

CANCER SUPPORT COMMUNITY ROCHESTER – NOVEMBER 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

For questions about other programs please contact Carin Adams at 423-9700 x316 or 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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><u>1:00pm 15 Minute Meditation(V)</u></p>	<p>2</p> <p>12:30pm Cancer Support Group (V)</p>	<p>3</p> <p><u>10:00 am Qi Gong (V)</u></p> <p>2:30pm Baking w. Kat (I) - FULL</p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Family Support Group (V)</p>	<p>4</p> <p><u>10:00am Coffee & Conversation (V)</u></p> <p><u>6:00pm Gentle Yoga w. Julie (V)</u></p>	<p>5</p>
<p>8</p> <p><u>1:00pm 15 Minute Meditation(V)</u></p> <p>6:00pm Women of Color (V)</p> <p>7:00pm Breast Cancer Support (V)</p>	<p>9</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>10</p> <p><u>10:00 Qi Gong (V)</u></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Family Support Group (V)</p>	<p>11</p> <p><u>9:00 Men's Diner (I)</u></p>	<p>12</p>
<p>15</p> <p><u>1:00pm 15 Minute Meditation(V)</u></p>	<p>16</p> <p>9:00am <u>Meals of Support</u></p> <p>12:30pm Cancer Support Group (V)</p>	<p>17</p> <p><u>10:00 Qi Gong (V)</u></p> <p><u>1:30 Frankly Speaking About Cancer—Making Treatment Decisions (V)</u></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Family Support Group (V)</p>	<p>18</p> <p><u>10:00am Coffee & Conversation (V)</u></p> <p><u>6:00pm Gentle Yoga w. Julie (V)</u></p>	<p>19</p> <p><u>12:00pm Studio Art w. Melissa (I)</u></p>
<p>22</p>	<p>23</p> <p>12:30pm Cancer Support Group (V)</p>	<p>24</p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Family Support Group (V)</p>	<p>25</p> <p>HAPPY</p> <p>THANKSGIVING!</p>	<p>26</p>
<p>29</p> <p><u>1:00pm 15 Minute Meditation(V)</u></p> <p><u>2:30 Baking w. Kat (I)</u></p> <p>6:00pm Women of Color (H)</p> <p><u>6:30pm Bingo for Everyone! (V)</u></p>	<p>30</p> <p>12:30pm Cancer Support Group (V)</p>		<div style="border: 2px solid black; border-radius: 15px; padding: 10px;"> <p>**Individuals attending in person programs are required to have received a COVID vaccination or provide a letter of medical or religious exemption.**</p> <p>KEY: V = virtual, I = in person, H = hybrid</p> </div>	