



# 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).
[CLICK HERE TO REGISTER FOR ZOOM WORKSHOPS](#)

### 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. - [REGISTER FOR ZOOM](#)

### *Empowered by Knowledge* EDUCATION

#### **New Member Meetings - Register for ZOOM**

**Friday, December 18 • 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 Nutritional Wellness - RSVP**

**Wednesday, December 9 • 6:30 - 8:00 PM**

This workshop will focus on building awareness about nutrition during and after treatment. How to set goals, foster an open dialogue with your health care team and make healthy choices. Participants will learn some simple healthy recipes. This session is facilitated by Karen Banks, M. Ed., LPC and Mercy Pratt Dietician, Emma Kidd.



**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 December • 10:00 AM**

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

**Wednesdays in December • 9:30 AM**

#### **Journey to Relaxation - Register for ZOOM**

**First Monday of each month - December 7 • 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.

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

**Second Tuesdays, December 8 • 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.



## Art for Recovery - RSVP

Monday, December 14 • 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.

## Sanctuary - Register for ZOOM

Third Thursdays, December 17 • 6:00 - 7:30 PM

Mark Biehl, Certified Sound Therapy Coach, hosts this blissful journey with offerings of Tibetan singing bowls, gongs, chimes, indigenous flutes, drums, and keyboard atmospheres. Elements of breath work, guided reading, and group chanting are also featured to enhance and direct your experience to a higher level.



## Build Your Own Gingerbread House - Register for ZOOM

Tuesday, December 8 • 6:30 - 8:00 PM

Edible architecture! Children and parents create their fantasy house using gingerbread, icing, and assorted candy embellishments. Chef Vicki Bensinger leads this culinary adventure, which provides families the opportunity to get messy and build memories. Participation is limited- homemade gingerbread houses, icing and candy will be provided for pick up prior to ZOOM class.

*Thank you to Vicki for this gift to the Cancer Support Community!*

## Sustained by Community SOCIAL CONNECTIONS

### Winter Celebration - RSVP

Friday, December 4 • 6:00 - 8:00 PM

You're invited to a winter party,  
Not quite how you'd assume.  
The CSC community would like  
You to join our celebration using ZOOM.  
It's a night of anticipation on Friday, Dec. 4,  
From 6-8 p.m., we'll have some fun.  
Sharing joy, gratitude, and expectation,  
Let's hope our year of the pandemic is done!

### 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.

#### Musical December - RSVP

Wednesday, December 16 • 6:30 - 8:00 PM

Join your young adult community as we enjoy music, group singing and karaoke as we celebrate the beginning of a new year. No singing or experience required. Just a willingness to enjoy the rhythm. We will share our evening together through music and fun.

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>DEC 2020</b>		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	<div style="font-size: small;"> <p>■ = WORKSHOPS LOCATED OFF-SITE                      ■ = RSVP REQUIRED                      ■ = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY</p> <p>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</p> </div>	