

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.

Tip of the Month:

Earth Day is April 22.

Do something kind for the earth by eating locally. It helps local farmers and venues as well as reduces carbon emissions.



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

Challenge, Change & Connection

A different kind of grief series.

Self-care, Meditation & Expressive Arts

April 2, 9 & 16 at 12 pm



Programs are free, but please register in advance. 610.861.7555
cancersupportglv.org | 944 Marcon Blvd., Suite 110, Allentown, PA

APRIL 2025 - PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY					
	Gentle Yoga 9:30am Art As Therapy 11am People/Cancer 6pm Prostate Group 7pm	1 You Must be Joking 10am Challenge, Change, & Connection 12pm Yoga for Peaceful Sleep 7pm	2	Open Art 10:30am	3	Yoga Meditation 3pm Egg Hunt 4pm	4		5	
									6	
Declutter Your Mind on-demand Breast Cancer Support Group 12pm People/Cancer 6pm Friends/Family 7pm People/Cancer 7:15pm	7	Gentle Yoga 9:30am Art As Therapy 1pm People/Cancer 6pm Pajama Yoga Party! 7:30pm	8	Support Group 10am Challenge, Change, & Connection 12pm Gentle Yoga 12:30pm Carbon Caregiver Group 6pm Thyroid Cancer Support 6pm	9	Open Art 10:30am Creating & Maintaining Your New Normal 12pm Art Basics: Drawing 7pm	10	Yamuna Body Rolling 11:30am Yoga Meditation 3pm	11	12
										13
Declutter Your Mind on-demand Perfect Balance Boutique Pop-Up 10:30am Image Recovery 12:30pm People/Cancer 6pm Friends/Family 7pm People/Cancer 7:15pm	14	Gentle Yoga 9:30am Art As Therapy 11am People/Cancer 6pm	15	Yarn Wrapped Wire Art 10am Challenge, Change, & Connection 12pm Lymphatic Yoga 7pm	16	Sensory Art Garden 1pm	17		18	19
										20
Declutter Your Mind on-demand People/Cancer 6pm Friends/Family 7pm People/Cancer 7:15pm	21	Gentle Yoga 9:30am Pancreatic Cancer Support 10:15am People/Cancer 6pm Tibetan Singing Bowls 7pm	22	Raise Your Frequency 10am Awaken to Love 11am Meditative Chair Yoga 4pm Carbon County Support 3pm	23	Open Art 10:30am Creating & Maintaining Your New Normal 12pm Art Basics: Drawing 7pm	24	Yoga Meditation 3pm	25	: 26
										: 27
Declutter Your Mind on-demand Mindful Stroll 1pm People/Cancer 6pm Friends/Family 7pm People/Cancer 7:15pm	28	Gentle Yoga 9:30am People/Cancer 6pm	29	Line Dancing 10am	30			Designates Offsite Location Carbon County Monroe County Other Designates Family Programs 		

Physical activity- movement, strength, flexibility- can help reduce treatment side effects, When done safely, physical activity can help reduce treatment side effects.

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, April 22, 10:15 am • Anyone affected by pancreatic cancer is invited to join. Sponsored by Pancreatic Cancer Hope Foundation.

CARBON COUNTY CAREGIVER

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, April 23, 3 pm

CREATING AND MAINTAINING YOUR NEW NORMAL

Thursdays April 10 and 24, 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.

MONROE SUPPORT GROUP

Wednesday, April 9, 10 am

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

Wednesday, April 2, 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, April 9, 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 MEDITATION

Fridays, April 4, 11 & 25, 3 pm • 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, April 16, 7 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: Planting Seeds of Intention

Tuesdays, 9:30 am • Spring is prime for sowing seeds—setting heartfelt intentions that, with patience and care, will bloom. We nurture these intentions with small, steady acts—like daily watering. These mild stretching and focused breathing practices can be done on a chair, against the wall or standing.

MEDITATIVE CHAIR YOGA

Wednesday, April 23, 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, April 11, 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. Beginners and previous attendees are welcome to participate in this class.




SOCIAL

Take a break from cancer and have fun!

YOU MUST BE JOKING- Wednesday, April 2, 10 am • We're kicking off National Humor Month with some fun. Learn how laughter can relieve stress while providing physical, social and mental benefits.

LINE DANCING- Wednesday, April 30, 10 am • Bring your wild west spirit for a morning of heel touching, hand clapping, a heart pumping fun made easy!





RESOURCES



PERFECT BALANCE BOUTIQUE POP-UP
Monday, April 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.

FAMILIES

The whole family, the whole time

PAJAMA YOGA PARTY!
Tuesday, April 8, 7:30 pm • 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.

EGG HUNT
Friday, April 4th at 4pm • Spring is finally here! Let's kick off our longer days of fun in the sun with an egg hunt! The residents and staff at Traditions of Hanover have kindly offered to host our event. So kids, bring your baskets and keen eyesight for some outdoor fun! I wonder how many eggs you will find? Location: Traditions of Hanover, 5300 Northgate Drive, Bethlehem



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.

ART AS THERAPY

Tuesdays, April 1 & 15, 11 am April 8, 1 pm • 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.

YARN WRAPPED WIRE ART

Wednesday, April 16, 10 am • Create simple home décor to welcome spring or write an inspirational message.

ART BASICS: DRAWING

Thursdays, April 10 and 24, 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

Thursday, April 3, 10 & 24, 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.

GARDEN SENSORY ART

Thursday, April 17, 1 pm • Bushes and mushrooms and flowers, oh my! Mindfully create a calming sensory experience. We will use specialty yarns, latch hook and weaving techniques to design our very own sensory mat or artwork.



MINDFULNESS +MEDITATION

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

DECLUTTER YOUR MIND

Monday: On-Demand • Develop mental clarity, improve focus, and relish in simplicity with meditations that will motivate you to make space for what's important.

MINDFUL STROLL

Monday April 28, 1 pm • Engage the five senses on this peaceful walk. Location: Sand Island at the D&L Rail Trail, Bethlehem, PA

RAISE YOUR FREQUENCY

Wednesday April 23, 10 am • Based on themes from Mel Robbins podcasts, you will learn how to love what is unique about you. We will practice useful tools through discussion, journaling and art to rebuild self-confidence. Discover how to unlock your true self so that you can enjoy the life you want and be unapologetically and authentically you.



TIBETAN SINGING BOWLS

Tuesday, April 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.

AWAKEN TO LOVE

Wednesday, April 23, 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

IMAGE RECOVERY

Monday, April 14 • Celebrate inner beauty, positive body image, health and gratitude as you learn about natural skin and hair care alternatives for cancer survivors. Over lunch, you'll hear from experts on skin care basics and how to safely address common side effects from treatment. Class size is limited.

CHALLENGE, CHANGE & CONNECTION

Wednesdays, April 2, 9 & 16, 12 pm • This is a different kind of grief series. Using principals of self-care, meditative practices, and expressive arts, these concepts will be explored to help navigate any type of grief and find clarity during emotional struggles.

