



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. **Families Connect facilitator, Susie McGaughey shows us a way to cope with strong feelings. Her video is posted on our website and Facebook. - REGISTER FOR ZOOM**

Empowered by Knowledge EDUCATION

New Member Meetings - Register for ZOOM Friday, October 16 • 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, discover our programs, and connect with others looking to be empowered by knowledge, strengthened by action, and sustained by community.

Moving Beyond Cancer: Moving Toward Emotional Wellness - Register for ZOOM Wednesday, October 28 • 6:30 - 8:00 PM

This workshop will explore how your cancer experience affects the way that you feel, think and act. Participants will learn the impacts of emotions on their health and learn healthy ways to cope and participate in a therapeutic art activity. This session is facilitated by Susie McGaughey, LPC and Art Therapist. A list of supplies to have at home for the art project included in registration link.



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 October • 10:00 AM

Yoga with Kate - Register for ZOOM
Wednesdays in October • 9:30 AM

NEW CLASS! **Journey to Relaxation - Register for ZOOM** First Monday of each month - October 5 • 8:00 PM

Calm the anxious mind by using gentle movement and stretches to achieve constructive rest. This practice can be done on a cushioned floor or in bed! Have your pillows and blankets handy.

Writers Workshop - Register for ZOOM Wednesdays • 1:30 - 3:30 PM

We will explore where we are in the present, living in the now. Topics include: Signs from the Universe, Giving Ourselves Permission, Self-Care and Nurturing Ourselves, What is Possible. 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 - Register for ZOOM Monday, October 12 • 6:30 - 8:00 PM

Join art therapist, Susie McGaughey, in using art as a tool for healing and connection. We will use simple materials and engage in a project focused more on the process of creating than on the product we make. Come for an opportunity to explore your creativity in a completely non-judgmental space and to connect with others through art.

Stress Less - Register for ZOOM

Second Tuesdays, October 13 • 1:00 – 2:30 PM

In this monthly workshop, learn simple ways to reduce the pressure you feel in your life. Strategies come in many forms such as mindfulness, meditation, breathing exercise, progressive muscle relaxation and other modalities.




Sanctuary - Register for ZOOM

Third Thursdays, October 15 • 6:00 – 7:30 PM

Mark Biehl, Certified Vibrational Sound Coach, hosts this blissful journey with Tibetan singing bowls, chimes, flute, and voice. 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.

Sex and Sexuality - Register for ZOOM
Wednesday, October 21 • 6:30 – 8:00 PM
 Dr. Becky Lynn wants us all to know, respect and honor our bodies and our sexuality. Join your YA community as we have an open discussion about sexuality during/after cancer treatment as we survive and thrive. Open dialogue and questions welcome.

Journey to Wellbeing



To Register for October sessions

contact Jeanne.carbone@mobot.org

Session 5: Saturday mornings, October 10 • 10:00 – NOON, initial meeting and tour; November 14 and December 19, 10:00-11:00 a.m.

Session 6: Tuesday mornings, October 13 • 10:00 – NOON, initial meeting and tour; November 10 and December 8, 10:00-11:00 a.m.

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. The benefits of nature experiences are well documented and have particular relevance to those impacted by cancer. The stress of any situation can be reduced through time in nature, active lifestyle, contemplation and taking time for oneself.

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.

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>OCTOBER 2020</h1> <p> ■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY </p> <p><small>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</small></p> 				1	2	3
4	5 Journey to Relaxation 8:00 PM Register for ZOOM	6 Yoga 10:00 AM Register for ZOOM Families Connect MG 6:00 PM Register for ZOOM	7 Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM	8 Lung Cancer MG 6:00 PM Register for ZOOM	9	10 Journey to Wellbeing Session 5 To Register email Jeanne.carbone@mobot.org
11	12 Art for Recovery 6:30 PM Register for ZOOM	13 Yoga 10:00 AM Register for ZOOM Multiple Myeloma MG 11:30 AM Register for ZOOM Stress Less 1:00 PM Register for ZOOM Journey to Wellbeing Session 6 To Register email Jeanne.carbone@mobot.org	14 Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Breast Cancer MG 5:30 PM Register for ZOOM	15 Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM	16 New Member Meeting 10:00 AM Register for ZOOM	17
18	19 Gynecological Cancers MG 6:30 PM Register for ZOOM	20 Yoga 10:00 AM Register for ZOOM ALL Cancer MG 1:00 PM Register for ZOOM	21 Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Young Adult Program: Sex and Sexuality 6:30 PM Register for ZOOM	22 Brain Tumor MG 6:30 PM Register for ZOOM	23	24
25	26 Pancreatic Cancer MG NOON Register for ZOOM	27 Yoga 10:00 AM Register for ZOOM	28 Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Moving Beyond Cancer: Moving Toward Emotional Wellness: 6:30 PM Register for ZOOM	29	30	31