

# CANCER SUPPORT COMMUNITY ROCHESTER—JULY 2022



**CANCER SUPPORT  
COMMUNITY  
ROCHESTER**

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

Interested in a support group or have questions? Contact Angela Gonnella at (585) 423-9700 x304 or [agonnella@cscrochester.org](mailto:agonnella@cscrochester.org)

Questions about programs please contact Carin Adams at (585) 423-9700 x 316 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.**

### Program Format Key

**V = Virtual (Zoom)**





**I = In Person**

**H = Hybrid (In person & Zoom)**



Scan this qr code to view our calendar online



Monday	Tuesday	Wednesday	Thursday	Friday
4 <b>Please note the office is closed from July 4 - July 8. Have a happy and safe 4th of July week!</b>	5 12:30pm Cancer Support Group (V)	6 6:00pm Cancer Support Group (V) 6:00pm Family & Friends / Caregivers Group (V)	7	8
11 <b>12:00pm <u>Stretch &amp; Relax with Carin (V)</u></b> 6:00pm Women of Color Group (H) 6:00pm Breast Cancer Support Group (I)	12 11:30am <b><u>Card Making w Erin (I)</u></b> 12:30pm Cancer Support Group (V) 6:00pm Prostate Support Group (V) 6:00pm Multiple Myeloma Group (V)	13 <b>11:00am <u>Qi Gong (H)</u></b> 6:00pm Cancer Support Group (V) 6:00pm Family & Friends / Caregivers Group (V)	14 12:30pm Cancer Support Group (I) <b>6:00pm <u>Gentle Chair Yoga (H)</u></b>	15 12:00pm <b><u>Cooking with Sev (I)</u></b>
18 <b>12:00pm <u>Jewelry Creations (I)</u></b> <b>6:30pm <u>BINGO for everyone! (V)</u></b>	19 11:00am <b><u>Beginner Guitar (I) (New session)</u></b> 12:30pm Cancer Support Group (V)	20 <b>11:00am <u>Qi Gong (H)</u></b> <b>5:00pm <u>Community Chefs (I)</u></b>   6:00pm Cancer Support Group (V) 6:00pm Family & Friends / Caregivers Group (V)	21 12:30pm Cancer Support Group (I) <b>6:00pm <u>Gentle Floor Yoga (H)</u></b>	22
25 <b>12:00pm <u>Stretch &amp; Relax with Carin (V)</u></b> <b>4:30pm <u>Mocktails at Hope Lodge</u></b>  	26 11:00am Beginner Guitar (I) 12:30pm Cancer Support Group (V) 6:00pm Prostate Support Group (V)	27 <b>9:30am-5pm <u>Meals of Support</u></b> 11:00am Survivorship Support Group (I) <b>11:00am <u>Qi Gong (H)</u></b> 6:00pm Cancer Support Group (V) 6:00pm Family & Friends / Caregivers Group (V)	28 12:30pm Cancer Support Group (I) <b>6:00pm <u>Gentle Chair Yoga (H)</u></b>	29 <b>10:00am <u>Coffee Talk is on us - Fairport</u></b>