



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, September 4 • 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.

Frankly Speaking About Cancer: Making Treatment Decisions - Register for ZOOM

Wednesday September 30 • 6:30-8:00 PM

Today more than 16.9 million Americans are cancer survivors, many of whom regularly receive a range of cancer-related treatments. Cancer Support Community invites people with cancer and their caregivers/loved ones to a workshop with CSC Facilitator, Kelly O'Neal, LSCW, about how to make treatment decisions.



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 September • 10:00 AM

Yoga with Kate - Register for ZOOM

Wednesdays in September • 9:30 AM

Stress Less - Register for ZOOM

Tuesday, September 8 • 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.



Seasonal Cuisine with Vicki Bensinger - Register for ZOOM

Thursday, September 10 • NOON - 2:00 PM

Work with the flavors of the season to create some healthy dishes!

Sanctuary - Register for ZOOM

Thursday September 10 • 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 breathwork, 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.

Dreams and Intentions of Being a Survivor - RSVP

Wednesday, September 23 • 6:30 - 8:00 PM

Visualize your current self. Visualize your future self. Through creative writing, we tap into your dreams and intentions of being a survivor. Words have immense power and when we harness our thoughts and intentions through writing, we are able to create a road map to thrive. No writing experience necessary.



Writers Workshop - Register for ZOOM

Wednesdays in September • 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 - Register for ZOOM

Monday, September 14 • 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."

The Power of Mindfulness: A Deeper Look - Register for ZOOM

Three Consecutive Tuesdays, September 15, 22 and 29
10:00 AM - NOON (Please commit to all 3 sessions)

Curious about mindfulness and meditation, but unsure how to get started in developing your own practice? Join Kathy Bearman, LCSW, to explore the realms of mindfulness and meditation. This 3-week series will provide information on the benefits of mindfulness and meditation for the body and brain, allow you to experience and participate in mindfulness exercises, breathing meditations, and guided imageries, and will offer tips to help you establish your personal practice and skills to reduce stress and increase the experience of peace and well-being in your life.

Journey to Wellbeing



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

Session 3: Tuesday mornings, September 8 • 10:00 AM - NOON, initial meeting and tour; October 6 and November 3 • 10:00 - 11:00 AM

Session 4: Thursday evenings, September 17 • 5:00 - 7:00 p.m., initial meeting and tour; October 22 and November 19 • 5:00 - 6:00 PM

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.



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.

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
		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 MG 6:30 PM Register for ZOOM	New Member Meeting 10:00 AM Register for ZOOM	
		1	2	3	4	5
6	CSC CLOSED	Journey to Wellbeing Session 3 10:00 AM To Register email Jeanne.carbone@mobot.org Yoga 10:00 AM Register for ZOOM Multiple Myeloma MG 11:30 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	Cooking Demo NOON Register for ZOOM Lung MG 6:00 PM Register for ZOOM Sanctuary 6:00 PM Register for ZOOM		12
13	7	8	9	10	11	12
	Art for Recovery 6:30 PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM Power of Mindfulness 10:00 AM Register for ZOOM ALL Cancer MG 1:00 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM	Journey to Wellbeing Session 4 5:00 PM To Register email Jeanne.carbone@mobot.org Transition to Survivorship 6:30 PM Register for ZOOM		19
20	14	15	16	17	18	19
	Gynecological Cancers MG 6:30 PM 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 Young Adult Program: Dreams and Intentions of Being a Survivor 6:30 PM Register for ZOOM	Brain Tumor MG 6:30 PM Register for ZOOM		26
27	21	22	23	24	25	26
	Pancreatic Cancer 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 FSAC Treatment Decisions 6:30 PM Register for ZOOM	<h1>SEPTEMBER 2020</h1> <p> ■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY </p> <p><i>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</i></p>		
28	29	30	30			