

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.

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



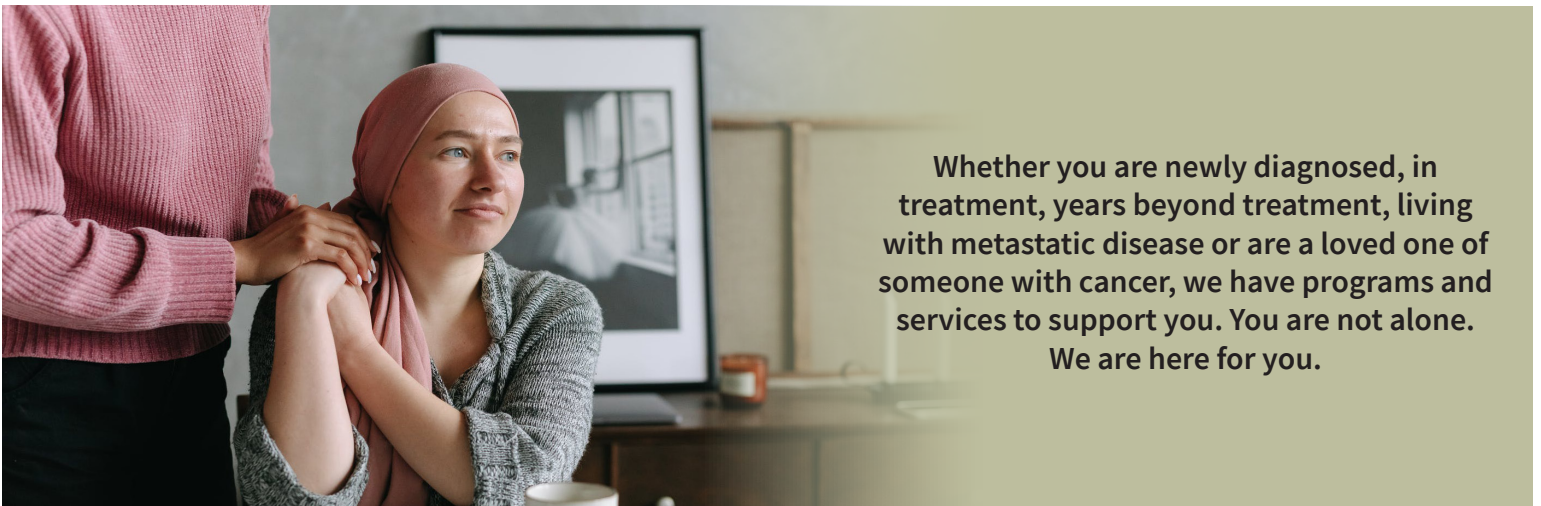
FAMILIES



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

MARCH 2024 - PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
				Winter Workout 9:30 AM 1 Coffee Time with Caroline 12 PM	2 3
Monroe Walking Club 8 AM 4 QiGong 9:30 AM Breast Cancer Support 11 AM People/Cancer 6 PM Friends/Family 7 PM People/Cancer 7:15 PM	Gentle Yoga 9:30 AM 5 Creative Expression 11 AM People/Cancer 6 PM Prostate Support Group 7 PM	Monroe Walking Club 8 AM 6 Functional and Integrative Medicine: Monroe County 10 AM Spotlight on Lymphedema: Carbon County 12 PM Restorative Yoga/Yoga Nidra 6 PM	Open Art Studio 10:30 AM 7 Mind, Mood and Movement 12 PM Kids Sand Tray Play 5:30 PM	Monroe Walking Club 8 AM 8 Winter Workout 9:30 AM Let it Go Friday 12 PM	9 10
Monroe Walking Club 8 AM 11 QiGong 9:30 AM People/Cancer 6 PM Friends/Family 7 PM People/Cancer 7:15 PM	Gentle Yoga 9:30 AM 12 Perfect Balance Boutique Pop-Up 10:30 AM Creative Expression 1 PM People/Cancer 6 PM	Monroe Walking Club 8 AM 13 FitRhythms ®: Monroe County 10 AM Gentle Yoga: Carbon County 12 PM Kids Sand Tray Play 5:30 PM Thyroid Cancer Support 6 PM	Open Art Studio 10:30 AM 14	Yamuna Body Rolling 11:30 AM 15 Open Art: Bandana & Fabric Stamping 1 PM	16 17
Monroe Walking Club 8 AM 18 QiGong 9:30 AM Mindful Stroll 1 PM Extreme Self-Care 12 PM People/Cancer 6 PM Friends/Family 7 PM People/Cancer 7:15 PM	Gentle Yoga 9:30 AM 19 Creative Expression 11 AM People/Cancer 6 PM	Monroe Walking Club 8 AM 20 Coffee Talk: Monroe County 10 AM Game On: Carbon County 12 PM Lymphatic Yoga 6 PM	Open Art Studio 10:30 AM 21 Extreme Self-Care 12 PM Mind, Mood and Movement 12 PM Kids Sand Tray Play 5:30 PM	Monroe Walking Club 8 AM 22 Yamuna Body Rolling 11:30 AM	23 Family Connection: Egg Hunt 12 PM 24
Monroe Walking Club 8 AM 25 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	Gentle Yoga 9:30 AM 26 Pancreatic Support 10:15 AM Creating and Maintaining Your New Normal 12 PM People/Cancer 6 PM Tibetan Singing Bowls 7 PM	Monroe Walking Club 8 AM 27 Customized Fitness: Monroe County 10 AM Seasonal Crafting: Carbon County 12 PM Carbon County Support 3 PM Kids Sand Tray Play 5:30 PM	Open Art Studio 10:30 AM 28 Extreme Self-Care 12 PM Mind, Mood and Movement 12 PM	Office Closed 29	30 31



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, March 12, 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.



SOCIAL

Take a break from cancer and have fun!

MINDFUL STROLL

Monday, March 18, 1 PM • Engage all 5 senses as you join us for a walking tour. Location will be the Sand Island D&L Trail

SHORT STORY BOOK CLUB

Monday, March 25, 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.



HEALTHY BODY

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

THE 3 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 6, 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 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.

LYMPHATIC YOGA

Wednesday, March 20, 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. Register to receive information on how to participate in this hybrid program.

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.

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

YAMUNA BODY ROLLING: FOOT FITNESS

Fridays, March 15 and 22, 11:30 AM • Specialized balls help you create specific positions to elongate and tone your muscles and align your joints. In this series, we focus on the feet! Register to reserve your kit. Space is limited in this 4 week series

MONROE COUNTY SERIES

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

Introduction to Functional and Integrative Medicine • Wednesday, March 6, 10 AM

Join Dr. Mikhail Artamonov for a Q&A about holistic health practices and options for side effect management during cancer treatment and survivorship. Location: Amira Integrative Health, PC, 391 E. Brown Street, East Stroudsburg, PA 18301

FitRhythms® • Wednesday, March 13, 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!

Coffee Talk • Wednesday, March 20, 10 AM • Join other local survivors for an informal support group discussion over coffee. Location: Café Duet, 35 N. 7th Street, Stroudsburg, PA 18360

Customized Fitness • Wednesday, March 27, 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, March 4th. 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, 516 Kunkletown Road, Kunkletown, PA



FAMILIES

The whole family, the whole time

KIDS SAND TRAY PLAY

Wednesdays, March 13 and 27, and Thursdays, March 7 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 CONNECTION: EGG HUNT

Saturday, March 23, 12 PM • Spring is finally here! And what better way to kick off our longer days of fun in the sun than with an egg hunt! Kids, bring your baskets and keen eyesight for our annual egg hunt. I wonder how many eggs you will find?

CARBON COUNTY SERIES

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

Spotlight on Lymphedema • Wednesday, March 6, 12 PM • Learn the signs, symptoms, and management techniques of lymphedema. Guest Speaker: Jane Roche live at Cancer Support Community. Satellite Location: LVHN Blakeslee Drive, Lehighton or join via Zoom

Gentle Yoga • Wednesday, March 13, 12 PM • Join us for gentle stretches and poses in the serene setting of the environmental center.

Game On • Wednesday, March 20, 12 PM • Reduce stress, increase cognitive function, and socialize in a fun way. We'll meet up at a gaming café to play board games and have lunch. Location: Jokers Are Wild, 125 N. 1st, Lehighton, PA 18235

Seasonal Crafting • Wednesday, March 27, 12 PM • Get into the spirit of springtime with a colorful, playful art project. Location: SLUHN, 211 N. 12th Street, Lehighton, PA



CANCER EDUCATION

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

COFFEE TIME WITH CAROLINE

Friday, March 1, 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.

SPOTLIGHT ON LYMPHEDEMA

Wednesday, March 6, 12 PM • Learn the signs, symptoms, and management techniques of lymphedema. Guest Speaker: Jane Roche live at Cancer Support Community. Satellite Location: LVHN Blakeslee Drive, Lehighton or join via Zoom



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.

CREATIVE EXPRESSION

Tuesdays, March 5 and 19, 11 AM and March 12, 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.

OPEN ART STUDIO

Thursdays, 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.

OPEN ART: Bandana & Fabric Stamping

Friday, March 15, 1 PM • Create one-of-a-kind bandanas using stamps for a unique accessory. Or create collage fodder from fabric that can be used in future art and collage projects.

MEDITATION + MINDFULNESS

Think kindly about yourself by tuning into yourself.

LET IT GO FRIDAY

Friday, March 8, 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, March 26, 12 PM • Inspired by Kelly Turner's book about key factors that can make a difference in survivorship, we will explore 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 26, 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.

MIND, MOOD AND MOVEMENT

Thursdays, March 7, 21, and 28, 12 PM • (8 week series) As we are moving through the beginning of the year, 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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