



CANCER SUPPORT COMMUNITY

GREATER ST. LOUIS

A Place for People Impacted by Cancer

For more information, call 314-238-2000 or visit www.cancersupportstl.org.

SUPPORT GROUPS

Support groups are open to individuals ages 18 and older and require a short preparation meeting in advance. Call 314-238-2000 to schedule. Day and evening groups are available for patients, friends/family and caregivers and those who are bereaved.

NETWORKING GROUPS

These are designed for attendees with similar diagnoses or life situations to meaningfully connect with others and share helpful information. Family and friends are welcome to attend where indicated.
- REGISTER FOR ZOOM



Families Connect is a program for the whole family when a parent, grandparent, or adult relative has cancer. A family support group is available and educational and therapeutic activities for children and teens. - REGISTER FOR ZOOM

Empowered by Knowledge EDUCATION

New Member Meetings - Register for ZOOM

Friday, August 21 • 10:00 - 11:00 AM

This introduction to CSC allows people with cancer, their family and friends, and the bereaved an opportunity to explore our homelike environment and discover our programs.

Moving Beyond Cancer: Moving Toward Wellness - Register for ZOOM

Thursday, August 20 • 6:30 - 8:00 PM

This workshop will explore the meaning of patient active survivorship and address the emotional, physical, spiritual and practical aspects of reclaiming your wellness. Participants will leave with a personalized wellness plan and experience a small chair yoga practice. This session is facilitated by Karen Banks, M.Ed., LPC, and registered yoga instructor. Patients in any stage of survivorship and caregivers are welcome.



Open to Options™ will help you identify and organize your questions for your doctor, communicate in an organized manner with your medical team, and make decisions that best fit your personal desires and goals. Call (314-238-2000) for an appointment.

Strengthened by Action HEALTHY LIFESTYLE & STRESS MANAGEMENT

Yoga:

These gentle classes are designed for members at any level of performance or physical condition. Through rhythmic breathing, gentle stretching and mental focus, participants can learn to ease physical and emotional tension.

Yoga with Elise - Register for ZOOM

Tuesdays in August • 10:00 - 11:00 AM

Yoga with Kate - Register for ZOOM

Wednesdays in August • 9:30 - 10:30 AM

Soup's On! With STL Veg Girl Caryn Dugan - RSVP

Wednesday, August 5 • 6:00 - 8:00 PM

Join Caryn for her favorite soups that easily use the abundance of the summer: Ultimate Vegetable Soup, Creamy Potato and Cauliflower Soup with Dill over Brown Rice, and Hearty Miso Soup.

Writers Workshop - Register for ZOOM

Wednesdays in August • 1:30 - 3:30 PM

We will explore where we are in the present, living in the now. Join others in a safe, caring space to discuss, write and share our ideas. Writers Workshop is a healing and supportive space where the written word is used to process our lives.

Art for Recovery - RSVP

Monday, August 10 • 6:30 - 8:00 PM

"Where there is light, darkness cannot be". As we enjoy the sun filled days of summer, let's gather to focus on LIGHT and to infuse some HOPE into our lives by engaging in artmaking that focuses on bringing light into dark places. We'll create a project centered around "light". You will be asked to gather a small list of materials for this project. "Sometimes just looking up and seeing the light is enough."

Stress Less - Register for ZOOM

Tuesday, August 11 • 1:00 - 2:30 PM

Feeling stressed out? Join a session of coping with anxiety and quieting your mind through breathing exercises, progressive muscle relaxation, guided imagery, creative journaling...wherever the moment takes us!



Journey to Wellbeing



To Register for August sessions contact Jeanne.carbone@mobot.org

Session 1 • Tuesday morning, August 18 • 10:00 AM - NOON for initial meeting and tour, follow up sessions on September 22 and October 20

Session 2 • Thursday evening, August 27 • 5:30 - 7:30 PM for initial meeting and tour, follow up sessions on October 1 and November 5

The Journey to Wellbeing is an intentional walking program created by the Therapeutic Horticulture team of the Missouri Botanical Garden through the generosity of the Bayer Fund and in collaboration with Cancer Support Community of Greater St. Louis. The hope is to provide the program to survivors, from newly diagnosed to post treatment, family members, caregivers and bereaved.

This 10-week program consists of 3 facilitated meetings, including a guided tour of the Japanese Garden. The remaining weeks consist of self-guided walks, inspired by themes related to natural elements such as wind, stone, tranquil water, fire, wood, powerful water, and sky. Each participant will receive a guidebook which provides suggested pauses for each walk, intended to increase awareness and encourage time for reflection.

Sanctuary - Register for ZOOM

Thursday, August 20 • 6:00 - 7:30 PM

Mark Biehl, Certified Sound Therapy Coach, hosts this blissful journey with Tibetan singing bowls, chimes and keyboard atmospheres. Elements of breath work, guided reading, and chanting enhance and direct your experience to a higher level.

JASON BRIGHTFIELD YOUNG ADULT PROGRAM



For adults between the ages of 18 and 40ish. Find support and community as you navigate through a cancer diagnosis.

Meet and Greet/Game Night - RSVP
Wednesday, August 26 • 6:30 - 8:00 PM
 Join us for a rousing evening of games and an opportunity to brainstorm our plans together.

Young Adults might also be interested in:
Moving Beyond Cancer:
Moving Toward Wellness
Journey to Wellness
Yoga

Weekly and twice monthly support groups (not listed on the calendar) are available for people with cancer, their friends and family, and people who have lost someone to cancer. See "Support Groups" on pg. 1 for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h1 style="margin: 0;">AUGUST 2020</h1> <p style="font-size: small; margin: 0;"> ■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY </p> <p style="font-size: x-small; margin: 0;">Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</p>							1
2	3	Yoga 10:00 AM Register for ZOOM Families Connect MG 6:30 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Cooking Demo 6:00 PM Register for ZOOM	Bereavement MG 6:30 PM Register for ZOOM Prostate Cancer MG 6:30 PM Register for ZOOM	7	8	
9	Art for Recovery 6:30 Register for ZOOM	Yoga 10:00 AM Register for ZOOM Stress Less 1:00 PM Register for ZOOM Multiple Myeloma MG 11:30 AM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Breast Cancer MG 5:30 PM Register for ZOOM	Lung Cancer MG 6:00 PM Register for ZOOM	14	15	
16	Gynecological Cancers MG 6:30 PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM Journey to Wellbeing - Session 1 10:00 AM Register online at jeanne.carbone@mobot.org	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM	Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM Moving Beyond Cancer 6:30 PM Register for ZOOM	21	22	
23	Pancreatic MG NOON Register for ZOOM	Yoga 10:00 AM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Jason Brightfield Young Adult Program 6:30 PM Register for ZOOM	Brain Tumor MG 6:30 Register for Zoom Journey to Wellbeing - Session 2 5:30 PM Register online at jeanne.carbone@mobot.org	27	28	
30	31	25	26	27	28	29	