



CANCER SUPPORT COMMUNITY GREATER ST. LOUIS

A Place for People Impacted by Cancer



*hope
after dark*
A DAY TO GIVE.
A NIGHT TO CELEBRATE.

A DAY TO GIVE!

Wednesday, October 7, 2026

Visit cancersupportstl.org/hopeafterdark
for more details

Photo by Joanna Kosin

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ALL SERVICES OFFERED AT
NO CHARGE!

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Visit us at 11775 Borman Dr, Suite 103, St. Louis, MO 63146 or go to cancersupportstl.org



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

Tuesdays: Oct 6, Nov 3 and Dec 8 • 10:00–11:00 AM

Register for ZOOM

Thursdays: Oct 22 and Nov 19 • 5:30–6:30 PM

EDUCATION

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

Navigating Medicare: Important Insights for Cancer Care

MISSOURI SHIP
State Health Insurance Assistance Program

Wednesday, October 7 • 6:30–8:00 PM

Register for ZOOM

Join Wilma Schmitz, Regional Liaison and Trainer for the Missouri State Health Insurance Assistance Program (Missouri SHIP), for a presentation to learn how Medicare covers cancer screenings, doctor visits, hospital care, treatments, prescription drugs, and follow-up care. The session will explain common Medicare costs, help you better understand your coverage options, and introduce free resources available through Missouri SHIP to help you make informed healthcare decisions.

What Do I Tell the Kids?

Monday, October 19 • 1:00–2:30 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.

Emotional Wellness During the Holidays

Tuesday, October 27 • 6:30–8:00 PM

Register for ZOOM

The holiday season can bring joy, but it can also increase feelings of anxiety, grief, worry, or overwhelm. This educational and interactive program offers practical strategies to help participants navigate difficult emotions with greater resilience and self-compassion. Through guided activities and coping tools, attendees will learn ways to manage stress, cope with grief, and support their emotional well-being, leaving with practical skills they can use during the holidays and beyond.

Navigating a New Cancer Diagnosis



Tuesday, November 10 • 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.

Self Empowerment Through Hypnosis

Thursday, November 12 • 6:00–7:30 PM

Register for ZOOM

Join Christine Parker, Certified Hypnotherapist, and member of the International Association of Counselors and Therapists, to learn self-hypnosis as a tool you can use to ease anxiety and support your healing journey. We'll explore what hypnosis actually is and how it can help you work with your subconscious mind to release limiting beliefs and reconnect with your personal power. You'll leave with a simple self-hypnosis practice you can return to whenever you need calm, clarity, or a reminder of your own inner strength.

Fighting Fatigue



Tuesday, December 8 • 6:00–7:30 PM

Register for ZOOM

Join us for discussion with ReVital therapist, Laura Erbb, about cancer related fatigue. Learn about coping with this common side effect and ways to increase your energy and stamina. Great information as we head into the busy holiday season.

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.

GYNECOLOGICAL CANCER MONTHLY GROUP

Register for ZOOM or RSVP for LIVE Session

Third Monday each month • 6:30-8:00 PM (Dec ZOOM Only)

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

(Nov group rescheduled to Nov 19) (No Dec Group)

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

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.

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.

Nourish for Resilience



Wednesday, October 14 • 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**

Join health coach, Gayle Rose, for a nutrition demonstration exploring foods that support gut health, immunity, and reduce inflammation. Enjoy a nourishing snack while learning to bolster your health through mindful choices in nutrition, movement, and stress management.

Everyday Foods for Strength and Recovery



Saturday, October 24 • 11:30 AM–1:00 PM

[Register for ZOOM](#)

Discover, with Artines Smith, how everyday plant-based foods can help support energy, strength, and recovery. We'll explore the benefits of starchy vegetables for steady energy, plant proteins for tissue repair, legumes and B vitamins for fighting fatigue, and hydrating fruits and vegetables that nourish us through our body's cycles and during treatment.

Ignite Your Health: A 4-Part Series



Wednesdays, Oct. 28 and Nov. 4, 11, 18 • 5:30 PM–7:00 PM

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

Attendance to all sessions preferred, not required

Join Health Coach Gayle Rose for an all-encompassing, four-part healthy living series. Each session will include a wellness lesson, a food demonstration, a recipe card and progress tracker for each participant to use in the week between sessions.

Oct 28: Lower Stress and Welcome Pleasures

Explore mindset and invite goal setting.

Nov 4: Fueling Well to Feel Well

Explore obstacles to making healthier food choices.

Nov 11: Getting Ignited About Moving More

Explore ways to build energy.

Nov 18: Embracing Your Health Journey with Mindfulness & Intention

Learn how food, movement, and stress management support immunity and reduce illness risk.

Soups On! Healing Winter Soup



Thursday, December 10 • 6:00 PM–7:30 PM

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

Warm up from the inside out with a nourishing winter soup packed with nutrient-rich ingredients that support hydration, immunity, and overall wellness. This comforting recipe, demonstrated by instructor Desiree Williams, delivers wholesome nutrition and cozy flavor, making it the perfect choice for chilly days and simple, feel-good meals.

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

Thursdays, October 1 and November 5 • 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.

HealthyRHYTHMS Drum Workshop

Tuesday, October 20 • 6:00–7:00 PM

[RSVP for LIVE Session](#)

Join drum circle facilitator, Eileen Wolfington, to engage in a research-based, group empowerment wellness experience. Immerse yourself in drum rhythms and creative music-making to support connection, relaxation, and joy. You will leave feeling grounded, focused, and inspired. No experience needed. Drums provided.

Falling into a Healthier You – A Wellness Retreat for Those Impacted by Cancer



Saturday, November 7 • 10:00 AM–2:00 PM

**North Side Community Elementary School
3033 N. Euclid Ave., St. Louis, MO 63115**

[RSVP for LIVE Session](#)

This retreat offers anyone impacted by cancer an opportunity to refresh their mind, body, and spirit, while enhancing self-care behaviors. Three special breakout sessions include:

- A nutrition demonstration and meal
- Gentle movement for all abilities
- Mindful healing arts practice

Groups for kids and teens will be available.

Sanctuary Sound Journey

Thursday, November 19 • 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.

Weaving Wellness

Wednesday, December 2 • 5:30–7:00 PM

[RSVP for LIVE Session](#)

Imagine surrounding yourself with the colors, scents, sounds, and sensations that bring you comfort and nourish your spirit. This project, lead by Susie McGauhey, invites you to do just that. Using textile materials such as yarn and fabric, you'll weave a one-of-a-kind piece that captures reminders of what helps you feel grounded, calm, and well.

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 Borman Location

- Tuesdays • 10:00–11:00 AM
- 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

- October 28 • 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.

SOCIAL CONNECTIONS

Book Club –

Breaking the Habit of Being Yourself

Mondays, Oct 5, Nov 2, Dec 7 • 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.*

October 5: Chapters 7-9

November 2: Chapters 10-12

December 7: Chapters 13-14

Autumn Acrylics

Monday, October 19 • 6:30–8:00 PM

RSVP for [LIVE Session](#)

Celebrate the beauty of the season with a fun and creative fall painting experience! Participants will use acrylic paints to create their own festive fall artwork with step-by-step instruction throughout the session. Enjoy exploring color, creativity, and artistic expression while creating a seasonal piece to take home.

Homemade Cards to Go

Monday, November 16 • 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.

Seasonal Arrangements

Friday, December 4 • 11:00 AM–12:30 PM

RSVP for [LIVE Session](#)

Create a festive holiday centerpiece with an assortment of greenery, branches, pine-cones, and seasonal accents. Enjoy the opportunity to design a unique arrangement that showcases your individual creativity.



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.

Families Connect Gingerbread Holiday Event!

Wednesday, December 16 • 6:00–8:00 PM
(Light dinner provided 6:00–6:30 pm)

RSVP for LIVE Session

Teens, kids, and their families—Join us in making a Gingerbread creation! Whether you're a frosting fanatic or just in it for the laughs, come build your own masterpiece. No pressure—just good fun, sweet treats, and holiday spirit!



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*

Young Adult Monthly Group

Thursdays, October 22, November 19 • 6:30–8:00 PM

Register for ZOOM

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

Yoga Under the Stars

Monday, October 26 • 6:30–8:00 PM

Join us for a relaxing evening at the St. Louis Science Center's Yoga Under the Stars! The evening begins with a 15-minute guided tour of the night sky in the planetarium before participants settle in for a 60-minute gentle, beginner-friendly yoga class beneath a stunning display of stars. This is a great opportunity to unwind, try something new, and enjoy a unique wellness experience. **To secure your ticket please reach out to Haylee at info@cancersupportstl.org.**

Layers of Life

Thursday, November 12 • 6:00–7:30 PM

RSVP for LIVE Session

Come work with tissue paper and mod podge, with Art Therapist, Natasha Westrich Hanson. We will begin with a quiet and centering meditation. Then you can choose different colors of tissue paper, tear, cut, and/or layer them to create your own unique piece of art. We will create specific designs, something abstract, or focus on creating new colors by layering the delicate tissue paper. No art experience necessary; just a fun and relaxing way to be creative and connect with peers.



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
 October 2026 ■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE ■ = PROGRAMS LOCATED OFF-SITE						
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
	Book Club 6:00 PM ZOOM or LIVE	Gentle Yoga 10:00 AM ZOOM or LIVE Welcome Meeting 10:00 AM 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 Navigating Medicare 6:30 PM ZOOM	Restorative Movement @ St. Luke's 10:00 AM ZOOM or LIVE Prostate Cancer MG 6:30 PM LIVE Writings of Resilience 6:30 PM ZOOM	Qigong 11:00 AM ZOOM or LIVE	Rise and Renew 9:00 AM ZOOM
				Lung Cancer MG 6:30 PM ZOOM CSC CLOSED	Qigong 11:00 AM ZOOM CSC CLOSED	Rise and Renew 9:00 AM ZOOM
				Restorative Movement @ St. Luke's 10:00 AM ZOOM or LIVE Survivorship MG 6:30 PM ZOOM	Qigong 11:00 AM ZOOM or LIVE	Rise and Renew 9:00 AM ZOOM
				Welcome Meeting 5:30 PM ZOOM Young Adult Cancer MG 6:30 PM ZOOM	Qigong 11:00 AM ZOOM or LIVE	Rise and Renew 9:00 AM ZOOM Everyday Foods for Strength and Recovery 11:30 AM ZOOM
				Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Gastrointestinal Cancers MG 6:30 PM ZOOM	Qigong 11:00 AM ZOOM or LIVE	Rise and Renew 9:00 AM ZOOM
				Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Ignite Your Health Series 5:30 PM ZOOM or LIVE	Qigong 11:00 AM ZOOM or LIVE	Rise and Renew 9:00 AM ZOOM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	Gentle Yoga 10:00 AM ZOOM or LIVE Welcome Meeting 10:00 AM 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 Ignite Your Health Series 5:30 PM ZOOM or LIVE	Restorative Movement @ St. Luke's 10:00 AM ZOOM or LIVE Prostate Cancer MG 6:30 PM LIVE Writings of Resilience 6:30 PM ZOOM	Qigong 11:00 AM ZOOM or LIVE	Fall Into A Healthier You Retreat @ North Side Community School 10:00 AM LIVE
8	9	Gentle Yoga 10:00 AM ZOOM or LIVE Intro to Pilates NOON ZOOM or LIVE Navigating a New Cancer Diagnosis @ Mercy St. Louis 11:00 AM LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Ignite Your Health Series 5:30 PM ZOOM or LIVE Breast Cancer MG 5:30 PM ZOOM or LIVE Young Adult Program: Layers of Life 6:00 PM LIVE	11 Lung Cancer MG 6:30 PM ZOOM Self-Empowerment with Hypnosis 6:00 PM ZOOM Young Adults - Layers of Life 6:00 PM LIVE	13 Qigong 11:00 AM ZOOM or LIVE	14 Rise and Renew 9:00 AM ZOOM
15	16	Gynecological Cancer MG 6:30 PM ZOOM or LIVE Homemade Cards to Go 6:30 PM LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Ignite Your Health Series 5:30 PM ZOOM or LIVE Gastrointestinal Cancers MG 6:30 PM ZOOM	18 Restorative Movement @ St. Luke's 10:00 AM ZOOM or LIVE Welcome Meeting 5:30 PM ZOOM Sanctuary Sound Journey 6:00 PM LIVE Survivorship MG 6:30 PM ZOOM Young Adult Cancer MG 6:30 PM ZOOM	20 Qigong 11:00 AM ZOOM or LIVE	21 Rise and Renew 9:00 AM ZOOM
22	23	Gentle Yoga 10:00 AM ZOOM or LIVE Intro to Pilates NOON ZOOM or LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE CSC CLOSED @ NOON	25 CSC CLOSED	CSC CLOSED	Rise and Renew 9:00 AM ZOOM
29	30					



November 2026

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
December 2026		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 Weaving Wellness 5:30 PM LIVE	Restorative Movement @ St. Luke's 10:00 AM ZOOM or LIVE Prostate Cancer MG 6:30 PM LIVE	Seasonal Arrangements 11:00 AM LIVE Qigong 11:00 AM ZOOM or LIVE	Rise and Renew 9:00 AM ZOOM
6	Book Club 6:00 PM ZOOM or LIVE	Gentle Yoga 10:00 AM ZOOM or LIVE Welcome Meeting 10:00 AM LIVE Intro to Pilates NOON ZOOM or LIVE Fighting Fatigue 6:00 PM ZOOM	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	Soups On! 6:00 PM ZOOM or LIVE Lung Cancer MG 6:30 PM ZOOM	Qigong 11:00 AM ZOOM or LIVE	Rise and Renew 9:00 AM ZOOM
13		Gentle Yoga 10:00 AM ZOOM or LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Families Connect Gingerbread Event! 6:00 PM 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 CSC CLOSED @ NOON		
	Gynecological Cancer MG 6:30 PM ZOOM CSC CLOSED	CSC CLOSED	CSC CLOSED	CSC CLOSED	CSC CLOSED	CSC CLOSED
20						
27	CSC CLOSED	CSC CLOSED	CSC CLOSED	CSC CLOSED		



CANCER SUPPORT
COMMUNITY
GREATER ST. LOUIS

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

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 April 1, 2026 through June 30, 2026. We apologize for any omissions or errors.

IN HONOR OF:

KAREN JARRETT

Christopher Gladden

IN MEMORY OF:

WILLIAM H. BESANCENEZ

Mike & Sharon Obrecht

THOMAS BOWES

*Anne Burkholder
Donna Burkholder
Roger Burkholder
Trinia M.
Kathryn Maclean
Chuck & Linda McGaugh
Cristin & Shawn Sunderman*

JACQUELINE BROCKELMEYER

*Christopher Brown
Jamie Pollett*

EILEEN COGNATA

Scott Perhacs

MICHAEL F. FULLER

Juanita Huie Fuller

ELINOR HERMAN

David Brunstein

MARLENE JARRETT

Helen Nelling

CAROL JOHNSTON

Alan & Dawn DeBuck

TIM MILTENBERGER

Scott Perhacs

VICTOR PAGLISOTTI

*Jimmy Early
Maura Fields
Bernie & Gloria Morgenstern
Vicki Tiede*

PENNY POWERS

Scott Perhacs

LEE PRESSON

Scott Perhacs

GENE ROGALSKI

Scott Perhacs

STEVEN SCHMELTZ

*Gloria Bowski
Thomas Wolf*

AJ ZAVERI

Scott Perhacs



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.

A DAY TO GIVE

October 7, 2026 is a Day to Give! All donations made on this day will be MATCHED through the generosity of our Hope After Dark sponsors. Scan the QR code or visit our website www.cancersupportstl.org/hopeafterdark to donate today and support our programming!



GIVE THE GIFT OF GIVING



See how your dollars impact CSC all year long!

\$50

Provides 2 new yoga mats
for our movement programs

\$100

Provides activity kits for up to 5 children
at the Falling into a Healthier You retreat



\$250

Provides 1 session of Healing
Music and Concious Self Care

\$500

Provides 1 month of a
cancer networking group

Scan the QR code
to donate.



HOW YOU CAN SUPPORT CANCER SUPPORT COMMUNITY AT YEAR-END

Cancer Support Community of Greater St. Louis is exclusively funded by donations from individuals, family and private foundations, corporations, and special event fundraisers.

To help us keep our programs free, we need your support! Please donate or check out the other ways you can support Cancer Support Community of Greater St. Louis below.



Credit Card

Scan the QR code above or go to
www.cancersupportstl.org



Check

Send a check in the mail to:
**Cancer Support Community
of Greater St. Louis**
11775 Borman Drive, Suite 103
St. Louis, MO 63146



Donor Advisor Fund

Access your account via your DAF
institution and search for Cancer
Support Community of Greater
St. Louis, EIN 43-1587517. It takes just
a few clicks to make a recommendation
on your behalf to CSCSTL!



Stock Gifts

A direct donation of stock to Cancer Support Community of Greater St. Louis is the most cost-effective method when compared with a gift of cash or the sale of securities followed by a gift of the proceeds. By directly gifting appreciated securities, you can make a more generous contribution than you might with cash. Your gift of appreciated securities to Cancer Support Community of Greater St. Louis is an easy and prudent way to make your charitable gift.



Retirement Assets

You can name the Cancer Support Community of Greater St. Louis as a beneficiary of your IRA, retirement or pension plan. If you are 70½ or older, you may be able to make a tax-free transfer up to \$100,000 from your IRA directly to CSC. If you take a required minimum distribution, you can also make a tax-free transfer! *Please consult with your financial advisor for details.*

Call Emily Kelle at 314.238.2000 or
ekelle@cancersupportstl.org with questions.

WHAT OTHERS ARE DOING FOR CSC



Elly May's Kritters

On July 31, 2026, Elly May's Kritters performed a benefit concert at Hwy 61 Roadhouse in memory of Chris Laneman, who passed away from liver cancer and is the late brother of the band's key board player, Ted Laneman. In a night filled with community, great music, and food, the band raised over \$2,100 for Cancer Support Community of Greater St. Louis!

Thank you, Elly May's Kritters, for helping us prove that, together, **St. Louis is Stronger than Cancer!**



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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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