

# CANCER SUPPORT COMMUNITY ROCHESTER – DECEMBER PROGRAMS

CSC Rochester offers FREE cancer support programs to anyone affected by cancer.

New to a support group or have a question? Please contact Angela Gonnella at 423-9700 x304 or [agonnella@cscrochester.org](mailto:agonnella@cscrochester.org)

For questions about other programs please contact Carin Adams at 423-9700 x316 or [cadams@cscrochester.org](mailto:cadams@cscrochester.org)

Registration is required for any program with red text. Click on the link to learn more and to register. You can also visit [www.cscrochester.org/events](http://www.cscrochester.org/events)



Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 2px solid black; border-radius: 15px; padding: 10px; background-color: #f0f0f0;"> <p><b>**Individuals attending in person programs are required to have received a COVID vaccination or provide a letter of medical or religious exemption.**</b></p> <p><b>KEY: V = virtual, I = in person, H = hybrid</b></p> </div>		<p>1</p> <p><b><u>10:00 am Qi Gong (V)</u></b></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Family Support Group (V)</p>	<p>2</p> <p><b><u>10:00am Coffee &amp; Conversation (V)</u></b></p> <p><b><u>6:00pm Gentle Yoga w. Julie (V)</u></b></p>	<p>3</p> <p><b><u>12:00pm Studio Art w. Melissa (V)</u></b></p>
<p>6</p> <p>6:00pm Women of Color Group (V)</p>	<p>7</p> <p>12:30pm Cancer Support Group (V)</p>	<p>8</p> <p><b><u>10:00 Qi Gong (V)</u></b></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Family Support Group (V)</p>	<p>9</p> <p><b><u>9:00 Men's Diner (V)</u></b></p> <p><b><u>5:30pm Frankly Speaking—Cost of Care (V)</u></b></p> <p><b><u>6:00pm Gentle Yoga w. Julie (V)</u></b></p> <p><b><u>7:00pm Meditation (V)</u></b></p>	<p>10</p> <p><b><u>12:00pm Studio Art w. Melissa (V)</u></b></p>
<p>13</p> <p>7:00pm Breast Cancer Support (V)</p>	<p>14</p> <p>12:30pm Cancer Support Group (V)</p> <p>6:00pm Prostate Support Group (V)</p> <p>6:00pm Multiple Myeloma Group (V)</p>	<p>15</p> <p><b><u>10:00 Qi Gong (V)</u></b></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Family Support Group (V)</p>	<p>16</p> <p><b><u>10:00am Coffee &amp; Conversation (V)</u></b></p> <p><b><u>1:00pm Euchre for all (V)</u></b></p> <p><b><u>6:00pm Gentle Yoga w. Julie (V)</u></b></p> <p><b><u>7:00pm Meditation (V)</u></b></p>	<p>17</p>
<p>20</p> <p>6:00pm Women of Color Group (V)</p>	<p>21</p> <p>12:30pm Cancer Support Group (V)</p> <p><b><u>5:00pm Shared Decision Making - Multiple Myeloma (V)</u></b></p> <p><b><u>6:30pm Bingo for Everyone! (V)</u></b></p>	<p>22</p> <p><b><u>10:00 Qi Gong (V)</u></b></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Family Support Group (V)</p>	<p>23</p> <p><b><u>6:00pm Gentle Yoga w. Julie (V)</u></b></p> <p><b><u>7:00pm Meditation (V)</u></b></p>	<p>24</p>
<p>27</p>	<p>28</p> <p>12:30pm Cancer Support Group (V)</p>	<p>29</p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Family Support Group (V)</p>	<p>30</p>	<p>31</p>