

Support. Education. Hope.



**CANCER SUPPORT
COMMUNITY**
GREATER LEHIGH VALLEY

SO THAT NO ONE FACES CANCER ALONE.*



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



FAMILY NIGHT: GARDEN FUN

Thursday, March 16, 5:30 PM

Spring is just around the corner! That means warmer weather, flowers, birds, and more time outside soaking up the sun. And what better way to celebrate spring than starting your own garden? Join us for a fun and creative upcycle gardening project to get your hands dirty and watch the magic happen.



CAN WE COUNT YOU IN? Programs are free, but please register in advance. 610.861.7555

MARCH 2023 - PROGRAMS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY/SUNDAY |
|--|--|---|---|--|--|
| | | Monroe County: 1 Line Dancing 10 AM Carbon County: Push the Pause Button 12 PM Restorative Yoga/Yoga Nidra 6 PM | Yoga Meditation 2 9:30 AM Bereavement for Spouses 12 PM | Wellness Workout 9:30 AM 3 Let it Go Friday 12 PM | 4 5 |
| Breast Cancer Support 6 11 AM People/Cancer 6 PM Friends/Family 7 PM | Gentle Yoga for Digestion 7 9:30 AM Art Journals 11 AM People/Cancer 6 PM Prostate Support Group 7 PM | Monroe County: Support 8 Group 10 AM Carbon County: Gentle Yoga 12 PM Thyroid Cancer Support 6 PM | Yoga Meditation 9 9:30 AM | Wellness Workout 9:30 AM 10 Let it Go Friday 12 PM St. Patrick's Day Crafts 1 PM | 11 12 |
| People/Cancer 6 PM 13 Friends/Family 7 PM | Gentle Yoga for Digestion 14 9:30 AM Perfect Balance Boutique Pop-up - Call to schedule 610-861-7555 Art Journals 1 PM People/Cancer 6 PM | Monroe County: Customized 15 Fitness 10 AM Carbon County: Seasonal Crafting 12 PM Lymphatic Yoga 6 PM | Yoga Meditation 16 9:30 AM Animal Guide Meditation 12 PM Family Night: Garden Fun 5:30 PM | Wellness Workout 9:30 AM 17 Let it Go Friday 12 PM | 18 19 |
| People/Cancer 6 PM 20 Friends/Family 7 PM | Gentle Yoga for Digestion 21 9:30 AM Art Journals 11 AM People/Cancer 6 PM | Monroe County: Creative 22 Expression 10 AM Carbon County: Spotlight on Lymphedema 12 PM Carbon County Support 3 PM | Yoga Meditation 23 9:30 AM Navigating Grief with Holistic Practices 12 PM | Wellness Workout 9:30 AM 24 Let it Go Friday 12 PM | 25 26 |
| Mindful Stroll 1 PM 27 People/Cancer 6 PM Friends/Family 7 PM | Gentle Yoga for Digestion 28 9:30 AM Pancreatic Cancer Support 10:15 AM Creating and Maintaining Your New Normal 12 PM People/Cancer 6 PM Tibetan Singing Bowls 7 PM | Monroe County: Intro to 29 QiGong 10 AM Carbon County: Pelvic Floor Strengthening 12 PM | Yoga Meditation 30 9:30 AM Jewelry Making 1 PM | Wellness Workout 9:30 AM 31 Let it Go Friday 12 PM | |



SUPPORT GROUPS

Hold a hand

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

PEOPLE LIVING WITH CANCER

Mondays, 6 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

CIRCULO DE APOYO CIRCLE OF CARING

3rd Friday of month, 11:30 AM • Spanish-speaking group.

CARBON COUNTY GROUP

4th Wednesday of month, 3 PM • All cancer types are welcome. • In collaboration with Perfect Balance Boutique.

BEREAVEMENT FOR SPOUSES

Thursday, March 2, 12 PM



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, March 1, 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.”

LYMPHATIC YOGA

Thursday, March 15, 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.

YOGA MEDITATION

Thursdays, 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.

GENTLE YOGA FOR DIGESTION

Tuesdays, 9:30 AM • Learn which yoga poses specifically can stimulate the digestive tract, massage internal organs, and safely help get things moving! Mild stretching and focused breathing practices can be done on a chair, against the wall or standing.

WELLNESS WORKOUT

Fridays, 9:30 AM • Create a customized workout routine to enhance your body and mind. Alternate upper and lower body exercises will help promote improved balance, strength and conditioning.

MINDFUL STROLL

Friday, March 27, 1 PM • Engage all 5 senses as you join us for a walking tour. Location: Sand Island D&L Trail

CARBON COUNTY SERIES

Location: 2226 Blakeslee Blvd, Lehigh, PA (LVHN Carbon) *unless listed otherwise*

Push the Pause Button • Wednesday, March 1, 12 PM • Family and friends are invited to join in the discussion to discuss practical tips to help cope with the social and emotional impact of being a caregiver. Topics include how to balance caring for others with self-care, ways strategies like mindfulness can help, and how to focus on values.

Gentle Yoga • Wednesday, March 8, 12 PM • Join us for gentle stretches and poses in the serene setting of the environmental center

Seasonal Crafting • Wednesday, March 15, 12 PM • Get into the spirit of springtime with a colorful, playful art project.

Spotlight on Lymphedema • Wednesday, March 22, 12 PM • Learn the signs, symptoms, and management techniques of lymphedema.

Pelvic Floor Strengthening SOS • Wednesday, March 29, 12 PM • Learn about a method that could help with pelvic floor strengthening and what products may be covered by insurance. Location: Perfect Balance Boutique, 170 S 3rd St, Lehigh, PA



RESOURCES

PERFECT BALANCE BOUTIQUE POP-UP

Tuesday, March 14, 10:30 AM - 2 PM • 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 on Tuesdays and Wednesdays, by appointment only. Women in active cancer treatment can call 610-861-7555 to schedule a convenient time.



HEALTHY MIND

Our thoughtfully developed programs, focused on mental wellness, can give you a sense of control. We'll teach you how to use these practices when you need to.

THE ARTS

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

ART JOURNALS

Tuesday, March 7, 14, and 21, 11 AM • Art becomes a tool to express emotions. All are welcome during this series where you will collect the mandalas, collages, and other expressive art pieces into a keepsake that reflects your uniqueness.

ST. PATRICK'S DAY CRAFTS

Friday, March 10, 1 PM • We struck gold with these fun projects that will bring out your festive spirit. Call to reserve your supply kit if you are joining us virtually.

JEWELRY MAKING

Thursday, March 31, 12 PM • Gather your own supplies, or search for your favorites from our bead room. Join us for a live class where we teach the basics of making earrings, bracelets and necklaces.

MEDITATION + MINDFULNESS

Think kindly about yourself by tuning into yourself.

LET IT GO FRIDAYS

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

Thursday, March 16, 12 PM • This meditative program will include a discussion about the meaning behind different animals based on spiritual practices.

NAVIGATING GRIEF WITH HOLISTIC PRACTICES

Thursday, March 23, 12 PM • Learn to approach loss and anticipatory grief with mindful practices. Presenter: Wendy Littner Thomson

CREATING AND MAINTAINING YOUR NEW NORMAL

Thursday, March 23, 12 PM • By exploring key factors that can make a difference in survivorship, we will discuss what has worked for you during and after treatment. 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, March 28, 7 PM • These quartz crystal bells are tuned to the chakras (energy centers) with seven pitches. They ring with a rich, deep tone when gently struck or rubbed. This practice helps reduce stress, promotes healing and relaxation and aids in meditation. Wear comfortable clothing.



FAMILIES

The whole family, the whole time

FAMILY NIGHT: GARDEN FUN

Thursday, March 16, 5:30 PM • Spring is just around the corner! That means warmer weather, flowers, birds, and more time outside soaking up the sun. And what better way to celebrate spring than starting your own garden? Join us for a fun and creative upcycle gardening project to get your hands dirty and watch the magic happen.

MONROE COUNTY SERIES

Location: Pocono YMCA, 809 Main St, Stroudsburg, PA

Line Dancing • Wednesday, March 1, 10 AM • Bring your wild west spirit for a morning of heel touching, hand clapping, a heart pumping fun made easy!

Support Group • Wednesday, March 8, 10 AM • Connect with other cancer survivors in this open discussion group.

Customized Fitness • Wednesday, March 15, 10 AM • Learn how to make short and long-term fitness goals based on your comfort and ability level.

Creative Expression • Wednesday, March 22, 10 AM • This interactive art project involves contributions and inspirations from the whole group.

Intro to QiGong • Wednesday, March 29, 10 AM • Learn basic moving meditations to become more grounded, relaxed and surrounded by supportive energy.



CANCER EDUCATION

Addressing the education needs of patients, survivors, and caregivers.

Pelvic Floor Strengthening SOS • Wednesday, March 29, 12 PM • Learn about a method that could help with pelvic floor strengthening and what products may be covered by insurance. Location: Perfect Balance Boutique, 170 S 3rd St, Lehighon, PA

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



Andreas Plumbing, Heating and Air • Apollo on Broad • B & B Electrical • CSC Headquarters • Carbon County Community Foundation • Celebrate Life Fund
Cigna Foundation • Community Bank • Craig J. Geiger Memorial Fund • Deweather Media, LLC • Frederick & Margaret Bedford Foundation - Victaulic
G Gray Salon • George and Judith Arangio Foundation Trust • Home Team Real Estate • John A and Margaret Post Foundation
Julius & Kathryn Hommer Foundation • LAFF - Life Always Facing Forward • Liberty Girls Volleyball • Mia Bella Hair Studio • Moses Taylor Foundation
Pancreatic Cancer Cure Foundation • RLF Family Partners • Salon & Beyond • Saucon Valley Country Club Women Golfers • Serenite Private Residence Club
The Charles H. Hoch Foundation • The Donald B. and Dorothy L. Stabler Foundation • The Ryan Family Foundation • Timbers Pub & Grill
Trumbower Hospital Foundation, Inc. • Turn to Us • United Way Of Greater Lehigh Valley • Wells Fargo Advisors • WLEV - Little Pink Dress Party