



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.
[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. **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

Tuesday, November 17 • 6:00 – 7:00 PM

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.

Frankly Speaking About Cancer: Precision Medicine - RSVP

Wednesday, November 11 • 6:30 – 8:00 PM

The Cancer Support Community invites people interested in learning about precision medicine to a workshop that provides fundamental information about precision medicine, biomarker testing, and types of targeted therapies to find the best treatment on an individual basis. A special thank you to Oncologist, Dr. David Much for presenting this information.



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!

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 November • 10:00 AM

Yoga with Kate - Register for ZOOM

Wednesdays in November • 9:30 AM

Journey to Relaxation - Register for ZOOM

First Monday of each month - November 2 • 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.

Cooking With Bridgette - RSVP

Friday, November 6 • NOON – 2:00 PM

Plant Based Holiday Favorites (no one can tell the difference!) Join Bridgette for this class of favorite holiday recipes, all made with plant-based, healthy ingredients. Recipes include Golden Gravy, Cranberry Sauce/Relish, Tarragon Carrots and Bread Stuffing.

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 – RSVP

Monday, November 9 • 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, November 10 • 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.



Energy 101: Balance Your Body's Energies – RSVP

Monday, November 16 • 6:30 – 8:00 PM

Learn to balance your body's energies for optimal health with Healing Touch concepts to decrease tension and stress, and to promote healing. Join special guest Beckah Reed as she discusses subtle energy transformation to connect more deeply with self and others.

Sanctuary – Register for ZOOM

Third Thursdays, November 19 • 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.

Journey to Wellbeing



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

Session 7: Saturday mornings, November 14 • 10:00 – NOON, initial meeting and tour; December 19 • 10:00 – 11:00 AM

Session 8: Tuesday mornings, November 17 • 10:00 – NOON, initial meeting and tour; December 8 • 10:00 – 11:00 AM

The Journey to Wellbeing is a 10-week program consisting 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. Each participant will receive a guidebook which provides suggested pauses for each walk, intended to increase awareness and encourage time for reflection.

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.

Mindfulness for the Holidays – RSVP

Wednesday, November 18 • 6:30 – 8:00 PM

Join your young adult community as we participate in mind/body work and guided imagery to help soothe the chaos that sometimes accompanies the holidays. Mind/body work can alleviate depression and feelings of anxiety. Share your evening as we enjoy relaxing and taking care of ourselves as we prepare for the holiday season.

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	
1	Journey to Relaxation 8:00 PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM Families Connect MG 6:00 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM	Bereavement MG 6:30 PM Register for ZOOM Prostate Cancer MG 6:30 PM Register for ZOOM	Cooking Demo NOON Register for ZOOM	7	
8	Art for Recovery 6:30 PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM Stress Less 1:00 PM 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 Precision Medicine 6:30 PM Register for ZOOM	Lung Cancer MG 6:00 PM Register for ZOOM	12	14 Journey to Wellbeing Session 7 To Register email Jeanne.carbone@mobot.org	
15	Energy 101 6:30 PM Register for ZOOM Gynecological Cancers MG 6:30 PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM All Cancers MG 1:00 PM Register for ZOOM New Member Meeting 6:00 PM Register for ZOOM Journey to Wellbeing Session 8 To Register email Jeanne.carbone@mobot.org	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Jason Brightfield Young Adult Program: Mindfulness for the Holidays 6:30 PM Register for ZOOM	Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM	20	21	
22	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	CSC CLOSED	CSC CLOSED	28	
29	30	<h1>NOVEMBER 2020</h1> <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>					