

**Cancer Support Community
Circle of Caring Children's Program invites
all children who have a loved one with a
cancer diagnosis to the**

Snowflake Program

**Please join us for an afternoon of friendship,
fun, and support.**

When: Monday, January 28th, 2019

Time: 4:00pm – 5:00pm






**Where: Cancer Support Community at
Monmouth Medical Center Southern Campus
199 Prospect Street, Lakewood, NJ 08701**

Please register at 732-923-6090

**Monmouth
Medical Center
Southern Campus**

**RWJBarnabas
HEALTH**


**CANCER SUPPORT
COMMUNITY**
MONMOUTH MEDICAL CENTER
&
MONMOUTH MEDICAL CENTER
SOUTHERN CAMPUS

Jan 2019	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>CANCER SUPPORT COMMUNITY MONMOUTH MEDICAL CENTER MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS</p>	<p><i>Support, Education & Hope...</i></p> <p><i>Free programs for those impacted by cancer —</i></p>	<p>1 Happy New Year!</p> 	<p>2</p> <p>CLOSED</p>	<p>3</p> <p>CLOSED</p>	<p>4</p> 
<p>Programs listed in black held at Monmouth Medical Ctr., 300 2nd Ave., Suite ST-007 Maysie-Stroock Pavilion <u>Long Branch</u></p> <p>Programs marked with * held in other areas as indicated. Please call for additional info 732-923-6090</p>	<p>7</p> <p>CLOSED</p>	<p>8</p> <p>CLOSED</p>	<p>9</p> <p>CLOSED</p>	<p>10</p> <p>CSC Re-opens today beginning with evening group:</p> <p>SPOHNC Oral Head/Neck Support Group 6 PM Diamond Pavilion Long Branch</p>	<p>11</p> <p>Game Day 11 – 1 PM Long Branch</p>
<p>Programs in red held at Cancer Support Community 199 Prospect Street Lakewood, NJ or, if indicated, at MSC - Monmouth Southern Campus Hospital 600 River Avenue Lakewood</p>	<p>14</p> <p>All Cancers Support 2:30 – 3:30 PM</p> <p>Guided Relaxation 3:30 – 4:30 PM</p>	<p>15</p> <p>Relaxation & Meditation 1- 2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p>	<p>16</p> <p>Exercise for Strength 1:30 – 2:30 Yoga 2:30 – 3:30 PM</p> <p>For January:</p> <p>Time to Talk... Breast Support Group 5:30 – 7 PM (Long Branch)</p>	<p>17</p> <p>Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM</p> <p>Qi-Gong/Tai Chi Easy 1-2 PM</p> <p>Caregiver Support 11 - 12 Monmouth Southern Campus Hospital, Ground Floor Patio Room (Lakewood)</p> <p>Bereavement Support Group Support group for anyone living with loss, 3 - 4 PM (Long Branch)</p>	<p>18</p>
	<p>21</p> <p>Living with Loss 2:30 – 3:30 AM</p> <p>Guided Relaxation 3:30 – 4:30 PM</p>	<p>22</p> <p>Relaxation & Meditation 1-2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p>	<p>23 Painting It Out -Express yourself through art & discussion, 12:30 – 1:30 with Yocheved Hauer, SW Intern. All supplies provided.</p> <p>Exercise for Strength 1:30 – 2:30 Yoga 2:30 – 3:30 PM</p> <p>Caregiver Connect 7:30-8:30 PM – Call to register & for dial-in telephone number</p>	<p>24</p> <p>Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM</p> <p>Qi-Gong/Tai Chi Easy 1-2 PM</p>	<p>25</p> 
<p>If you are currently in active treatment, medical clearance will be required from your doctor for any physical activity class. Please call 732-923-6090 For further information.</p>	<p>28</p> <p>Circle of Caring Children's Program Snowflake Program Come and celebrate winter with friendship, fun & support! 4:00 – 5:00 PM</p>	<p>29</p> <p>Relaxation & Meditation 1-2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p>	<p>30</p> <p>What's In Your Toolkit? Focus on the Breath, 12:30 – 1:30</p> <p>Exercise for Strength 1:30 – 2:30 PM</p> <p>Yoga 2:30 – 3:30 PM</p>	<p>31</p> <p>Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM</p> <p>Qi-Gong/Tai Chi Easy 1-2 PM</p>	<p>REGISTRATION IS REQUIRED FOR ALL PROGRAMS In addition, first time members must attend a new member orientation session. Please call 732-923-6090 to schedule an appointment.</p>

Registration required for all programs, 732-923-6090 or email: joan.hogan@rwjbh.org. Special event workshops highlighted in yellow.



Facing a cancer treatment decision? We can help.

The Cancer Support Community and its network of affiliates have offered support, education and hope to people impacted by cancer for nearly 30 years. Now, **Open to Options™**, helps you identify important questions about your treatment options based upon your personal needs.

Call 732-923-6090 for additional information.

Cancer Support Community, 300 2nd Ave., Suite ST-007, Maysie-Stroock Pavilion, Long Branch (except where noted w/*)

CSC will re-open on Thursday evening, Jan 10th at 6 PM, with the SPOHNC Oral Head/Neck Support Group (see details below).

Please note that while CSC is closed for winter break, the YSC, Ovarian, and US Too Prostate groups will be held as regularly scheduled. Please call with any questions.

- **Young Survival Coalition (YSC)** – Breast support group for women age 45 & under. 1st Wednesday of each month, 6:30 – 8 PM
- **US Too! Prostate Group** 1st Thursday of each month, 7–9 PM
- ***Ovarian Support Group*** - 2nd Tuesday of each month at 11:30 AM. Held in the Fromkin Family Room, BBR2*
- **Time to Talk...Breast Cancer Group** (all ages), 2nd Wednesday of the month, except for January. Group will be held on Wednesday, 1/16, 5:30-7 PM
- ***SPOHNC – Oral/Head/Neck Support Group** – 2nd Thursday, 6 PM. Held in the Cheryl L. Diamond Pavilion, 3rd Ave. entrance.
- **Bereavement Group** – Note new day: 3rd Thursday, 3 – 4 PM, all welcome.
- Also: **Easy Zumba Gold, Yoga, Exercise for Strength, Tai-Chi and Qi-Gong, Relaxation & Meditation, Game Day.**

Caregiver Connect – Telephone support for caregivers. Wednesday, Jan 23rd, 7:30-8:30. Call 723-923-6090 to register. Once registered, dial-in code & access information will be provided.

Cancer Support Community 199 Prospect Street, Lakewood, or at Monmouth Southern Campus, 600 River Ave, Lakewood as indicated with*

- **Guided Relaxation** – Jan 14th & Jan 21st, 3:30 – 4 PM
- **Living with Loss** – Monday, Jan 21st 2:30 - 3:30 PM
- **All Cancers Support Group** – For patients, family members and supportive friends, Monday Jan 14th, 2:30 – 3:30 PM
- ***Caregiver Support** – Thursday Jan 17th - Monmouth Medical Center, Southern Campus, 600 River Ave., Ground Floor Patio Room, 11 – 12 PM
- **What's In Your Toolkit?** January class: **Focus on the Breath**
- Stress reduction and resiliency tips and tools. Wednesday, Jan 30th 12:30 – 1:30 PM

Special Event Programs – Lakewood

Painting It Out! Friday, Jan 23rd, 12:30 – 1:30 PM
When words fail, art speaks...with Yocheved Hauer, SW intern
Express yourself through art and discussion.
Registration required by January 18th – 732-923-6090
All supplies provided.

Also, the following programs will be on a new day beginning this month:

- **Exercise for Strength** – Wednesdays 1:30 – 2:30
- **Yoga** – Wednesdays 2:30 – 3:30