

# 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](http://www.cancersupportglv.org) | 944 Marcon Blvd., Suite 110, Allentown, PA

# MAY 2024 - PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
		<b>Line Dancing:</b> Monroe County 10 AM <b>Seasonal Crafting:</b> Carbon County 12 PM <b>Restorative Yoga</b> 6 PM	<b>Affirmation Series</b> 12 PM <b>Landscape Step-by-Step</b> 12 PM <b>Kids Sand Tray Play</b> 5:30 PM	<b>Wellness Workout</b> 9:45 AM <b>Coffee Talk: Monroe County</b> 10 AM <b>Let it Go Friday</b> 12 PM	<b>Nature Hike</b> 11 AM
<b>QiGong</b> 9:30 AM <b>Help Us on the Farm</b> 9:30 AM <b>Breast Cancer Support</b> 11 AM <b>People/Cancer</b> 6 PM <b>Friends/Family</b> 7 PM <b>People/Cancer</b> 7:15 PM	<b>Gentle Yoga</b> 9:30 AM <b>Creative Expression</b> 11 AM <b>Kids Support-Kick Off</b> 6 PM <b>People/Cancer</b> 6 PM <b>Prostate Support Group</b> 7 PM	<b>Aromatherapy and Self-Massage:</b> Monroe County 10 AM <b>Let's Do Lunch:</b> Carbon County 12 PM <b>Kids Sand Tray Play</b> 5:30 PM <b>Thyroid Cancer Support</b> 6 PM	<b>Affirmation Series</b> 12 PM	<b>Image Recovery</b> 12 PM	4 5 11 12
<b>QiGong</b> 9:30 AM <b>Help Us on the Farm</b> 9:30 AM <b>People/Cancer</b> 6 PM <b>Friends/Family</b> 7 PM <b>People/Cancer</b> 7:15 PM	<b>Gentle Yoga</b> 9:30 AM <b>Perfect Balance Boutique Pop-Up</b> 10:30 AM <b>Creative Expression</b> 1 PM <b>People/Cancer</b> 6 PM <b>Kids Support™</b> 6 PM	<b>Walk with Us:</b> Monroe County 10 AM <b>Gentle Yoga:</b> Carbon County 12 PM <b>Lymphatic Yoga</b> 6 PM	<b>Affirmation Series</b> 12 PM <b>Monroe County Support</b> 4:30 PM <b>Kids Sand Tray Play</b> 5:30 PM	<b>Mindful Stroll</b> 1 PM	18 19
<b>QiGong</b> 9:30 AM <b>Help Us on the Farm</b> 9:30 AM <b>Short Story Book Club</b> 12 PM <b>People/Cancer</b> 6 PM <b>Friends/Family</b> 7 PM <b>People/Cancer</b> 7:15 PM	<b>Gentle Yoga</b> 9:30 AM <b>Creative Expression</b> 11 AM <b>People/Cancer</b> 6 PM <b>Kids Support™</b> 6 PM	<b>FitRhythms®:</b> Monroe County 10 AM <b>Why Can't I Stay Positive:</b> Carbon County 12 PM <b>Kids Sand Tray Play</b> 5:30 PM	<b>Compassion Meditation</b> 12 PM <b>Eco Printing</b> 1:30 PM	24	25 26
<b>CLOSED</b> <b>MEMORIAL DAY</b>	<b>Gentle Yoga</b> 9:30 AM <b>Pancreatic Support</b> 10:15 AM <b>Creating and Maintaining Your New Normal</b> 12 PM <b>People/Cancer</b> 6 PM <b>Kids Support™</b> 6 PM <b>Tibetan Singing Bowls</b> 7 PM	<b>Customized Fitness:</b> Monroe County 10 AM <b>Game On:</b> Carbon County 12 PM <b>Carbon County Support</b> 3 PM	<b>Open Art Studio</b> 10:30 PM <b>Kids Sand Tray Play</b> 5:30 PM	<b>Wellness Workout</b> 9:45 PM <b>Let it Go Friday</b> 12 PM	27 28 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

Wednesday, May 29, 3 PM • All cancer types are welcome. • In collaboration with Perfect Balance Boutique.

### MONROE COUNTY GROUP

Thursday, May 16, 4:30 PM • Join other local survivors for a support group discussion. Location: Eastern Monroe Public Library, 1002 N 9th Street, Stroudsburg, PA



## RESOURCES

### IMAGE RECOVERY: Mother's Day Edition

Friday, May 10, 12 PM • 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, coloring and contouring, and how to safely address common side effects from treatment. Register yourself and a loved one to receive a kit to enjoy during the class.

### PERFECT BALANCE BOUTIQUE POP-UP

Tuesday, May 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.



## 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, May 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."

#### GENTLE YOGA: for Cultivating Peace

Tuesdays, 9:30 AM • Foster the sense of growth to create space, which can be physical, emotional and spiritual. Through yoga poses, mild stretching, and focused breathing, practice letting go of what no longer serve you to experience a sense of peace and balance.

#### LYMPHATIC YOGA

Wednesday, May 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.

#### 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.

#### WELLNESS WORKOUT

Fridays, May 3 and 31, 9:45 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*

**Seasonal Crafting** • Wednesday, May 1, 12 PM • Appreciate the sounds of nature with a wind chime made from seashells, beads, and other springtime inspired items.

**Let's Do Lunch** • Wednesday, May 8, 12 PM • Whether you choose a toasty Panini or decadent crepes, you'll enjoy the cozy and vibrant atmosphere at Perla Coffee Company and Eatery. We're treating you for a special luncheon! Location: 1656 U S 209, Brodheadsville, PA

**Gentle Yoga** • Wednesday, May 15, 12 PM • Join us for gentle stretches and poses that can be adapted to a chair.

**Why Can't I Stay Positive** • Wednesday, May 22, 12 PM • This interactive workshop will take a closer look at the emotional aspects of cancer survivorship, including depression, the grieving process, and resiliency. Location: SLUHN, 211 N. 12th Street, Lehighton, PA

**Game On** • Wednesday, May 22, 12 PM • Reduce stress, increase cognitive function, and socialize in a fun way. We'll meet up at a gaming café to play boards games and have lunch. Location: Jokers Are Wild, 125 N. 1st, Lehighton, PA

#### MONROE COUNTY SERIES

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

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

**Coffee Talk** • Friday, May 3, 10 AM • Join other local survivors for an informal support group discussion over coffee. Location: Café Duet, 35 N. 7th Street, Stroudsburg, PA 18360

**Aromatherapy and Self-Massage** • Wednesday, May 8, 10 AM • Learn simple ways to soothe your stress with tender touch and the safe use of essential oils. Presenter: Mariella Silva, MS of Complete Stillness.

**Walk with Us** • Wednesday, May 15, 10 AM • Join our team as we support the Pocono YMCA's Senior Walk. Register with the Y, then meet us at the starting line where we can show our solidarity from CSCGLV! Location: Stroudsburg High School, Stroudsburg, PA

**FitRhythms**® • Wednesday, May 22, 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!

**Customized Fitness** • Wednesday, May 29, 10 AM • Learn how to make short and long-term fitness goals based on your comfort and ability level.



Take a break from cancer and have fun!

### HELP US ON THE FARM

Monday, May 6, 13 and 20, 9:30 AM • Not a green thumb? No problem! CSCGLV and LAFF mentors are collaborating again for seeding, transplanting, weeding and harvesting. This year, we're focusing on growing beautiful wildflowers. Location: Rodale Institute, St. Luke's Hospital Organic Farm, Easton, PA

### MINDFUL STROLL

Friday, May 17, 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, May 20, 12 PM • We have your pick for an easy read with a springtime vibe. We will discuss your impressions and thoughts after reading the story.

## FAMILIES

The whole family, the whole time

### KIDS SAND TRAY PLAY

Thursdays, May 2, 16 and 30 and Wednesdays, May 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. Come join us for some much needed comfort and support. Space is limited to 6 participants, so register early!

### NATURE HIKE

Saturday, May 4, 11 AM • Families, join us for an easy-moderate hike at the Lehigh Gap Nature Center in Slatington. We'll use all 5 senses to experience the hike and take in the surrounding nature. There will be great views overlooking the Lehigh River, and there will be various wildlife; we may even be lucky enough to see the Bald Eagles that live in the area. There will be something for you history lovers as well! Be sure to use sunscreen and bring a water bottle. We will meet in the parking lot near the Osprey House.

### KIDS SUPPORT™

Tuesdays, May 7, 14, 21 and 28, 6 PM • Meet other kids aged 4-17 yrs who are coping with cancer in their families. Join us Tuesday, May 7 at 6pm to learn more about our upcoming 4 week series that facilitates a gentle and secure space for kids to explore their feelings through the use of art and play. Location: SLUHN Easton, 250 S. 21st Street, Easton, PA



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, May 2, 12 PM • You'll learn the basics to follow along in the creation of a beautiful springtime scene on 11 x 14 canvas.

### CREATIVE EXPRESSION

Tuesdays, May 7, 16 and 21, 11 AM and May 14, 1 PM • Use art journals, altered books or just a piece of paper to create artwork that will support healing, mindfulness and wellness.

### OPEN ART STUDIO

Thursday, May 30, 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.

### ECO PRINTING

Thursday, May 23, 1:30 PM • Bring the outside in with the latest way of creating nature art. We will be taking flowers, leaves and grass and using paper, ink and even hammers to design unique pieces of art.

### MEDITATION + MINDFULNESS

Think kindly about yourself by tuning into yourself.

### AFFIRMATION SERIES

Thursday, May 2, 9, 16, 11 AM • Shift your mindset through art, gentle movement, and meditation. You'll learn creative ways to set intentions that have empowering meaning to you.

### LET IT GO FRIDAY

Friday, May 3 and 31, 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.

### COMPASSION MEDITATION

Thursday, May 23, 12 PM • This supportive workshop offers ways to attend to our thoughts, emotions, and body to help us fully integrate our intention or goal behavior into daily life. Each meeting can stand alone with education, experiential and practice-based components, so new people are welcome each month.

### CREATING AND MAINTAINING YOUR NEW NORMAL

Tuesday, May 28, 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.

### TIBETAN SINGING BOWLS

Tuesday, May 28, 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.



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



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