

Support. Education. Hope.



CANCER SUPPORT
COMMUNITY
GREATER LEHIGH VALLEY

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.

Tip of the Month:
Take care of yourself!



NEED EXTRA SUPPORT? We offer free six-week counseling sessions. Call us to schedule if you are a cancer survivor or caregiver.

PROGRAM HIGHLIGHTS

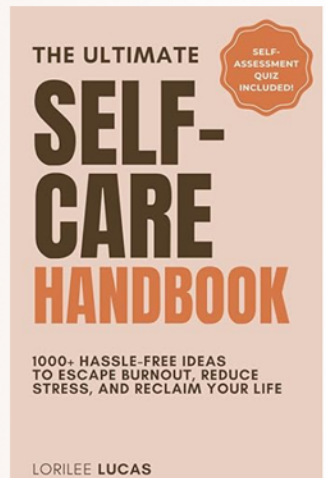
-  SUPPORT GROUP
-  HEALTHY BODY
-  CANCER EDUCATION
-  FAMILIES
-  HEALTHY MIND
-  SOCIAL

Self-Care Book Club













Share the greatest act of kindness and love for yourself.

February 11 & 25 and March 11 & 25 at noon

Participants will all receive a copy of Loriee Lucas' book *The Ultimate Self-Care Handbook*.



FEBRUARY 2025 - PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
Designates Offsite Location  Carbon County  Monroe County  Other Designates Family Programs 					1
					2
Messages of Self 3 Compassion on-demand Breast Cancer Group 12pm People/Cancer 6pm Friends/Family 7pm People/Cancer 7:15pm	Gentle Yoga 9:30am 4 Art As Therapy 11am People/Cancer 6pm Prostate Group 7pm	Yoga Meditation 9:30am 5  Sewing for Good Sleep 10am Yoga for Peaceful Sleep 6pm	Open Art 10:30am 6	Small Space Home Gardening 12pm 7	8
					9
Messages of Self 10 Compassion on-demand Perfect Balance Boutique Pop-Up 10:30am People/Cancer 6pm Friends/Family 7pm People/Cancer 7:15pm	Gentle Yoga 9:30am 11 Self-Care Book Club 12pm Art As Therapy 1pm People/Cancer 6pm  Pajama Yoga Party! 7:30pm	Yoga Meditation 9:30am 12  Coffee Talk 10am  Gentle Yoga 12pm  Carbon Caregiver Group 6pm Thyroid Cancer Support 6pm	Open Art 10:30am 13 Creating & Maintaining Your New Normal 12pm Art Basics: Drawing 7pm	Yamuna Body Rolling 11:30am 14 Art Class: Love Story for Yourself 1pm	15
					16
17 CLOSED FOR THE HOLIDAY	Gentle Yoga 9:30am 18 Art As Therapy 11am People/Cancer 6pm	Yoga Meditation 9:30am 19  Heart Rhythm Meditation 10am Awaken to Love 11am Meditative Chair Yoga 4pm Lymphatic Yoga 6pm	Open Art 10:30am 20 Crystal Vibes: Heart Chakra Edition 12pm	We Got the Beat 12pm 21 Step-by-Step Landscape Painting 2pm	22
					23
Messages of Self 24 Compassion on-demand People/Cancer 6pm Friends/Family 7pm People/Cancer 7:15pm	Gentle Yoga 9:30am 25 Pancreatic Cancer Support 10:15am Self-Care Book Club 12pm People/Cancer 6pm Tibetan Singing Bowls 7pm	Yoga Meditation 9:30am 26  Rustic Twig Frame 10am  Carbon County Support 3pm	Open Art 10:30am 27 Creating & Maintaining Your New Normal 12pm Art Basics: Drawing 7pm	We Got the Beat 12pm 28	

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, 12 pm

PROSTATE CANCER
1st Tuesday of month, 7 pm

THYROID CANCER
2nd Wednesday of month, 6 pm



PANCREATIC CANCER
Tuesday, February 25, 10:15 am • Anyone affected by pancreatic cancer is invited to join. Sponsored by Pancreatic Cancer Hope Foundation.

CARBON COUNTY CAREGIVER NEW
2nd Wednesday of the month, 6 pm
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, February 26, 3 pm

CREATING AND MAINTAINING YOUR NEW NORMAL NEW DAY
Thursdays February 6 and 20, 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,

YOGA FOR PEACEFUL SLEEP NEW NAME
Wednesday, February 5, 7 pm • A blend of restorative yoga, self-compassion techniques and yoga nidra to gently soften areas of tension through supported holds, stillness, and breath awareness. All experience levels are welcome; supportive props available upon request for virtual participants. Register to receive information on how to participate in this hybrid program.

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

YOGA MEDITATION
Wednesdays, 9:30am • 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. Zoom only.

LYMPHATIC YOGA
Wednesday, February 19, 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.

GENTLE YOGA: Heart Centered Yoga
Tuesdays, 9:30 am • Find harmony by connecting with feelings of love and filling yourself with a sense of compassion. Mild stretching and focused breathing practices designed to improve posture and body awareness can be done on a chair, against the wall or standing. Register to receive information on how to participate in this hybrid program.

MEDITATIVE CHAIR YOGA
Wednesday, February 19, 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.

YAMUNA BODY ROLLING: Shoulders Friday, February 14, 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 shoulder tension and improving flexibility. Beginners and previous attendees are welcome to participate in this class.

CRYSTAL VIBES: HEART CHAKRA EDITION- Thursday, February 13, 12 pm • Join us during the month of love for a special Crystal Vibes class. We will discuss the crystals most commonly associated with love and the heart chakra along with a heart centered guided meditation.

SMALL SPACE HOME GARDENING- Friday, February 7, 12 pm • No soil? No problem. Indoor hydroponic window gardens allow you to grow organic lettuce and herbs off season. Sign up to receive your own window kit.




SOCIAL
Take a break from cancer and have fun!

Coffee Talk- Wednesday, February 5, 10 am • Join other local survivors for an informal support group discussion over coffee. Location: Cafe Duet, 35 N. 7th St. Stroudsburg, PA

We Got the Beat- Friday, February 21, & 28 and March 7 & 14 12 pm • Percussion Playhouse returns to spread harmony and inspiration through drumming, self-expression, sensory exploration and art.

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

PERFECT BALANCE BOUTIQUE POP-UP
Monday, February 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

PAJAMA YOGA PARTY!

Tuesday, February 11, 7pm • 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. **NEW NAME**

ART AS THERAPY

Tuesdays, February 4 & 18, 11 am • All you need is an open mind and a willingness to explore your feelings, thoughts, and moods. We will use materials that are non-threatening, such as cutting and pasting images from magazines, or exploring decorative papers and tapes for self-expression. If you are Zooming in from home, any art materials you have handy will do.

LOVE STORY OF YOURSELF

Friday, February 14, 1 pm • Journey into self-discovery and acceptance by creating an art journal from lunch bags. Appreciate and cherish your own unique qualities and embrace your true self. Join us in person or gather your art supplies and join in via Zoom.

SEWING FOR GOOD SLEEP

Wednesday, February 5, 10 am • Learn how to make an easy-to-sew eye mask, filled with lavender for a calm night sleep.

ART BASICS: DRAWING

Thursdays, February 6 and 20, 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.

RUSTIC TWIG FRAME

Wednesday, February 26, 10 am • You create your own simple scenic view in this miniature window frame

LANDSCAPE STEP-BY-STEP

Friday, February 21, 2 pm • You'll learn the basics to follow along in the creation of a forest scene on 11 x 14 canvas. After the class, you're invited to stay for the opening reception of local artist Cindy Rodriguez to have the first look at her Bob Ross, Season 9 inspired artwork.

MINDFULNESS +MEDITATION

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

MESSAGES OF SELF-COMPASSION

On-Demand • Let guided meditations help you express gratitude and kindness toward yourself. Sign up to receive the weekly on-demand recordings that can be used at a time that best suits you.

HEART RHYTHM MEDITATION

Wednesday February 19, 10am • By synchronizing the mind, heartbeat and breath, survivors and caregivers learn to regulate emotions for a more calm mind and body.



TIBETAN SINGING BOWLS

Tuesday, February 26, 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, February 19, 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.



CANCER EDUCATION

SELF-CARE BOOK CLUB

Tuesday, February 11 & 25 and March 11 & 25 12 pm • Share the greatest act of kindness and love with yourself!!! Each week, we'll explore your personalized self-care plan so you can reduce stress and regain a sense of control over your life. Participating members will receive their own copy of *The Ultimate Self-Care Handbook* by Lorilee Lucas.

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

