



CANCER SUPPORT COMMUNITY GREATER ST. LOUIS

A Place for People Impacted by Cancer



Photo by Emily Kelle

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ALL SERVICES OFFERED AT
NO CHARGE!

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Welcome to CSC-STL!

Here at Cancer Support Community, we provide support programs to anyone impacted by cancer, including people with a diagnosis, their loved ones, and anyone who has lost someone to cancer, at **NO CHARGE**. If you would like to learn more about our programs and how to register, please join us for one of our 'Welcome Meetings' below!

RSVP for LIVE Session

Fridays: July 10, Aug 14, Sept 11 • 10:00–11:00 AM

Register for ZOOM

Mondays: July 27, Aug 31, Sept 28 • 5:30–6:30 PM

EDUCATION

Education programs are funded in part by the David S. and Roberta Tolpen Education Fund.

Menopause: Understanding Your Body and Your Options

Tuesday, July 28 • 6:30–8:00 PM

Register for ZOOM

Menopause can bring a wide range of physical and emotional changes, whether it occurs naturally, surgically, or as a result of cancer treatment. In this session, you'll learn what's happening in your body and explore supportive options so you can feel more informed, in control, and confident advocating for your care.

Coping with Treatment and Side Effects

Monday, August 10 • 6:30–8:00 PM

Register for ZOOM

Gain a better understanding of the different types of cancer treatments and how to navigate their common side effects. Alex Michael, MD, will share practical, evidence based information for managing challenging side effects such as fatigue, hair-loss, anemia, infection, and pain- helping you feel more informed, and supported throughout your care.

Navigating a New Cancer Diagnosis

Tuesday, August 11 • 11:00 AM–12:30 PM

RSVP for LIVE Session

David C Pratt Cancer Center, Suite 1440,
Conference Room, Mercy Hospital,
607 S. New Ballas Rd., St. Louis, MO 63141

A cancer diagnosis can bring many uncertainties. This workshop provides information, guidance, and practical tools to help you move forward with clarity and confidence. Topics include understanding the diagnosis, identifying your personal values and goals, addressing home and workplace considerations, sharing care responsibilities, supporting emotional wellbeing, and connecting with helpful community and clinical resources.



Couples and Cancer

Wednesdays • 6:00–7:30 PM

August 26 - The Story of Us

September 2 - Conflict and Communication

Register for ZOOM

When cancer affects one partner, it can impact roles, sexual health, intimacy, and communication. This interactive workshop uses exercises based on Gottman Method to help couples reconnect. Both partners must attend, and couples can join one or both sessions.

What Do I Tell the Kids?

Tuesday, September 15 • 5:30–7:00 PM

RSVP for LIVE Session

David Sindelar Cancer Center, Conference Room 1
1005 Kennerly Rd, St. Louis, MO 63128

Learn about the ways children understand information about cancer at different developmental stages. Dannie Hodges, LCSW, will discuss strategies about having conversations with children about cancer and ways for families to cope with emotional distress and optimize support systems.



Lunch and Learn: Open to Options - Treatment Decision Support

Tuesday, September 29 • Noon–1:00 PM

Register for ZOOM

Join us for an informative and interactive session focused on improving communication with your medical treatment team. We will discuss a tool that can be used for expressing your goals, priorities, and concerns so you can play an active role in your care decisions.

In an effort to keep our programs free, we require that you complete a visitor form once a year.

INDIVIDUAL SUPPORT

Call 314-238-2000 to schedule any individual support service



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.

Short Term Individual Counseling

Up to 6 support sessions specifically related to a person's experience with cancer. This service is offered on a case-by-case basis.

Any individual services can be accommodated in-person or virtually.

SUPPORT GROUPS

Call 314-238-2000 for a support group preparation meeting

Weekly Support for People Living with Cancer

Tuesdays on ZOOM

Professionally led groups for people in active treatment or who are living with cancer.

Twice Monthly Support for Cancer Survivors

First and Third Mondays on ZOOM

Professionally led groups for people in maintenance treatment or who are living with long term side effects or concerned with recurrence.

Twice Monthly Support for the Bereaved

Wednesdays in-person

Professionally led groups for those who have lost a loved one to cancer in the past several years.

NETWORKING GROUPS

Professionally led groups designed for attendees with similar diagnosis or life situations to meaningfully connect with others and find support. Participants will share resources and discuss important topics such as treatment options, quality of life, intimacy concerns, and fear of recurrence. Participants can range anywhere from newly diagnosed to survivorship. Friends and family are welcome, unless indicated otherwise.

ALL CANCER MONTHLY GROUP

Register for ZOOM or drop in for LIVE Session

4207 Lindell Blvd, St. Louis, MO 63108

at American Cancer Society Hope Lodge

First Tuesday each month • 5:30-6:45 PM

For patients and survivors.

BREAST CANCER MONTHLY GROUP

Register for ZOOM or RSVP for LIVE Session

Second Wednesday each month • 5:30-7:00 PM

All patients, survivors, friends, and family welcome.

FRIENDS AND FAMILY MONTHLY GROUP

Register for ZOOM or drop in for LIVE Session

4207 Lindell Blvd, St. Louis, MO 63108

at American Cancer Society Hope Lodge

First Tuesday each month • 7:00-8:15 PM

For anyone supporting someone with cancer to cope with their own stress.

GASTROINTESTINAL CANCERS MONTHLY GROUP

In memory of Ann Arenberg

Register for ZOOM

Third Wednesday each month • 6:30-8:00 PM

For those impacted by anal, bile duct, colon, gall bladder, intestinal, liver, pancreas, rectal and stomach cancers.

All Networking and Support Groups are free, led by licensed mental health professionals, and funded in part with generous donations from the St. Louis Men's Group Against Cancer, Gertrude & William A. Bernoudy Foundation, Missouri Baptist Healthcare Foundation, St. Louis Service Bureau and the Arenberg Family. Groups are not open for observation at any time and are only for people with a cancer diagnosis and, where indicated, their loved ones.

GRUPO DE APOYO PARA PERSONAS AFECTADAS POR EL CÁNCER

Registro Por ZOOM

1.ER Y 3.ER viernes de cada mes • 10:00-11:30 AM

Un diagnóstico de cáncer puede ser emocionalmente difícil. Este grupo ofrece apoyo y conexión con otros en situaciones similares.

GYNECOLOGICAL CANCER MONTHLY GROUP

Register for ZOOM or RSVP for LIVE Session

Third Monday each month • 6:30-8:00 PM

This group welcomes anyone with a history of gynecologic cancers.

LUNG CANCER MONTHLY GROUP

Register for ZOOM

Second Thursday each month • 6:30-8:00 PM

PROSTATE CANCER MONTHLY GROUP

RSVP for LIVE Session

First Thursday each month • 6:30-8:00 PM

SURVIVORSHIP MONTHLY GROUP

Register for ZOOM

Third Thursday each month • 6:30-8:00 PM

For people finished with active treatment or are on maintenance treatment.

YOUNG ADULT CANCERS MONTHLY GROUP

In memory of Joel Brightfield

Register for ZOOM

Fourth Thursday each month • 6:30-8:00 PM

This group welcomes anyone between the ages of 18-40ish that has had a cancer diagnosis.

HEALTHY LIFESTYLE & STRESS MANAGEMENT

Healthy Lifestyle & Stress Management programs provided in part by Bayer Fund, The Foundation for Barnes-Jewish Hospital, and the Regional Arts Commission of St. Louis.

Food for Energy

Wednesday, Aug. 12 • 11:30 AM–1:00 PM

[RSVP for LIVE Session](#)

David Sindelar Cancer Care Center, Conference Room 1
10050 Kennerly Rd, St. Louis, MO 63128

Learn how to build balanced, energy-supporting meals and snacks with Health Coach Gayle. Explore simple, realistic strategies to stabilize energy, support recovery, and reduce inflammation while eating well.



Eating the Rainbow

Saturday, August 22 • 11:30 AM–1:00 PM

[Register for ZOOM](#)

Color is information and your plate is one of the most powerful places to start. Every fruit, vegetable, and herb brings something different to the table with unique pigments, nutrients, and flavors your body genuinely responds to. In this class we dig into what all of that actually means, make it make sense, and have a great time doing it. Good food does not have to be boring and this class proves it.



Mediterranean Series

Wednesdays, Aug. 26 and Sept. 2 • 5:30 PM–7:00 PM

[Register for ZOOM](#) or [RSVP for LIVE Session](#)

Attendance at both sessions preferred, not required

Join Certified Nutrition and Wellness Educator, Sandi Barrett, for a practical, food-focused workshop that explores the Mediterranean lifestyle as a realistic, sustainable way of eating and living, without strict rules or dieting. Each session includes practical tips, supportive discussion, and a Mediterranean-inspired meal so you can taste how enjoyable and doable these changes can be.

Aug 26: Mediterranean Lifestyle Foundations with Grain & Bean Bowl

Sept 2: Mediterranean Meals Made Doable with Veggie Wrap and Green Salad



Fresh Balanced Bowls

Tuesday, September 22 • 6:30 PM–8:00 PM

[Register for ZOOM](#) or [RSVP for LIVE Session](#)

Join instructor, Desiree' Williams, in exploring how to create vibrant, balanced meals perfect for the changing season. We'll focus on a flavorful salmon bowl with fresh vegetables, whole grains, and healthy fats, along with a refreshing chickpea salad featuring bright, seasonal ingredients.



Qigong

Fridays • 11:00 AM–NOON

[Register for ZOOM](#) or [RSVP for LIVE Session](#)

Qigong uses meditation, breathing and gentle movement to balance and strengthen energy connections to heal your energy flow and increase vitality.

Writings of Resilience: A Creative Workshop

Thursday, July 9, Aug. 13 • 6:30–8:00 PM

[Register for ZOOM](#)

This workshop offers a supportive space for individuals impacted by cancer to explore their experiences through creative writing. The writing will be creatively guided rather than instructional, and no writing experience is needed.

Sanctuary Sound Journey

Thursdays, Aug. 20, Sept. 17 • 6:00–7:00 PM

[RSVP for LIVE Session](#)

Join Mark Biehl, Certified Vibrational Sound Coach, for a blissful sound journey using Himalayan singing bowls, gongs, chimes, flutes, and voice. Dress comfortably and prepare for a peaceful experience.

Plant Prints

Tuesday, August 25 • 1:00 PM–3:00 PM

[RSVP for LIVE Session](#)

Connecting with nature can deepen your sense of belonging and spark intuitive creativity. In this class, art instructor Maria Ojascastro, guides you in using natural dyes from plants to create unique mixed-media artwork. Through this hands-on experience, you'll explore creative expression while reconnecting with the rhythms and beauty of the natural world.



MOVEMENT

All movement classes are designed for participants at any ability level or physical condition and can be modified for your comfort, sitting or standing.

Gentle Yoga

Gentle yoga practice can increase flexibility, mobility, and strength while decreasing symptoms of pain, fatigue, depression, and anxiety.

CSC Location

- Tuesdays • 10:00–11:00 AM
Register for ZOOM or **RSVP for LIVE Session**
- Wednesdays • 9:30–10:30 AM
Register for ZOOM or **RSVP for LIVE Session**
- 1st, 2nd & 3rd Wednesdays • 5:15–6:15 PM
Register for ZOOM or **RSVP for LIVE Session**

Hope Lodge Location

ACS Hope Lodge:

4207 Lindell Blvd, St. Louis, MO 63108

- 4th Wednesday of each month • 5:15–6:15 PM
Register for ZOOM or **Drop in for LIVE Session**

Restorative Movement

✦ St. Luke's

1st and 3rd Thursdays • 10:00–11:00 AM

Register for ZOOM or **Drop in for LIVE Session**

St. Luke's Hospital Cancer Center,

Conference Room 360 East,

232 S Woods Mill Rd, Chesterfield, MO 63017

Enjoy gentle, guided movements designed to improve balance, strengthen muscles and bones, and enhance flexibility and range of motion—all at a pace that feels comfortable to you.

Rise and Renew

Saturdays • 9:00–10:00 AM

Register for ZOOM

Join Desiree Williams, for a session of carefully guided exercises designed to improve muscle tone, boost energy, and nurture a sense of renewal and vitality. Participants are welcome to use a chair, resistance bands, or light weights.

Intro to Pilates

2nd and 4th Tuesday of each month • NOON–1:00PM

Register for ZOOM or **RSVP for LIVE Session**

Join Terry Frare, Certified Pilates Instructor, for gentle core-strengthening movements to improve posture, flexibility, and balance. Perfect for all levels—do it from a chair or on a mat.

Tai Chi for Peace and Balance

Thursdays, September 3, 10, 17, 24 • 10:00–11:30 AM

Register for ZOOM or **RSVP for LIVE Session**

This beginner's routine will introduce participants to the moving meditation of tai chi, while working on the basics of tai chi posture, healing energy, and balance.

SOCIAL CONNECTIONS

Book Club –

Breaking the Habit of Being Yourself

Mondays, Jul 6, Aug 3, Sept 14 • 6:00–8:00PM

Register for ZOOM or **RSVP LIVE Session**

Join us for a discussion of this transformative book by Dr. Joe Dispenza, exploring how our thoughts and habits shape who we are. We'll dive into ideas about breaking old patterns and creating meaningful personal change through a blend of science and reflection. Expect open conversation, fresh perspectives, and practical insights you can apply in your own life. Feel free to bring a healthy snack to share with the group. *Limited copies of the book are available.*

July 6: Chapters 1–2

August 3: Chapters 3–4

September 14: Chapters 5–6

Pet Portraits

Tuesday, July 28 • 6:30–8:00 PM

RSVP for LIVE Session

Did you know that dogs, cats, and other pets encourage playfulness, laughter, and exercise, which can help boost your immune system and energy levels? Teaching artist, Maria Ojascastro, will teach you to use inking pens and watercolor to create a pet portrait to celebrate the human-animal bond that adds vitality to life. *Please email a photo of your pet to info@cancersupportstl.org within 2 days of the class. If you don't have a pet but want to paint, let us know and Maria will bring some fun animal photos for your inspiration.*



Homemade Cards to Go

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

RSVP for LIVE Session

Learn new card making techniques with volunteers Rhonda Travers and Linda Schreier. Participants will create several unique cards each time! Both beginners and experienced crafters welcome. Supplies will be provided.

FAMILIES CONNECT

A program for the whole family when a child/teen, parent, grandparent, or adult relative has cancer, as well as families experiencing the loss of a loved one to cancer.

Funding for this program is provided in part by the Saigh Foundation

What We Offer

Support

We're here to understand your family's unique needs and provide meaningful support — from practical resources to emotional care. Short-term counseling is available for children, siblings, or families.

Education

Learn how children understand and cope with cancer at different ages and learn strategies for meaningful conversations and emotional support. Stay informed with our monthly e-newsletter featuring tips, tools, and program updates.

Social Connections

Join quarterly events where families can connect, share experiences, and find community with others facing similar challenges.

Resources

Explore our family-friendly library filled with educational and supportive materials.

We also offer school-based presentations, peer programs, and staff support for communities affected by cancer.

Summer Create and Connect Art Series:

Tuesdays, July 14, 21, 28 • 11:00 AM–12:30 PM

RSVP for LIVE Session

Join us for a relaxed, summer art series designed for the whole family. Create simple seasonal crafts together, connect through creativity, and enjoy quality time in a welcoming space. No art experienced needed.

July 14: Create your own clay refridgerator magnets

July 21: Decorate a bird house

July 28: Design a tote bag



JASON BRIGHTFIELD YOUNG ADULT PROGRAM

A group for adults 18-40ish to find support and community while navigating cancer. Young adult caregivers and bereaved are also welcome.

Generously supported by the
Joel and Rachael Brightfield Family

Individual, Family, and Couples Counseling

Up to 6 support sessions specifically related to a person's experience with cancer. Contact us at info@cancersupportstl.org for more information!

Young Adult Monthly Group

Fourth Thursday each month • 6:30–8:00 PM

Register for ZOOM

This group welcomes anyone between the ages of 18-40ish that has had a cancer diagnosis.



Who Am I Now? Rebuilding Identity & Trusting Your Body After Cancer

Thursday, August 13 • 6:30–8:00 PM

RSVP for LIVE Session

Cancer can change more than your health. It can shift how you see yourself and how safe your body feels. Whether you're newly diagnosed or in survivorship, it's common to feel disconnected, uncertain, or like you don't fully recognize yourself anymore. This session offers space for reflection and rebuilding trust in your body. It also creates room to consider what identity and healing can look like moving forward.

Summer Fruits Acrylic Painting

Tuesday, September 15 • 6:00–7:30 PM


RSVP for LIVE Session


Create bright, colorful paintings of juicy summer fruits while learning acrylic techniques like layering, blending, shading, and color mixing. Explore fun ways to add depth, texture, and vibrant detail to your artwork inspired by fresh seasonal fruit.



EVENT CALENDARS

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. 3 for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE ■ = PROGRAMS LOCATED OFF-SITE</p>						
<h1>July 2026</h1>						
	Book Club 6:00 PM ZOOM or LIVE	Gentle Yoga 10:00 AM ZOOM or LIVE All Cancer MG @ Hope Lodge 5:30 PM ZOOM or LIVE Friends and Family MG @ Hope Lodge 7:00 PM ZOOM or LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Breast Cancer MG 5:30 PM ZOOM or LIVE	Restorative Movement @ St. Luke's 10:00 AM ZOOM or LIVE Prostate Cancer MG 6:30 PM LIVE	CSC CLOSED	CSC CLOSED
5	6	7	8	9	10	11
	Gentle Yoga 10:00 AM ZOOM or LIVE Families Connect Summer Art Series 11:00 AM LIVE Intro to Pilates NOON ZOOM or LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Gastrointestinal Cancers MG 6:30 PM ZOOM	Restorative Movement @ St. Luke's 10:00 AM ZOOM or LIVE Survivorship MG 6:30 PM ZOOM	Welcome Meeting 10:00 AM LIVE Qigong 11:00 AM ZOOM or LIVE	Grupo para Personas Afectadas por el Cáncer 10:00 AM ZOOM Qigong 11:00 AM ZOOM or LIVE	Rise and Renew 9:00 AM ZOOM
12	13	14	15	16	17	18
	Gynecological Cancer MG 6:30 PM ZOOM or LIVE	Gentle Yoga 10:00 AM ZOOM or LIVE Families Connect Summer Art Series 11:00 AM LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga @ Hope Lodge 5:15 PM ZOOM or LIVE	Young Adult Cancer MG 6:30 PM ZOOM	Qigong 11:00 AM ZOOM or LIVE	Rise and Renew 9:00 AM ZOOM
19	20	21	22	23	24	25
	Welcome Meeting 5:30 PM ZOOM	Gentle Yoga 10:00 AM ZOOM or LIVE Families Connect Summer Art Series 11:00 AM LIVE Intro to Pilates NOON ZOOM or LIVE Pet Portraits 6:30 PM LIVE Menopause: Understanding Your Options 6:30 PM ZOOM	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE	Qigong 11:00 AM ZOOM or LIVE	Qigong 11:00 AM ZOOM or LIVE	
26	27	28	29	30	31	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Gentle Yoga 10:00 AM <small>ZOOM or LIVE</small> All Cancer MG <small>@ Hope Lodge 5:30 PM</small> <small>ZOOM or LIVE</small> Friends and Family MG <small>@ Hope Lodge 7:00 PM</small> <small>ZOOM or LIVE</small>	Gentle Yoga 9:30 AM <small>ZOOM or LIVE</small> Gentle Yoga 5:15 PM <small>ZOOM or LIVE</small> Mediterranean Series 5:30 PM <small>ZOOM or LIVE</small> Couples and Cancer 6:00 PM <small>ZOOM</small>	Restorative Movement <small>@ St. Luke's</small> 10:00 AM <small>ZOOM or LIVE</small> Tai Chi for Peace and Balance 10:00 AM <small>ZOOM or LIVE</small> Prostate Cancer MG 6:30 PM <small>LIVE</small>	Grupo para Personas Afectadas por el Cáncer 10:00 AM <small>ZOOM</small> Qigong 11:00 AM <small>ZOOM or LIVE</small>	Rise and Renew 9:00 AM <small>ZOOM</small>
	6	7	8	9	10	11
13	14	15	16	17	18	19
	CSC CLOSED Book Club 6:00 PM <small>ZOOM or LIVE</small>	Gentle Yoga 10:00 AM <small>ZOOM or LIVE</small> What Do I Tell the Kids? <small>@ Mercy South 5:30 PM</small> <small>LIVE</small> Summer Fruit Acrylic Painting 6:00 PM <small>LIVE</small>	Gentle Yoga 9:30 AM <small>ZOOM or LIVE</small> Gentle Yoga 5:15 PM <small>ZOOM or LIVE</small> Breast Cancer MG 5:30 PM <small>ZOOM or LIVE</small>	Restorative Movement @ <small>St. Luke's 10:00 AM</small> <small>ZOOM or LIVE</small> Tai Chi for Peace and Balance 10:00 AM <small>ZOOM or LIVE</small> Sanctuary Sound Journey 6:00 PM <small>LIVE</small> Survivorship MG 6:30 PM <small>ZOOM</small>	Welcome Meeting 10:00 AM <small>LIVE</small> Qigong 11:00 AM <small>ZOOM or LIVE</small>	Rise and Renew 9:00 AM <small>ZOOM</small>
20	21	22	23	24	25	26
	Gynecological Cancer MG 6:30 PM <small>ZOOM or LIVE</small>	Gentle Yoga 10:00 AM <small>ZOOM or LIVE</small> Intro to Pilates NOON <small>ZOOM or LIVE</small> Fresh Balanced Bowls 6:30 PM <small>ZOOM or LIVE</small>	Gentle Yoga 9:30 AM <small>ZOOM or LIVE</small> Gentle Yoga @ Hope Lodge 5:15 PM <small>ZOOM or LIVE</small> Homemade Cards to Go 6:30 PM <small>LIVE</small>	Restorative Movement @ <small>St. Luke's 10:00 AM</small> <small>ZOOM or LIVE</small> Tai Chi for Peace and Balance 10:00 AM <small>ZOOM or LIVE</small> Young Adult Cancer MG 6:30 PM <small>ZOOM</small>	Grupo para Personas Afectadas por el Cáncer 10:00 AM <small>ZOOM</small> Qigong 11:00 AM <small>ZOOM or LIVE</small>	Rise and Renew 9:00 AM <small>ZOOM</small>
27	28	29	30			
	Welcome Meeting 5:30 PM <small>ZOOM</small>	Gentle Yoga 10:00 AM <small>ZOOM or LIVE</small> Lunch and Learn: Open to Options NOON <small>ZOOM</small>	Gentle Yoga 9:30 AM <small>ZOOM or LIVE</small> Gentle Yoga 5:15 PM <small>ZOOM or LIVE</small>	Tai Chi for Peace and Balance 10:00 AM <small>ZOOM or LIVE</small> Young Adult Cancer MG 6:30 PM <small>ZOOM</small>	Qigong 11:00 AM <small>ZOOM or LIVE</small>	Rise and Renew 9:00 AM <small>ZOOM</small>

September 2026

■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE ■ = PROGRAMS LOCATED OFF-SITE



Thank you to all who supported and took their own STEPS FOR HOPE!

We appreciate the generosity of our **35 SPONSORS**, numerous in-kind partners, and more than **500 PARTICIPANTS** who joined us to celebrate those in our community impacted by cancer. Together we raised more than **\$175,000** to support our mission and the individuals and families that come here in search of HOPE and support.

As a supporter of Cancer Support Community of Greater St. Louis, you've ensured we can continue to provide HOPE along with emotional support, educational resources, social connections and a place of understanding.

Thank you for proving that, together, St. Louis is Stronger than Cancer!



A BIG thank you to our Presenting Sponsor: Staenberg Family Foundation!



Congratulations to our Peggy Nelson Esperanza Award Honoree: Waterway Carwash

For over 10 years, Waterway Carwash has been a dedicated supporter of CSCSTL. From their participation in the Kirkwood Greentree Festival to their "Waterway Goes Pink" initiative to CSCSTL event appearances and in-kind donations, we are grateful for their extraordinary support!

WALK. RUN. INSPIRE.

STEPS FOR HOPE - PATH OF HOPE

In honor of those who purchased a Path of Hope sign for our Steps For Hope walk. We celebrate those you have given tribute to in this special way.

IN HONOR OF:

SUSAN ARENBERG
Steven Arenberg

SHARON CLARK
Christian Clark

LYNDSEY FORBES
Monika Hill

JOHN GEE
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STACY LEONARD
Timothy Mchale

HELAYNE LEVITT
Edward Levitt

DENA LEVITT
Edward Levitt

GINNY LONG
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JON MCDANIEL
Mike Nelson

BECKY MYERS
The QiWhos

GARY NELLING
Helen Nelling

PEGGY NELSON
*Chuck & Jean Naslund
Mike Nelson*

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Jessica & Andy Millner

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Jan Simon

KAREN PTACEK
Heather Rhodes

JULIE RHODES
*Judith Lauth Casey
Heather Rhodes*

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Pamela Rondot

JIM SCOTT
Peggy Scott

VIRGINIA SCOTT
Peggy Scott

PEGGY THOMPSON
Helen Nelling

WILEY THOMPSON
Helen Nelling

MARY TRUETKEN
Gary Busiek

BARB VOGEL
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DALE WALLER
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✝ St. Luke's



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KAREN JARRETT

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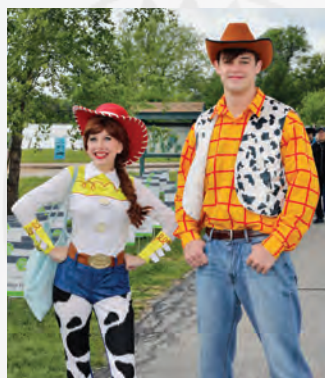
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GREATER ST. LOUIS



TRIBUTE GIFTS

Thank you for recognizing someone special while helping CSCSTL change the lives of cancer patients and their families. The following reflects tribute gifts received from January 1, 2026 through March 31, 2026. We apologize for any omissions or errors.

IN HONOR OF:

ROBERT ABRAMS
Robert & Sheila Cohen

NORMA BOSCH
Linda Duffen

LOUISE POOLEY
Kim Schneider

IN MEMORY OF:

ELEANOR BRIN
*Bob & Jan Abrams
Kay Cohen
Harvey & Dale Glazer
Bernard Morgenstern
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ROBERTA BROCKELMAN
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PEGGY NELSON
Jennifer Naslund

MIKE SUFFIAN
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MARY TRUETKEN
Gary Busiek

VIRGINIA WEBER
Peggy Sharp

CAROLYN
Floyd Johnstone

LOIS
Robert & Sheila Cohen

MICHAEL
Liessa Alperin



Tribute donations to Cancer Support Community of Greater St. Louis are a thoughtful way to honor or memorialize someone or to celebrate a special occasion in the life of a friend, family member or colleague while supporting cancer patients, survivors and their families. We will send a greeting card to notify that special someone

of your kind donation. Your contribution helps fund our programs and services, offered at no charge, to those facing a cancer diagnosis in our community.

Here's how:

1. Direct Payment: Online at www.cancersupportstl.org
2. Make checks payable to Cancer Support Community of Greater St. Louis and mail with relevant information to Cancer Support Community of Greater St. Louis, 11775 Borman Drive, Suite 103, St. Louis, MO 63146.
3. You may also call 314-238-2000 and make a tribute gift using a credit card.

Gifts of \$25 or more are published in Cancer Support Community of Greater St. Louis' quarterly newsletter. Due to administrative costs, a minimum donation of \$10 per tribute is requested.

SAVE THE DATE... THURSDAY, OCTOBER 8, 2026

Cancer Support Community of Greater St. Louis' fall campaign celebrates **HOPE** after the darkness of a cancer diagnosis. Hope After Dark—**A DAY TO GIVE, A NIGHT TO CELEBRATE** features A Day to Give that culminates with A Night to Celebrate VIP sponsor event on October 8, where our campaign sponsors enjoy an evening of inspiration and celebration.

A Night to Celebrate will be held at The Coronado.

Be a spark of Hope in our community and join us on October 8 – there are multiple ways to get involved! During the day, join us for A Day to Give, where every dollar you donate will be **MATCHED** and goes directly to Cancer Support Community of Greater St. Louis to help fund critically important programs. In the evening, join us for A Night to Celebrate by becoming a sponsor and help us provide **HOPE** after the darkness of a cancer diagnosis! No matter how you get involved, your gift stays in the St. Louis area and helps fund our programs which are offered at no charge to individuals and families impacted by cancer in our community.

For questions or to become a sponsor, please contact Emily Kelle, Development Manager, at ekelle@cancersupportstl.org or 314.238.2000.



OUTSTANDING COMMUNITY VOLUNTEERS



Lenell Neely

After completing 24 years in the United States Air Force, Lenell began regularly volunteering with different organizations around the St. Louis metropolitan area. Several years ago, he discovered CSC and has since been a dedicated volunteer, generously giving his time and energy to support

the CSC community. He is especially known for his help with the annual Steps For Hope Walk, where he plays an important role in setting up and helping the day run smoothly for participants. Reliable, hardworking, and always willing to lend a hand, Lenell is someone that CSC can count on year after year. When asked why he continues to volunteer, he shared, “There are a lot of good people working with CSC, and CSC looks out for their volunteers. It’s always a pleasure doing a CSC event — even when it’s wet and muddy.”

CSC is proud to honor Lenell for his continued dedication and generous spirit.



Barb Warmbrodt

At age 66, Barb received her second breast cancer diagnosis. While visiting her oncologist, she picked up a CSC newsletter and soon became involved in weekly yoga classes and other programs. Here, she found comfort and community while focusing on her recovery and

has since been participating for the last 10 years.

Over time, Barb became active in volunteering, helping at fundraisers with her husband, tasks around the office, and representing CSC at health fairs. She continues to be a dedicated volunteer, assisting in quarterly newsletter deliveries. Barb finds this especially rewarding because she remembers just how much that first newsletter meant to her in her cancer journey.

CSC is grateful for Barb’s continued commitment and the positive impact she makes through our programs and volunteer efforts.

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Contact Us @ 314.238.2000

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CANCER SUPPORT COMMUNITY GREATER ST. LOUIS



MISSION: *Cancer Support Community of Greater St. Louis uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.*

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