

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



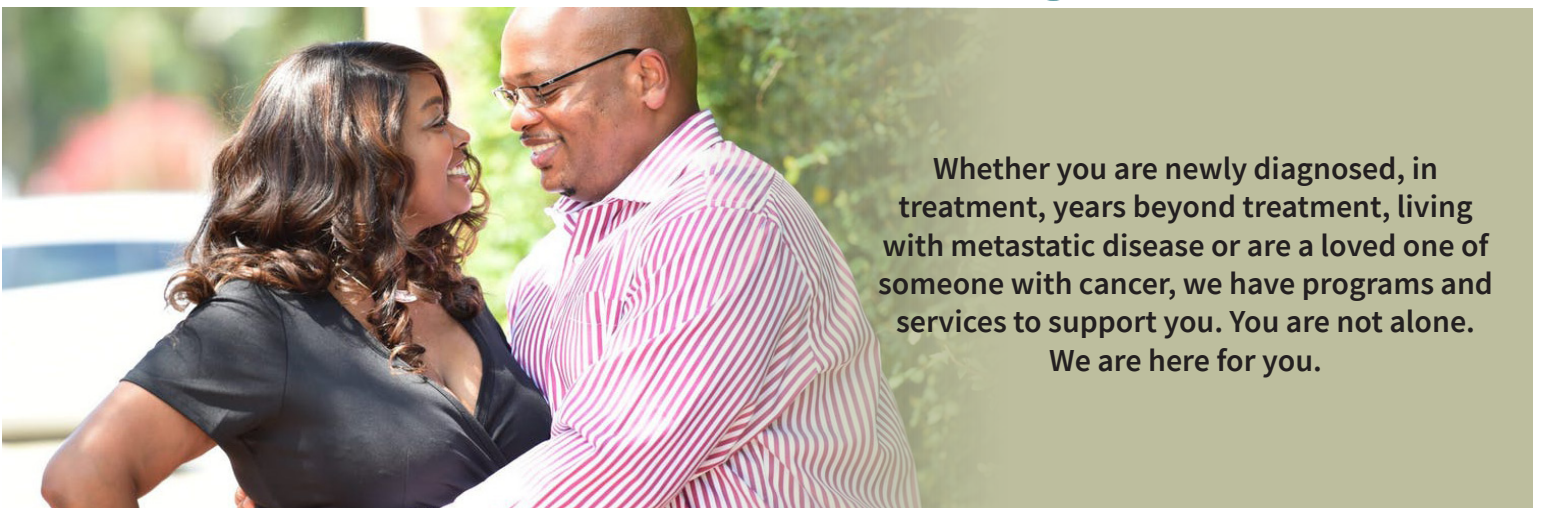
FAMILIES



HEALTHY MIND



SOCIAL



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.



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

FEBRUARY 2024 - PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
			Yoga Meditation 9:30 AM 1 Landscape Step-by-Step 12 PM Beginner Violin Lessons 2 PM	Winter Workout 9:30 AM 2 Coffee Time with Caroline 12 PM	3 4
Monroe Walking Club 8 AM 5 Breast Cancer Support 11 AM Extreme Self-Care 12 PM People/Cancer 6 PM Friends/Family 7 PM People/Cancer 7:15 PM	Gentle Yoga 9:30 AM 6 Creative Expression 11 AM People/Cancer 6 PM Prostate Support Group 7 PM	Monroe Walking Club 8 AM 7 Customized Fitness: Monroe County 10 AM Punch Quilting: Carbon County 12 PM Extreme Self-Care 12 PM Restorative Yoga/Yoga Nidra 6 PM	Yoga Meditation 9:30 AM 8 Mind, Mood and Movement 12 PM Beginner Violin Lessons 2 PM Kids Sand Tray Play 5:30 PM	Monroe Walking Club 8 AM 9 Winter Workout 9:30 AM Let it Go Friday 12 PM	10 11
Monroe Walking Club 8 AM 12 Extreme Self-Care 12 PM People/Cancer 6 PM Friends/Family 7 PM People/Cancer 7:15 PM	Gentle Yoga 9:30 AM 13 Perfect Balance Boutique Pop-Up 10:30 AM Creative Expression 1 PM People/Cancer 6 PM	Monroe Walking Club 8 AM 14 Scarf Painting: Monroe County 10 AM Gentle Yoga: Carbon County 12 PM Extreme Self-Care 12 PM Kids Sand Tray Play 5:30 PM Thyroid Cancer Support 6 PM	Yoga Meditation 9:30 AM 15 Mind, Mood and Movement 12 PM Beginner Violin Lessons 2 PM	Monroe Walking Club 8 AM 16 Winter Workout 9:30 AM Let it Go Friday 12 PM Vintage Frame Collage 1 PM	17 18
Office Closed in Observance of President's Day 19	Gentle Yoga 9:30 AM 20 Creative Expression 11 AM People/Cancer 6 PM	Monroe Walking Club 8 AM 21 Self-Massage: Monroe County 10 AM Mindful Meditation: Carbon County 12 PM Extreme Self-Care 12 PM Lymphatic Yoga 1 PM Carbon County Support 3 PM Family Night: Self-portrait 6:30 PM	Yoga Meditation 9:30 AM 22 Mind, Mood and Movement 12 PM Beginner Violin Lessons 2 PM Kids Sand Tray Play 5:30 PM	Monroe Walking Club 8 AM 23 Winter Workout 9:30 AM Let it Go Friday 12 PM	24 25
Monroe Walking Club 8 AM 26 Extreme Self-Care 12 PM People/Cancer 6 PM Friends/Family 7 PM People/Cancer 7:15 PM	Gentle Yoga 9:30 AM 27 Pancreatic Support 10:15 AM Creating and Maintaining Your New Normal 12 PM People/Cancer 6 PM Tibetan Singing Bowls 6 PM	Monroe Walking Club 8 AM 28 Labyrinth: Monroe County 10 AM Labyrinth: Carbon County 12 PM Extreme Self-Care 12 PM Kids Sand Tray Play 5:30 PM	Yoga Meditation 9:30 AM 29 Mind, Mood and Movement 12 PM Beginner Violin Lessons 2 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

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

CARBON COUNTY GROUP

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



RESOURCES

PERFECT BALANCE BOUTIQUE POP-UP

Tuesday, February 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 us to schedule a convenient time.

Wig Salon

Do you or someone you
know need a wig?

We're here to help.



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, February 7, 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."

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: 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.

LYMPHATIC YOGA

Wednesday, February 21, 2 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. Register to receive information on how to participate in this hybrid program.

WINTER 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.

CARBON COUNTY SERIES

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

Punch Quilting • Wednesday, February 7, 12 PM • This no-sew technique is easy to learn and creates intricate results.

Gentle Yoga • Wednesday, February 14, 12 PM • Join us for gentle stretches and poses in the serene setting of the environmental center.

Mindful Meditation • Wednesday, February 21, 12 PM • Practice different breathing and relaxation techniques to support emotional, mental and physical wellbeing.

Labyrinth • Wednesday, February 28, 12 PM • Explore this centuries-old meditative practice, following the path on our canvas labyrinth for self-reflection and contemplation.

MONROE COUNTY SERIES

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

Customized Fitness • Wednesday, February 7, 10 AM • Learn how to make short and long-term fitness goals based on your comfort and ability level.

Scarf Painting • Wednesday, February 14, 10 AM • Wrap yourself in colorful artwork when you learn how to paint a decorative scarf. Lynn Rideout will show you the simple steps to follow.

Self-Massage • Wednesday, February 21, 10 AM • Learn simple ways to soothe your stress with tender touch. Instructor: Mariella Silva from Complete Stillness

Labyrinth • Wednesday, February 27, 10 AM • Explore this centuries-old meditative practice, following the path on our canvas labyrinth for self-reflection and contemplation.

MONROE COUNTY INDOOR WALKING CLUB

Mondays, Wednesdays and Fridays, 8 AM • Beginning Monday, January 5 • Looking for a safe all-



FAMILIES

The whole family, the whole time

KIDS SAND TRAY PLAY

Wednesdays, February 14 and 28, and

Thursday, February 8 and 22, 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.

FAMILY NIGHT:

Imagine That!: A Self-portrait

Wednesday, February 21, 6:30 PM • This is a fun project for kids and families that allows you to look inward and tell the world all about your unique and wonderful self. For this project you will work on drawing your self portrait on one side of your face and objects/ideas that represent you on the other side of your face. Each self portrait will be completely unique as each of you are special and different in many ways!



CANCER EDUCATION

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

COFFEE TIME WITH CAROLINE

Friday, February 2, 12 PM • Join Caroline Chedrawi, BSW for an informal chat 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.



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.

LANDSCAPE STEP-BY-STEP

Thursday, February 1, 12 PM • You'll learn the basics to follow along in the creation of a beautiful fall scene on 11 x 14 canvas. Supplies will be provided and available for pick-up.

CREATIVE EXPRESSION

Tuesdays, February 6 and 20, 11 AM and February 13, 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.

VINTAGE FRAME COLLAGE

Thursday, February 16, 1 PM • Sometimes a collage goes outside the lines. We will create a unique collage that includes the frame in this piece. Using vintage looking fabrics, papers, stickers and more to create the style. Pick a photo, or a copy of a photo, of someone or something you love to be the focus of the piece.

BEGINNER VIOLIN LESSONS

Thursdays, 2 PM • Reduce stress, improve coordination, and enhance your memory by learning a new instrument. Through a new collaboration with the Community Music School, you'll receive professional instruction and a loaned instrument for practicing. Class is limited in this 5-week series.

MEDITATION + MINDFULNESS

Think kindly about yourself by tuning into yourself.

LET IT GO FRIDAY

Fridays, February 9, 16 and 23, 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 and Wednesdays, 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

CREATING AND MAINTAINING YOUR NEW NORMAL

Tuesday, February 22, 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, February 27, 6 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.

MIND, MOOD AND MOVEMENT

Thursdays, February 8, 15, 22 and 29, 12 PM • (8 week series) 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.

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



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