

CANCER SUPPORT COMMUNITY ROCHESTER—JANUARY 2022 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.



Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00am <u>Coffee & Conversation (V)</u>	4 12:30pm Cancer Support Group (V)	5 10:00 <u>Qi Gong (V)</u> 6:00pm Cancer Support Group (V) 6:00pm Family Support Group (V)	6 6:00pm <u>Gentle Yoga w. Julie (V)</u> 7:00pm <u>Meditation (V)</u>	7
10 6:00pm Women of Color Group (V) 7:00pm Breast Cancer Support (V)	11 12:30pm Cancer Support Group (V) 6:00pm Prostate Support Group (V) 6:00pm Multiple Myeloma Group (V)	12 10:00 <u>Qi Gong (V)</u> 6:00pm Cancer Support Group (V) 6:00pm Family Support Group (V)	13 9:00am <u>Men's Diner (V)</u> 6:00pm <u>Gentle Yoga w. Julie (V)</u> 7:00pm <u>Meditation (V)</u>	14
17 10:00am <u>Coffee & Conversation (V)</u>	18 9:30-4:30pm <u>MEALS OF SUPPORT</u> 12:00pm <u>Baking with Kat (V)</u> 12:30pm Cancer Support Group (V)	19 10:00 <u>Qi Gong (V)</u> 6:00pm Cancer Support Group (V) 6:00pm Family Support Group (V)	20 1:00pm <u>Euchre for all (V)</u> 5:30pm <u>Ask the Expert (V)</u> 6:00pm <u>Gentle Yoga w. Julie (V)</u> 7:00pm <u>Meditation (V)</u>	21
24 12:00pm <u>Jewelry Creations (V)</u> 6:00pm Women of Color Group (V)	25 12:30pm Cancer Support Group (V) 6:00pm Prostate Support Group (V) 6:00pm Multiple Myeloma Group (V)	26 10:00 <u>Qi Gong (V)</u> 6:00pm Cancer Support Group (V) 6:00pm Family Support Group (V)	27 6:00pm <u>Gentle Yoga w. Julie (V)</u> 7:00pm <u>Meditation (V)</u>	28
31 10:00am <u>Coffee & Conversation (V)</u> 6:30pm <u>BINGO for everyone! (V)</u>				

All programs will be offered in a virtual format through the month of January.