

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



FREE WIG SALON

Trained professionals are available for free wig fittings by appointment only. Women in active cancer treatment can call us at 610-861-7555 to schedule a convenient time.



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

JANUARY 2024 - PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
1 Closed for the Holidays	2 Closed for the Holidays	3 Support Group: Monroe County 10 AM Seasonal Affective Disorder: Carbon County 12 PM Kids Sand Tray Play 5:30 PM Restorative Yoga/Yoga Nidra 6 PM	4 Open Art Studio 10:30 AM	5 Winter Workout 9:45 AM I Didn't Know I Qualified for That! 12 PM Needle Felted Landscape 1 PM	6
					7
8 Monroe County Indoor Walking Club 8 AM QiGong 9:30 AM Breast Cancer Support 11 AM People/Cancer 6 PM Friends/Family 7 PM People/Cancer 7:15 PM	9 Gentle Yoga 9:30 AM Perfect Balance Boutique Pop-Up 10:30 AM Creative Expression 1 PM People/Cancer 6 PM Prostate Support Group 7 PM	10 Monroe County Indoor Walking Club 8 AM New Moon Yoga Practice: Monroe County 10 AM Gentle Yoga: Carbon County 12 PM Thyroid Cancer Support 6 PM	11 Open Art Studio 10:30 AM Kids Sand Tray Play 5:30 PM	12 Monroe County Indoor Walking Club 8 AM FSA: Mental Health & Cancer 11 AM Pajama Yoga Party 7 PM	13 Phantoms Game 7 PM
					14
15 Monroe County Indoor Walking Club 8 AM QiGong 9:30 AM Extreme Self-Care 12 PM People/Cancer 6 PM Friends/Family 7 PM People/Cancer 7:15 PM	16 Gentle Yoga 9:30 AM Creative Expression 11 AM People/Cancer 6 PM	17 Monroe County Indoor Walking Club 8 AM FitRhythms®: Monroe County 10 AM Renew and Refresh: Carbon County 12 PM Lymphatic Yoga 2 PM Kids Sand Tray Play 5:30 PM	18 Extreme Self-Care 12 PM Mind, Mood and Movement 12 PM	19 Monroe County Indoor Walking Club 8 AM Office Closed	20
					21
22 Monroe County Indoor Walking Club 8 AM QiGong 9:30 AM Short Story Book Club 12 PM Extreme Self-Care 12 PM People/Cancer 6 PM Friends/Family 7 PM People/Cancer 7:15 PM	23 Gentle Yoga 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	24 Monroe County Indoor Walking Club 8 AM Meditative Practices: Monroe County 10 AM Animal Guide Meditation: Carbon County 12 PM Carbon County Support 3 PM	25 Extreme Self-Care 12 PM Mind, Mood and Movement 12 PM Kids Sand Tray Play 5:30 PM	26 Monroe County Indoor Walking Club 8 AM Winter Workout 9:45 AM Nutrition Education: Composting Made Easy 11 AM Let it Go Friday 12 PM	27
					28
29 Monroe County Indoor Walking Club 8 AM QiGong 9:30 AM Image Recovery 12:30 PM People/Cancer 6 PM Friends/Family 7 PM People/Cancer 7:15 PM	30 Gentle Yoga 9:30 AM Creative Expression 11 AM People/Cancer 6 PM	31 Monroe County Indoor Walking Club 8 AM Customized Fitness: Monroe County 10 AM Happiness Habits: Carbon County 12 PM Kids Sand Tray Play 5:30 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; Mondays, 7:15 PM; Tuesday, 6 PM

FRIENDS AND FAMILY

Mondays, 7 PM

BREAST CANCER

Monday, January 8, 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

CARBON COUNTY GROUP

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



HEALTHY BODY

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

YOGA

RESTORATIVE YOGA AND YOGA NIDRA ROOTED IN SELF-COMPASSION

Wednesday, January 3, 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: Believe in Transformation

Tuesdays, 9:30 AM • While practicing gentle yoga, we will explore our new normal and how we can shape the outcome with an increased sense of control. Through yoga poses, mindful breathing and meditation you will begin the transformation into a new chapter of your life.

LYMPHATIC YOGA

Wednesday, January 17, 2 PM • This practice helps to move the lymphatic fluid efficiently, cleanse our lymph fluid, oxygenate our cells and restore and maintain our lymphatic system.

WINTER WORKOUT

Fridays, January 5 and 26, 9:45 AM • Create a customized workout routine to enhance your body and mind. Alternating upper and lower body exercises will help promote improved balance and strength.

QIGONG

Mondays, 9:30 AM • This Chinese-inspired system of gentle movement, breath control, and meditation improves circulation, balance, flexibility, and creates a stronger body and mind.

MONROE COUNTY SERIES

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

Support Group • Wednesday, January 3, 10 AM • Connect with other cancer survivors in this open discussion group.

New Moon Yoga Practice • Wednesday, January 10, 10 AM • Welcome in the upcoming New Wolf Moon with a gentle chair yoga routine and affirmations.

FitRhythms® • Wednesday, January 17, 10 AM • If your heart is beating, you've got rhythm and if you're breathing, you're moving so let's keep moving! Join Tahya for a simple yet effective approach to keeping your body in motion, maintaining your balance, and feeling good!

Meditative Practices • Wednesday, January 24, 10 AM • Through breathwork, mindfulness, and other meditation exercises, you'll learn ways to relax that work for you.

Customized Fitness • Wednesday, January 31, 10 AM • Learn how to make short and long-term fitness goals based on your comfort and ability level.

MONROE COUNTY INDOOR WALKING CLUB

Mondays, Wednesdays and Fridays, 8 AM • Beginning Monday, January 5 • Looking for a safe all-weather option for light exercise? Need a friendly group to keep you motivated? Start your day with us! Location: Eldred Township Municipal Building, 490 Kunkletown Road, Kunkletown, PA



CANCER EDUCATION

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

I DIDN'T KNOW I QUALIFIED FOR THAT!

Friday, January 5, 12 PM • Join us for an interactive meet and greet info session with Caroline Chedrawi, BSW to learn about resources and programs available to people of all ages, abilities, and financial backgrounds. If there is a barrier in your life, bring your question during this session and maybe there are a few tools in her toolbox she can lend you to help you break through the barrier.

FRANKLY SPEAKING ABOUT: MENTAL HEALTH AND CANCER

Friday, January 12, 11 AM • This program is developed for all cancer survivors and caregivers to learn the overall importance of mental health after a cancer diagnosis. Join us for an educational and experiential program that addresses ways to talk to your care team about mental health, how emotional well-being may change after a cancer diagnosis, and how to connect to mental health resources and support for you and your caregiver.

NUTRITION EDUCATION: COMPOSTING MADE EASY

Friday, January 26, 11 AM • You don't need to be a farmer to utilize regenerative practices. Home gardeners can learn how to create and benefit from a simple compost bin to promote rich soil for vegetables and plants. Join us for lunch and a lesson, then take-home a kit to get started! Location: Eight Oaks Farm Distillery, 7189 Rt 309, New Tripoli, PA.



FAMILIES

The whole family,
the whole time

KIDS SAND TRAY PLAY

Tuesdays, January 9 and 23, 5:30 PM,
Thursdays, January 11 and 25, 5:30 PM • A cancer diagnosis can be a difficult and confusing experience, both physically and emotionally, especially for children. Our sand tray support group facilitates a gentle and secure space for kids to explore their feelings through the use of play and storytelling. We use sensory play and sand tray therapy to help them process the emotions and experiences associated with the diagnosis.

PAJAMA YOGA PARTY!

Friday, January 12, 7 PM • Get in your most comfy pajamas and strike a pose, a yoga pose! You can join us for some bedtime yoga from the comfort of your home or here at the agency. If you make this a part of your bedtime routine, you will be glad you did! Some benefits of bedtime yoga are kids sleep better at night; kids learn how to relax, self soothe, and regulate their emotions; it promotes healthy brain functioning; it helps children develop self-esteem and confidence; it improves social skills; it improves focus and concentration, and it's just fun for everyone!



RESOURCES

PERFECT BALANCE BOUTIQUE POP-UP

Tuesday, January 9, 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.

IMAGE RECOVERY

Monday, January 29, 10:30 AM • This comprehensive program provides education, resources and support around skin care, hair care, customized fitness tools, nutrition goals and overall wellness to support a positive self-image during cancer treatment.



SOCIAL

Take a break from cancer and have fun!

LEHIGH VALLEY PHANTOMS

Saturday, January 13, 7 PM • Looking for a winter activity for you and your family? Come to the PPL Center to watch the Lehigh Valley Phantoms take on the Hershey Bears on the ice!

SHORT STORY BOOK CLUB

Monday, January 22, 12 PM • We have your pick for an easy read with a winter theme. We will discuss your impressions and thoughts after reading the story.

CARBON COUNTY SERIES

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

Seasonal Affective Disorder • **Wednesday, January 3, 12 PM** • Does this season have to be dark and gloomy? There are techniques and strategies to help ease common symptoms that impact mood this time of year.

Gentle Yoga • **Wednesday, January 10, 12 PM** • Join us for gentle stretches and poses in the serene setting of the environmental center.

Renew and Refresh • **Wednesday, January 17, 12 PM** • 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.

Animal Guide Meditation • **Wednesday, January 24, 12 PM** • This meditative program will include a discussion about the meaning behind different animals based on spiritual practices.

Happiness Habits • **Wednesday, January 31, 12 PM** • Introduce more positives into the new year when you find out what matters most to you. Sources for joy may not be what you expect!



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.

OPEN ART STUDIO

Thursdays, January 4 and 11, 10:30 AM - 1:30 PM • The art room is open for you to explore painting, mosaics, jewelry making, and other creative projects to finish at your own pace.

CREATIVE EXPRESSION

Tuesdays, January 9, 1 PM and January 16 and 30, 11 AM • 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.

NEEDLE FELTED LANDSCAPE

Friday, January 5, 1 PM • Create your favorite season landscape using needle felting techniques. Using a little bit of colored wool, needles for felting, and a wooden hoop you will have a double-sided landscape hanging piece, a little piece of art with no artistic ability needed.

MEDITATION + MINDFULNESS

Think kindly about yourself by tuning into yourself.

LET IT GO FRIDAY

Friday, January 26, 12 PM • Clear your mind, and leave the stress of the week behind. This quick meditation will reset your mood as you close your eyes and visualize a peaceful scene.

EXTREME SELF-CARE

Mondays, January 15 and 22, 12 PM and Thursdays, January 18 and 25, 12 PM • Looking for ways to set your intentions for healthy living? Practice the twelve skills that lead to Peace and Grace. Facilitator: Debra Watts, GodSpede (Zoom only program; 12 week series)

CREATING AND MAINTAINING YOUR NEW NORMAL

Tuesday, January 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, January 23, 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.

MIND, MOOD AND MOVEMENT

Thursdays, January 18 and 25, 12 PM • As we are moving into the middle of January, we may have already encountered some obstacles that are hindering our ability to put into action the intentions and goals we set to enhance our well-being. This supportive series offers ways to attend to our thoughts, emotions, and body to help us fully integrate our intention or goal behavior into daily life. Each session can stand alone with education, experiential and practice-based components, so new people are welcome each week during this series.

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