

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.

Tip of the Month:

Summer is coming! Know your sunscreens.
Mineral sunscreen may be better for the environment and sensitive skin, but may not be as water resistant.



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

**PRESERVING YOUR MENTAL
THROUGH CANCER HEALTH**
















**MONDAY
MAY 5
5 - 6 PM**



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

MAY 2025 - PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
Designates Offsite Location  Carbon County  Monroe County  Other Designates Family Programs 			Moving Meditation 9:30am 1 Open Art 10:30am	Resistance Bands 10am 2	3
					4
Inspired by Nature on-demand 5 Breast Cancer Support Group 12pm Preserving Your Mental Health Through Cancer 5pm People/Cancer 6pm Friends/Family 7pm	Gentle Yoga 9:30am 6 Art As Therapy 11am People/Cancer 6pm Prostate Group 7pm	 Seasonal Crafting 10am 7 Yoga for Peaceful Sleep 7pm	OFFICE CLOSED: VIRTUAL ONLY 8 Moving Meditation 9:30am Creating & Maintaining Your New Normal 12pm	Resistance Bands 10am 9 Yamuna Body Rolling 11:30am  Salt Room Self-Care Escape 12pm	10
					11
Inspired by Nature on-demand 12 Perfect Balance Boutique Pop-Up 10:30am Mindful Stroll 1pm People/Cancer 6pm Friends/Family 7pm People/Cancer 7:15pm	Gentle Yoga 9:30am 13 Art As Therapy 1pm People/Cancer 6pm  Pajama Yoga Party! 7:30pm	 Walk with Us 10am 14  Gentle Yoga 12:30pm  Carbon Caregiver Group 6pm Thyroid Cancer Support 6pm	Moving Meditation 9:30am 15 Artists Trading Card Series 1pm	Resistance Bands 10am 16	17
					18
Inspired by Nature on-demand 19 Help Us on the Farm 9:30am Short Story Club 12pm People/Cancer 6pm Friends/Family 7pm People/Cancer 7:15pm	Gentle Yoga 9:30am 20 Art As Therapy 11am People/Cancer 6pm	 Coffee Talk 10am 21 Awaken to Love 11am  Carbon County Support 3pm Meditative Chair Yoga 4pm Lymphatic Yoga 7pm	Moving Meditation 9:30am 22 Artists Trading Card Series 1pm Creating & Maintaining Your New Normal 12pm Art Basics: Drawing 7pm	Resistance Bands 10am 23	24
					25
26 CLOSED FOR HOLIDAY	Gentle Yoga 9:30am 27 Pancreatic Cancer Support 10:15am People/Cancer 6pm Tibetan Singing Bowls 7pm	 Line Dancing 10am 28	Moving Meditation 9:30am 29 Open Art 10:30am	31	30



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, May 27, 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? Learn 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, May 21, 3 pm Location: Perfect Balance Boutique, Lehigh, PA.

CREATING AND MAINTAINING YOUR NEW NORMAL

Thursdays May 8 (virtual only) and 22, 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.



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.

YOGA FOR PEACEFUL SLEEP

Wednesday, May 7, 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.

RESISTANCE BAND YOGA

Fridays, May 2, 8, 16 & 23, 10 am • This virtual series will demonstrate safe ways to use resistance bands to connect with the body and develop strength, flexibility, stability and alignment. Target, wake up, and mobilize major joints of our body along with key muscle groups such as core, back, shoulders and glutes, followed by relaxation and breathwork.

GENTLE YOGA

Wednesday, May 14, 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, May 21, 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 TO DECLUTTER THE MIND

Tuesdays, 9:30 am • Mental overload calls us to simplify and find clarity. Learn how to relieve this stress through mild stretching and focused breathing practices that can be done on a chair, against the wall or standing. Peace and focus emerge when we realize we're not our fleeting thoughts.



MEDITATIVE CHAIR YOGA

Wednesday, May 21, 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: FEET

Friday, May 9, 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 foot tension. Beginners and previous attendees are welcome to participate in this class.



SOCIAL

Take a break from cancer and have fun!

COFFEE TALK

Wednesday, May 21, 10 am • Join other local survivors for an informal support group discussion over coffee. Location: Café Duet, 35 N. 7th Street, Stroudsburg, PA 18360

LINE DANCING

Bring your wild west spirit for a morning of heel touching, hand clapping, a heart pumping fun made easy! Location: Pocono YMCA: 809 Main Street, Stroudsburg, PA 18360





RESOURCES



PERFECT BALANCE BOUTIQUE POP-UP
 Monday, May 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.

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, May 13, 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.

ART AS THERAPY

Tuesdays, May 6 & 20, 11 am May 13, 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.

ART BASICS: DRAWING

Thursday, May 22, 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

Thursdays, May 1 & 29, 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.

ARTIST TRADING CARD SERIES

Thursdays, May 15 & 22, 1 pm • Create your very own Artist Trading Cards (ATCs) during this 2-part series. We will create our very own cards to trade with other members and friends or family. Spend some time mindfully creating your very own small works of art. Any skill level can participate. Register to get information on how to participate in this hybrid program.

SEASONAL CRAFTING

Wednesday, May 7, 10 am • Create a miniature fairy garden to hang inside your home. Supplies provided. Pocono YMCA.



CANCER EDUCATION

PRESERVING YOUR MENTAL HEALTH THROUGH CANCER

Monday, May 5, 5 pm • Learn why caring for your mental health is just as important as physical wellbeing after a cancer diagnosis. This educational and experiential program will focus on coping strategies for self-care. Call for details on how to participate at our main center or online.

MINDFULNESS +MEDITATION

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

INSPIRED BY NATURE

Mondays On-Demand • Visualize a peaceful walk as we guide you along streams, across meadows and through forests.

MINDFUL STROLL

Monday May 12, 1 pm • Engage the five senses on this peaceful walk. Location: Sand Island at the D&L Rail Trail, Bethlehem, PA.



WALK WITH US

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 18360

MOVING MEDITATION

Thursdays, May 1, 8, 15, 22 & 29, 9:30 am • 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.

SALT ROOM SELF-CARE ESCAPE

Friday, May 9, 12 pm • Experience deep relaxation and rejuvenation. Breathe easy and unwind in this calming space designed to support your overall well-being. Location: Alchemy Lounge, 450 Interchange Road, Suite 104, Lehigh, PA



TIBETAN SINGING BOWLS

Tuesday, May 27, 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, May 21, 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.