

# 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.



**NEED EXTRA SUPPORT? 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

## Sleep Health

Daylights Savings Time making you nod off at inconvenient times?

March 12 at 10 am

Monroe and Allentown locations and virtual



# MARCH 2025 - PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
Colorful Reflections on-demand Breast Cancer Group 12pm People/Cancer 6pm Friends/Family 7pm People/Cancer 7:15pm	Gentle Yoga 9:30am Art As Therapy 11am People/Cancer 6pm Prostate Group 7pm	Coffee Talk 10am Yoga for Peaceful Sleep 7pm	Moving Meditation 9:30 Open Art 10:30am	We Got the Beat 12pm	8
					9
Colorful Reflections on-demand Perfect Balance Boutique Pop-Up 10:30am People/Cancer 6pm Friends/Family 7pm People/Cancer 7:15pm	Gentle Yoga 9:30am Self-Care Book Club 12pm Art As Therapy 1pm People/Cancer 6pm Pajama Yoga Party! 7:30pm	Sleep Health 10am Gentle Yoga 12:30pm Carbon Caregiver Group 6pm Thyroid Cancer Support 6pm	Moving Meditation 9:30 Open Art 10:30am Creating & Maintaining Your New Normal 12pm Art Basics: Drawing 7pm	Yamuna Body Rolling 11:30am	15
					16
Colorful Reflections on-demand People/Cancer 6pm Friends/Family 7pm People/Cancer 7:15pm	Gentle Yoga 9:30am Art As Therapy 11am People/Cancer 6pm Tibetan Singing Bowls 7pm	Meditative Practices 10am Awaken to Love 11am Meditative Chair Yoga 4pm Lymphatic Yoga 7pm	Moving Meditation 9:30 Spring Succulents 10:30	We Got the Beat 12pm	22
					23
Colorful Reflections on-demand Mindful Stroll 1pm People/Cancer 6pm Friends/Family 7pm People/Cancer 7:15pm	Gentle Yoga 9:30am Pancreatic Cancer Support 10:15am Self-Care Book Club 12pm People/Cancer 6pm	Seasonal Crafting 10am Carbon County Support 3pm	Moving Meditation 9:30 Open Art 10:30am Creating & Maintaining Your New Normal 12pm Art Basics: Drawing 7pm		29
					30
Colorful Reflections on-demand Short Story Book Club 12pm People/Cancer 6pm Friends/Family 7pm People/Cancer 7:15pm				<b>Designates Offsite Location</b> Carbon County Monroe County Other <b>Designates Family Programs</b>	

## 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, 12 pm

### PROSTATE CANCER

1st Tuesday of month, 7 pm

### THYROID CANCER

2nd Wednesday of month, 6 pm



### PANCREATIC CANCER

Tuesday, March 25, 10:15 am • Anyone affected by pancreatic cancer is invited to join. Sponsored by Pancreatic Cancer Hope Foundation.

### CARBON COUNTY CAREGIVER

2nd Wednesday of the month, 6 pm  
Are you supporting a loved one with cancer and would like to connect with others from your area? This new monthly group will provide practical tips to help cope with the social and emotional challenges of being a caregiver to someone with cancer, including how to balance caring for others with self-care. Each meeting will include relaxation exercises and mindfulness techniques.

### CARBON SUPPORT GROUP

Wednesday, March 26, 3 pm

### CREATING AND MAINTAINING YOUR NEW NORMAL

Thursdays March 13 and 27, 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.

NEW

NEW DAY



## HEALTHY BODY

Physical activity- movement, strength, flexibility- can help reduce treatment side effects. When done safely, physical activity can help reduce treatment side effects.

## THE 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,

NEW NAME

### YOGA FOR PEACEFUL SLEEP

Wednesday, March 5, 7 pm • A blend of restorative yoga, self-compassion techniques and yoga nidra to gently soften areas of tension through supported holds, stillness, and breath awareness. All experience levels are welcome; supportive props available upon request for virtual participants. Register to receive information on how to participate in this hybrid program.

### GENTLE YOGA

Wednesday, March 12, 12:30 pm • Join us for gentle stretches and poses that can be adapted to a chair. Location: 2226 Blakeslee Blvd, Lehigh, PA (LVHN Carbon)



### LYMPHATIC YOGA

Wednesday, March 19, 7 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.

### GENTLE YOGA: 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. Register to receive information on how to participate in this hybrid program.

### MEDITATIVE CHAIR YOGA

Wednesday, March 19, 4 pm • This class will include gentle spinal movements, lymphatic poses and QiGong postures. This combination will balance the body's energy centers, strengthen the immune system and relieve anxiety.

### YAMUNA BODY ROLLING: LEGS

Friday, March 14, 11:30 am • Are you interested in trying Yamuna Body Rolling to see what it is all about? Join Jeanne Reilly for a monthly introduction to the techniques that help elongate the spine and calm the nervous system. This month's class will focus on releasing leg tension. Beginners and previous attendees are welcome to participate in this class.



• SLEEP HEALTH- Wednesday, March 12, 10 am • Do you still feel tired after losing an hour of sleep from daylight savings time. Location: Join virtually from anywhere or join us in person at the Pocono YMCA, 809 N 9th Street, Stroudsburg, PA.



## SOCIAL

Take a break from cancer and have fun!

• COFFEE TALK- Wednesday, March 5, 10 am • Join other local survivors for an informal support group discussion over coffee. Location: Cafe Duet, 35 N. 7th St. Stroudsburg, PA

WE GOT THE BEAT- Friday, March 7 & 21 and April 4 & 25 12 pm • Percussion Playhouse returns to spread harmony and inspiration through drumming, self-expression, sensory exploration and art.

SHORT STORY CLUB- Monday, March 31, 12 pm • We have your picks for an easy read. We will discuss your impressions and thoughts after reading the stories. Register early to receive your copy and information on how to participate in this hybrid program.





## RESOURCES



**PERFECT BALANCE BOUTIQUE POP-UP**  
Monday, March 10, 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.

Do you or someone you  
know need a wig?  
We're here to help.



**WIG SALON**  
Trained professionals are available for free wig fittings by appointment only. Women in active cancer treatment can call to schedule a time.



## FAMILIES

The whole family, the whole time

### PAJAMA YOGA PARTY!

Tuesday, March 11, 7:30 pm • Get in your most comfy pajamas and strike a pose... a yoga pose! Relax and prepare for a better night's sleep with a story and gentle yoga from the comfort of your own home.



## 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.

NEW  
NAME

#### ART AS THERAPY

Tuesdays, March 4 & 18, 11 am March 11, 1 pm • All you need is an open mind and a willingness to explore your feelings, thoughts, and moods. We will use materials that are non-threatening, such as cutting and pasting images from magazines, or exploring decorative papers and tapes for self-expression. If you are Zooming in from home, any art materials you have handy will do.

#### SEASONAL CRAFTING

Wednesday, March 26, 10 am • Welcome springtime with crafts that will add some colorful cheer to your home.

#### ART BASICS: DRAWING

Thursdays, March 13 and 27, 7 pm • Join us to learn the basics of drawing. Every class we will learn a new skill or type of drawing, from cute to whimsical to realistic. Step-by-step instructions will guide you to create mushrooms, buildings, and even simple portraits. No artistic ability necessary. Just grab a pencil, paper and eraser. Virtual Only.

#### OPEN ART STUDIO

Thursday, March 6, 13 & 27 10:30 am to 1:30 pm • The art room is open for you to explore painting, mosaics, jewelry making and many other creative projects to finish at your own pace.

#### SPRING SUCCULENTS

Thursday, March 20 10:30 am • Create something to nurture as you help plant life flourish. Celebrate new beginnings with a painted potted plant to take home. Supplies will be provided; please register early.



### MINDFULNESS +MEDITATION

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

#### COLORFUL REFLECTIONS

mondays On-Demand • Let your imagination run wild with color. Sign up to receive the weekly on-demand recordings that can be used at a time that best suits you.

#### MOVING MEDITATION

Thursdays, 9:30 am • Continuing to bring in energy with QiGong! Through gentle movement, breath control, and meditation, you will improve circulation, balance, and flexibility for a stronger body and mind. Register to receive information on how to participate in this hybrid program in person or over Zoom.

#### MINDFUL STROLL

Monday March 24 1 pm • Engage the five senses on this peaceful walk. Location: Sand Island at the D&L Rail Trail, Bethlehem, PA



#### TIBETAN SINGING BOWLS

Tuesday, March 18, 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.

#### AWAKEN TO LOVE

Wednesday, March 19, 11 am • Rest in breath, poetry and imagination to explore your subconscious wisdom. Empower yourself through your intuition in order to support your wellness journey.



## CANCER EDUCATION

### SELF-CARE BOOK CLUB

Tuesday, March 11 & 25 12 pm • Share the greatest act of kindness and love with yourself!!! Each week, we'll explore your personalized self-care plan so you can reduce stress and regain a sense of control over your life. Participating members will receive their own copy of The Ultimate Self-Care Handbook by Lorilee Lucas.

