



# 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](http://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**

Thursday, July 16 • 10:00 - 11:00 AM

Call Dannie Hodges, MSW, LCSW (314-238-2000) for in person appointment

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.

#### **Ask The Expert: Managing Cancer Related Pain - Register for ZOOM**

Wednesday, July 15 • 6:30 - 8:00 PM

Join Cancer Rehabilitation and Pain Specialist Oncology Program Medical Director Dr. Kunj G. Patel, MD, M.Sc. to learn about cancer related pain and treatment strategies.

#### **Sexual Health Through Cancer - Register for ZOOM**

Wednesday, July 22 • 6:30 - 8:00 PM

Dr. Becky Lynn, MD, will lead a discussion on common sexual side effects of cancer treatment and self-image concerns patients may face through their cancer journey. This interesting and engaging session will give the opportunity for women to understand why sex is different after cancer-but can still be enjoyable.



**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 July • 10:00 - 11:00 AM

#### **Yoga with Kate - Register for ZOOM**

Wednesdays in July • 9:30 - 10:30 AM

#### **Writers Workshop - Register for ZOOM**

Wednesdays • 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.

#### **Stress Less - Register for ZOOM**

Tuesday, July 14 • 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!

#### **Backyard Flower Arranging - Register for ZOOM**

Thursday, July 9 • 11:00 AM - 1:00 PM

Using materials collected from your yard like tree branches, vines, flowers, herbs or store-bought bouquets, participants will create arrangements using bits of nature and flowers in creative containers, jars, glasses or buckets.

## Sanctuary - Register for ZOOM

Thursday, July 16 • 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.



## Energy 101: Balance Your Body's Energies - RSVP (limited spots available for maximum safety)

Monday, July 20 • 6:30 - 8:00 PM

Learn to balance your body's energies for optimal health. This class includes modalities promote relaxation, relieve pain, decrease anxiety tension and stress, and to promote healing. Useful for self-care or the care of a loved one.

Sustained by Community  
SOCIAL PROGRAMS

## Men's Breakfast - Register for ZOOM

Tuesday, July 7 • 9:30 - 11:00 AM

Join us for a social hour to discuss weekend games, current events, and connect with other men affected by cancer!



## Community Coffee - Register for ZOOM

Thursdays • 9:30 - 10:30 AM

Grab your coffee and join us for a social hour on zoom to discuss current events, laugh or just connect with others!

## JASON BRIGHTFIELD YOUNG ADULT PROGRAM



Between the ages of 18 and 40ish? Young Adults might be interested in:

**Sexual Health Through Cancer**

**Stress Less**

**Community Coffee**

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
<b>JULY 2020</b> ■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.			Yoga with Kate 9:30 - 10:30 AM Register for ZOOM Writers Workshop 1:30 - 3:30 PM Register for ZOOM	Community Coffee 9:30-10:30AM Register for ZOOM Prostate Cancer MG 6:30-8:00PM Register for ZOOM Bereavement MG 6:30-8:00PM Register for ZOOM		
5	6	Men's Breakfast 9:30 - 11:00 AM Register for ZOOM Yoga with Elise 10:00 - 11:00 AM Register for ZOOM Families Connect Parent Group 6:30-8:00PM Register for ZOOM	Yoga with Kate 9:30 - 10:30 AM Register for ZOOM Writers Workshop 1:30 - 3:30 PM Register for ZOOM Breast Cancer MG 5:30-7:00PM Register for ZOOM	Community Coffee 9:30-10:30AM Register for ZOOM Backyard Flower Arranging 11:00 - 1:00 PM Register for ZOOM Lung Cancer MG 6:00-7:30PM Register for ZOOM	10	11
12	13	Yoga with Elise 10:00 - 11:00 AM Register for ZOOM Stress Less 1:00 - 2:30 PM Register for ZOOM	Yoga with Kate 9:30 - 10:30 AM Register for ZOOM Writers Workshop 1:30 - 3:30 PM Register for ZOOM Ask The Expert, Managing Cancer Related Pain 6:30 - 8:00 PM Register for ZOOM	Community Coffee 9:30-10:30AM Register for ZOOM New Member Meetings 10:00 - 11:00 AM Register for ZOOM Sanctuary 6:00 - 7:30 PM Register for ZOOM	17	18
19	Energy 101: Balance Your Body's Energies 6:30 - 8:00 PM RSVP (limited spots available for maximum safety) Gynecological Cancer MG 6:30-8:00PM Register for ZOOM	Yoga with Elise 10:00 - 11:00 AM Register for ZOOM Lung Cancer MG 1:00-2:30PM Register for ZOOM	Yoga with Kate 9:30 - 10:30 AM Register for ZOOM Writers Workshop 1:30 - 3:30 PM Register for ZOOM Sexual Health Through Cancer 6:30 - 8:00 PM Register for ZOOM	Community Coffee 9:30-10:30AM Register for ZOOM Transition to Survivorship MG 6:30-8:00PM Register for ZOOM Brain Tumor MG 6:30-8:00PM Register for ZOOM	24	25
26	Pancreatic Cancer MG NOON-1:30PM Register for ZOOM	Yoga with Elise 10:00 - 11:00 AM Register for ZOOM	Yoga with Kate 9:30 - 10:30 AM Register for ZOOM Writers Workshop 1:30 - 3:30 PM Register for ZOOM	Community Coffee 9:30-10:30AM Register for ZOOM	31	
	27	28	29	30		