

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.

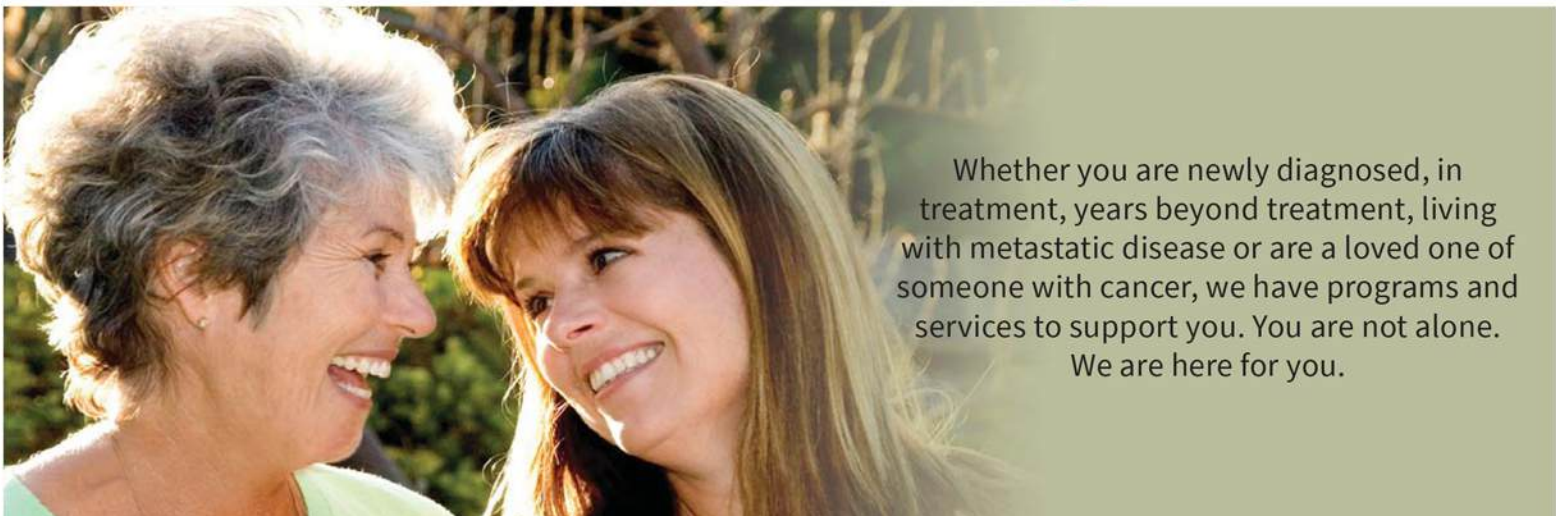
We carefully curate our programs to build your physical and emotional strength. We offer many programs since we know your needs can change daily.



NEED EXTRA SUPPORT? 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.



JANUARY 2025 - PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
Designates Offsite Location  Carbon County  Monroe County  Other Designates Family Programs 		1 CLOSED FOR THE HOLIDAYS	2	3	4 5
6 Setting Intentions on-demand Breast Cancer Group 12pm People/Cancer 6pm Friends/Family 7pm People/Cancer 7:15pm	7 Gentle Yoga 9:30am Creative Expression 11am People/Cancer 6pm Prostate Group 7pm	8  Coffee Talk 10am  Gentle Yoga 12pm Thyroid Cancer Support 6pm	9 Moving Meditation 9:30am Open Art 10:30am Creating & Maintaining Your New Normal 12pm Art Basics: Drawing 7pm	10 Yamuna Body Rolling 11am Art Class: Block Printing 1pm	11 12
13 Setting Intentions on-demand Extreme Self-Care 7:30am Perfect Balance Boutique Pop-Up 10:30am People/Cancer 6pm Friends/Family 7pm People/Cancer 7:15pm	14 Gentle Yoga 9:30am Creative Expression 1pm People/Cancer 6pm  Pajama Yoga Party! 7:30pm	15  Renew & Refresh 10am Awaken to Love 11am Meditative Chair Yoga 4pm  Carbon Caregiver Group 6pm Restorative Yoga 6pm	16 Moving Meditation 9:30am Open Art 10:30am Caregiver Reset: Group Fitness 7pm	17	18 19
20 Setting Intentions on-demand Extreme Self-Care 7:30am People/Cancer 6pm Friends/Family 7pm People/Cancer 7:15pm	21 Gentle Yoga 9:30am Creative Expression 11am People/Cancer 6pm	22  Meditative Practices 10am  Carbon County Support 3pm Lymphatic Yoga 6pm	23 Moving Meditation 9:30am Open Art 10:30am Creating & Maintaining Your New Normal 12pm Art Basics: Drawing 7pm Caregiver Reset: Group Fitness 7pm	24 Preserving Mental Health Through Cancer 12pm	25 26
27 Setting Intentions on-demand Extreme Self-Care 7:30am Short Story Club 12pm People/Cancer 6pm Friends/Family 7pm People/Cancer 7:15pm	28 Gentle Yoga 9:30am Pancreatic Cancer Support 10:15am People/Cancer 6pm Tibetan Singing Bowls 7pm	29  New Moon Yoga 10am	30 Moving Meditation 9:30am Open Art 10:30am Caregiver Reset: Group Fitness 7pm	31	

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 • This month welcomes guest speaker Caoline Robert de Massy, PTA, certified pelvic health practitioner from St. Luke's Physical Therapy.

THYROID CANCER

2nd Wednesday of month, 6 pm

PANCREATIC CANCER

Tuesday, January 28 10:15 am • Anyone affected by pancreatic cancer is invited to join. Sponsored by Pancreatic Cancer Hope Foundation.



CARBON COUNTY CAREGIVER

3rd Wednesday of the month, 6pm
Are you supporting a loved one with cancer and would like to connect with others from your area? This new monthly group will provide practical tips to help cope with the social and emotional challenges of being a caregiver to someone with cancer, including how to balance caring for others with self-care. Each meeting will include relaxation exercises and mindfulness techniques.

CARBON SUPPORT GROUP

Wednesday, January 22, 3 pm



CREATING AND MAINTAINING YOUR NEW NORMAL

Thursdays January 9 and 23, 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.



THE 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,

RESTORATIVE YOGA AND YOGA NIDRA ROOTED IN SELF-COMPASSION

Wednesday, January 15, 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 'logic sleep.'

GENTLE YOGA

Wednesday, January 8, 12 pm • Join us for gentle stretches and poses that can be adapted to a chair. Location: 2226 Blakeslee Blvd, Lehigh, PA (LVHN Carbon)

GENTLE YOGA: Get Fired Up

Tuesdays, 9:30 am • Create inner heat and energy to counter the sluggish and demotivated tendencies of winter. Practice yoga poses, mindful breathing and meditation on a chair or mat.

LYMPHATIC YOGA

Wednesday, January 22 6 pm • This practice helps to move the lymphatic fluid more efficiently, cleanse our lymph fluid, oxygenate our cells and restore and maintain our lymphatic system.

NEW MOON YOGA

Wednesday, January 29 10 am • Welcome in the New Snow Moon with a gentle chair yoga routine and affirmations. Location Pocono YMCA 809 Main St., Stroudsburg, PA

MEDITATIVE CHAIR YOGA

Wednesday, January 15, 4 pm • This class will include gentle spinal movements, lymphatic poses and QiGong postures. This combination will balance the body's energy centers, strengthen the immune system and relieve anxiety

MOVING MEDITATION- Thursday, January 9, 16, 23 and 30 9:30 am • New year, new energy with QiGong! Through gentle movement, breath control and meditation, you will improve circulation, balance and flexibility for a stronger body and mind.

YAMUNA BODY ROLLING: HIP OPENERS- Friday, January 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. This month's class will focus on releasing hip tension and improving flexibility. Beginners and previous attendees are welcome to participate in this class.

CAREGIVER RESET: GROUP FITNESS SERIES- Thursday, January 16, 23, and 30 7 pm • Are you a friend or family member of a cancer survivor, looking to re-focus on your own self-care? Kickstart your healthy lifestyle goals with this group fitness class series. Program includes a virtual assessment and individual virtual exercise session with a performance coach.



SOCIAL
Take a break from cancer and have fun!

SHORT STORY CLUB- Monday, January 27 12 pm • We have your picks for an easy read. We will discuss your impressions and thoughts after reading the stories. Register early to receive your copies.

Coffee Talk- Wednesday, January 8 10 am • Join other local survivors for an informal support group discussion over coffee. Location: Cafe Duet, 35 N. 7th St. Stroudsburg, PA

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

PERFECT BALANCE BOUTIQUE POP-UP
Monday, January 13, 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

PAJAMA YOGA PARTY!

Get in your most comfy pajamas and strike a pose... a yoga pose! Relax and prepare for a better night's sleep with a story and gentle yoga from the comfort of your own home.



THE ARTS

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

CREATIVE EXPRESSION

Tuesdays, January 7 & 21, 11 am January 14, 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.

BLOCK PRINTING

Friday, January 10 1 pm • Create a one-of-a-kind art print with an eraser, carving tool, paper and ink. We'll start with carving a simple design into an eraser that becomes a unique stamp for the pattern print. No experience needed.



ART BASICS: DRAWING

Thursdays, January 9 and 23 7 pm • Join us to learn the basics of drawing. Every class we will learn a new skill or type of drawing, from cute to whimsical to realistic. Step-by-step instructions will guide you to create mushrooms, buildings, and even simple portraits. No artistic ability necessary. Just grab a pencil, paper and eraser. Virtual Only.

OPEN ART STUDIO

Every Thursday 10:30 am to 1:30 pm • The art room is open for you to explore painting, mosaics, jewelry making and many other creative projects to finish at your own pace.



CANCER EDUCATION

PRESERVING MENTAL HEALTH THROUGH CANCER- Friday, January 24 12 pm • Learn why caring for your mental health is just as important as physical wellbeing after a cancer diagnosis. This educational and experiential program will cover signs and symptoms and strategies to cope. Lunch will be provided.

MINDFULNESS +MEDITATION

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

SETTING INTENTIONS

On-Demand • Let guided meditations help you create the outlook you seek. Sign up to receive the weekly on-demand recordings that can be used at a time that best suits you.

EXTREME SELF-CARE

Mondays, January 13, 20 and 27, 7:30 am • Looking for ways to set your intentions for healthy living? Learn daily practices to walk your path with peace and grace. Facilitator: Debra Watts, GodSpede



MEDITATIVE PRACTICES

Wednesday, January 22, 10 am • Through breathwork, mindfulness, and other meditation exercises, you'll learn ways to relax that work for you. Location: Pocono YMCA 809 Main St., Stroudsburg, PA.



RENEW & REFRESH

Wednesday, January 15, 10 am • Greet the new year with openness and grace. We will use gentle movement exercises, expressive arts activities and meditations to help cleanse and refresh your spirit. Location: Pocono YMCA 809 Main St., Stroudsburg, PA.

TIBETAN SINGING BOWLS

Tuesday, January 28, 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.

AWAKEN TO LOVE

Wednesday, January 15, 11 am • Rest in breath, poetry and imagination to explore your subconscious wisdom. Empower yourself through your intuition in order to support your wellness journey.

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



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