AM Let it Go Friday 12 PM</p>	<p><b>14</b></p> <p>Holiday Party and Sing-along 3 PM</p>
<p><b>16</b></p> <p>People/Cancer 6 PM Friends/Family 7 PM People/Cancer 7:15 PM</p>	<p><b>17</b></p> <p>Extreme Self-Care 8 AM Gentle Yoga 9:30 AM Pancreatic Support 10:15 AM Creative Expression 11 AM Creating and Maintaining Your New Normal 12 PM People/Cancer 6 PM Tibetan Singing Bowls 7 PM</p>	<p><b>18</b></p> <p>Yoga Meditation 9:30 AM Seasonal Crafting 10 AM Gentle Yoga 12:30 PM</p>	<p><b>19</b></p> <p>Perpetual Calendar Series 1 PM Monroe Support Group 4:30 PM</p>	<p><b>20</b></p> <p>Let it Go Friday 12 PM</p>	<p><b>21</b></p>
<p><b>23</b></p> <p>People/Cancer 6 PM Friends/Family 7 PM People/Cancer 7:15 PM Candlelight Labyrinth Walk 5 PM</p>	<p><b>24</b></p> <p>CLOSED FOR THE HOLIDAYS</p>	<p><b>25</b></p> <p>CLOSED FOR THE HOLIDAYS</p>	<p><b>26</b></p> <p>CLOSED FOR THE HOLIDAYS</p>	<p><b>27</b></p> <p>CLOSED FOR THE HOLIDAYS</p>	<p><b>28</b></p>
<p><b>30</b></p> <p>CLOSED FOR THE HOLIDAYS</p>	<p><b>31</b></p> <p>CLOSED FOR THE HOLIDAYS</p>			<p><b>29</b></p>	
				<p><b>Designates Offsite Location</b></p> <ul style="list-style-type: none"> <li> Carbon County</li> <li> Monroe County</li> <li> Other</li> </ul> <p><b>Designates Family Programs</b></p> 	

# 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



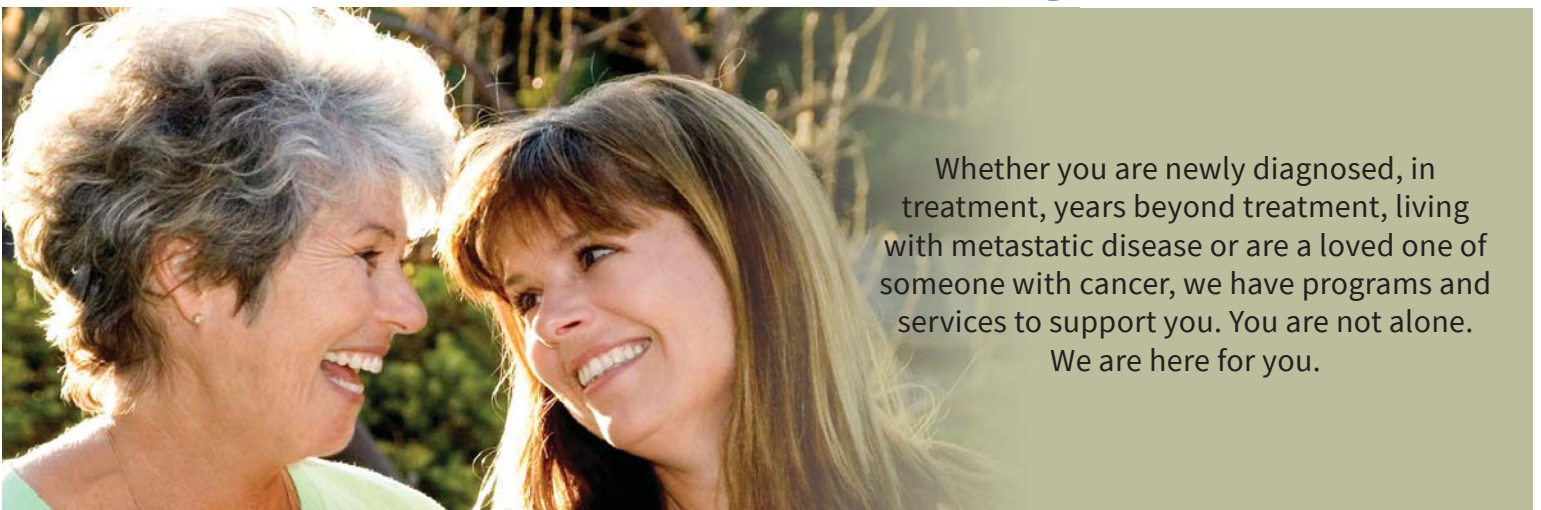
FAMILIES



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.



Programs are free, but please register in advance. 610.861.7555  
[www.cancersupportglv.org](http://www.cancersupportglv.org) | 944 Marcon Blvd., Suite 110, Allentown, PA



## 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, 6:30 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

Tuesday, December 17, 10:15 AM • Anyone affected by pancreatic cancer is invited to join. Sponsored by Pancreatic Cancer Hope Foundation.

### MONROE SUPPORT GROUP

Thursday, December 19, 4:30 PM • As this calendar year comes to a close, sifting through the emotional load becomes important and relevant. Let's identify which pieces are coming along with us into 2025 through forgiveness and acceptance, and which ones we will release and let go of for a fresher sense of openness. This workshop involves meditation, journaling, expressive arts, and discussion. Location: TBD

### CREATING AND MAINTAINING YOUR NEW NORMAL

Tuesday, December 17, 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.



## CANCER EDUCATION

### FRANKLY SPEAKING ABOUT CANCER: BREAST CANCER AND GASTROINTESTINAL SIDE EFFECTS

Wednesday, December 4, 12 PM • Join an expert panel of clinicians from Lehigh Valley Topper Cancer Institute to learn more about breast cancer treatment, GI symptom management, and specific ways to navigate the emotional and physical impact of breast cancer. Friends and family members are welcome. Lunch will be provided. Location: LVHN Muhlenberg. Made possible through generous support from Lilly



## HEALTHY BODY

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

### THE 4 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, December 4, 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

Wednesday, December 18, 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)

#### GENTLE YOGA: Forgive the Past

Tuesdays, 9:30 AM • Mild stretching, breathing practices, and guided meditation will focus on heart opening and stimulating the throat area. Poses and gentle movements 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 only.

### PELVIC FLOOR STRENGTHENING

Wednesday, December 11, 12 PM • Certain cancer treatments and surgeries can impact the muscle group known as the pelvic floor. Physical therapists from SLUHN will discuss techniques and methods that can improve quality of life and function. Locations: Virtual watch parties at SLUHN Lehighton and CSCGLV Allentown.

### YAMUNA BODY ROLLING: HEALTHY SHOULDERS

Friday, December 13, 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.



## SOCIAL

Take a break from cancer and have fun!

### COFFEE TALK

Wednesday, December 4, 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

Tuesday, December 10, 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.



## FAMILIES

The whole family, the whole time

### HOLIDAY PARTY AND SING-ALONG

Saturday, December 14, 4 PM • Everyone's welcome as we celebrate our budding piano players who have been practicing tunes to capture the spirit of the season! Come in festive attire for a special afternoon of fun and singing! Location: Community Music School, 1544 Hamilton Street, Allentown



## HEALTHY MIND

Our thoughtfully developed programs, focused on mental wellness, can give you a sense of control.

### THE ARTS

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



### CREATIVE EXPRESSION

Tuesdays, December 3 & 17, 11 AM December 10, 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.

### PERPETUAL CALENDAR SERIES

Thursdays, December 5, 12 and 19, 1 PM • Join us in getting ready for the New Year by creating your very own perpetual calendar. If you can use glue, scissors and markers you can create a one-of-a-kind calendar that can be used year in and year out.

### SEASONAL CRAFTING

Wednesday, December 18, 10 AM • Create ornaments and keepsakes fit for the season. Location: Pocono YMCA, 809 Main Street, Stroudsburg, PA.



### MEDITATION + MINDFULNESS

Think kindly about yourself by tuning into yourself.

### 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.

### CAREGIVER RESET

Monday, December 2, 6:30 PM • We're recruiting friends and family members who are looking to re-focus on their own self-care. This program includes mindful practices, practical tools, and invigorating group discussions to help cancer caregivers take charge of their health and wellness. Attendees will also connect with a local performance coach to kickstart healthy lifestyle goals.

### EXTREME SELF-CARE

Tuesdays, December 3, 10 and 17, 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 Registration closed, but call for an on-demand option.

### WHY CAN'T I STAY POSITIVE

Wednesday, December 11, 10 AM • This interactive workshop will take a closer look at the emotional aspects of cancer survivorship, including depression and resiliency. Location: Pocono YMCA, 809 Main Street, Stroudsburg, PA.

### GIFTS OF WINTER

Thursday, December 12, 12 PM • Just like nature has its seasons so does life. Winter is a pause and rest in preparation for new beginnings in spring. Even a time of grief can be a hidden treasure. This workshop will include mindfulness practices to lean into the difficult feelings and see the light through the darkness.

### TIBETAN SINGING BOWLS

Tuesday, December 17, 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.

## THANK YOU \$1,000+ CORPORATE AND FOUNDATION SUPPORTERS



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