

CANCER SUPPORT COMMUNITY ROCHESTER—AUGUST 2022



**CANCER SUPPORT
COMMUNITY
ROCHESTER**

**255 Alexander Street
Rochester, NY 14607**

**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

Questions about programs
please contact Carin Adams at
(585) 423-9700 x 316 or
cadams@cscrochester.org

**Registration is required for
any program with red text.
Click on the links 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/Saturday
<p>1</p> <p>12:00pm <u>Stretch & Relax w/Carin (V)</u></p> <p>4:30pm <u>Mocktails at Hope Lodge (I)</u></p> <p>5:15pm <u>Yoga for all (I)</u></p> <p>6:30pm <u>CMAC Advocacy Group (V)</u></p>	<p>2</p> <p>11:00am Beginner Guitar (I) -FULL</p> <p>12:30pm Cancer Support Group (V)</p>	<p>3</p> <p>11:00am <u>Qi Gong (H)</u></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Family & Friends / Caregivers Group (V)</p>	<p>4</p> <p>12:30pm Cancer Support Group (I)</p> <p>6:00pm <u>CMAC Men of Color (V)</u></p> <p>7:00pm <u>CMAC Latinx (V)</u></p>	<p>5</p> <p>6</p>
<p>8</p> <p>12:00pm <u>Stretch & Relax w/Carin (V)</u></p> <p>5:15pm <u>Yoga for all (I)</u></p> <p>6:00pm Women of Color Group (H)</p> <p>6:00pm Breast Cancer Support Group (I)</p>	<p>9</p> <p>11:00am Beginner Guitar (I) -FULL</p> <p>12:30pm Cancer Support Group (V)</p> <p>6:00pm Prostate Support Group (H)</p> <p>6:00pm Multiple Myeloma Group (V)</p>	<p>10</p> <p>11:00am <u>Qi Gong (H)</u></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Family & Friends / Caregivers Group (V)</p>	<p>11</p> <p>12:30pm Cancer Support Group (I)</p> <p>7:00pm <u>CMAC Latinx (V)</u></p>	<p>12</p> <p>7:00pm <u>Red Wings Game</u></p> <p>13</p>
<p>15</p> <p>12:00pm <u>Jewelry Creations (I)</u></p> <p>5:15pm <u>Yoga for all (I)</u></p> <p>6:30pm <u>CMAC Advocacy Group (V)</u></p>	<p>16</p> <p>11:00am Beginner Guitar (I) -FULL</p> <p>12:30pm Cancer Support Group (V)</p>	<p>17</p> <p>11:00am <u>Qi Gong (H)</u></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Family & Friends / Caregivers Group (V)</p>	<p>18</p> <p>12:30pm Cancer Support Group (I)</p> <p>7:00pm <u>CMAC Latinx (V)</u></p>	<p>19</p> <p>11:00am Survivorship Support Group (I)</p> <p>20</p> <p>10:00am <u>CMAC Advocacy Group Breakfast (I)</u></p>
<p>22</p> <p>12:00pm <u>Stretch & Relax w/ Carin (V)</u></p> <p>5:15pm <u>Yoga for all (I)</u></p> <p>6:00pm Women of Color Group (H)</p>	<p>23</p> <p>12:00pm <u>Open Sewing (I)</u></p> <p>12:30pm Cancer Support Group (V)</p> <p>6:00pm Prostate Support Group (H)</p>	<p>24</p> <p>11:00am <u>Qi Gong (H)</u></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Family & Friends / Caregivers Group (V)</p>	<p>25</p> <p>12:30pm Cancer Support Group (I)</p> <p>7:00pm <u>CMAC Latinx (V)</u></p>	<p>26</p> <p>27</p>
<p>29</p> <p>5:15pm <u>Yoga for all (I)</u></p> <p>6:30pm <u>CMAC Advocacy Group (V)</u></p>	<p>30</p> <p>11:00am Beginner Guitar (I) -FULL</p> <p>12:30pm Cancer Support Group (V)</p>	<p>31</p> <p>9:30-5pm <u>Meals of Support Pick Up</u></p> <p>11:00am <u>Qi Gong (H)</u></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Family & Friends / Caregivers Group (V)</p>		