

CANCER SUPPORT COMMUNITY ROCHESTER—SEPTEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
			1 12:30pm Cancer Support Grp (I) 6:00pm Prostate Support Grp (H) 6:00pm <u>CMAC Men's Group</u> (V) 6:00pm <u>Youth & Teen Convene Ages 7-10</u> (I) 7:00pm <u>Latinos Unidos Contra Cancer</u> (V)	2 3
5 LABOR DAY—OFFICE IS CLOSED	6 12:30pm Cancer Support Grp (V) 6:00pm Fantasy Football Draft (V)	7 11:00am Qi Gong (H) 12:00pm Open Sewing (I) 6:00pm Cancer Support Group (V) 6:00pm Family & Friends/Caregivers Group (V)	8 12:30pm Cancer Support Grp (I) 6:00pm Gentle Yoga (V) 6:00pm <u>Youth & Teen Convene Ages 11-13</u> (I) 7:00pm <u>Latinos Unidos Contra Cancer</u> (V)	9 10:00am Coffee is on us—Panera (Penfield) 10
12 12:00pm Stretch & Relax w/Carin (V) 5:15pm Yoga for all (I) 6:00pm Women of Color Group (H) 6:30pm <u>CMAC Advocacy Group</u> (V)	13 12:30pm Cancer Support Grp (V) 6:00pm Multiple Myeloma Grp (V)	14 11:00am Qi Gong (H) 5:00pm Community Chefs (I) 6:00pm Cancer Support Group (V) 6:00pm Family & Friends/Caregivers Group (V)	15 12:30pm Cancer Support Grp (I) 5:00pm Cooking for Wellness (I) 6:00pm Prostate Support Grp (H) 6:00pm Gentle Yoga (V) 6:00pm <u>Youth & Teen Convene Ages 14+</u> (I) 7:00pm <u>Latinos Unidos Contra Cancer</u> (V)	16 10:00am Survivorship Support Group (I) 17 11:00am Hispanic Heritage month with Latinos Unidos Contra Cancer (I)
19	20 12:00pm Open Sewing (I) 12:30pm Cancer Support Grp (V) 6:00pm Ice cream Social at Casey Park (I)	21 11:00am Qi Gong (H) 12:00pm Colorectal Cancer Presentation (V) 6:00pm Cancer Support Group (V) 6:00pm Family & Friends/Caregivers Group (V)	22 12:30pm Cancer Support Grp (I) 6:00pm Gentle Yoga (V) 6:00pm Family Game Night (I) 7:00pm <u>Latinos Unidos Contra Cancer</u> (V)	23 24 10:00am Hispanic Heritage month with Latinos Unidos Contra Cancer (I)
26 12:00pm Stretch & Relax w/Carin (V) 5:15pm Yoga for all (I) 6:00pm Women of Color Group (H) 6:30pm <u>CMAC Advocacy Group</u> (V)	27 12:30pm Cancer Support Grp (V) 6:30pm BINGO for everyone! (V)	28 11:00am Qi Gong (H) 6:00pm Cancer Support Group (V) 6:00pm Family & Friends/Caregivers Group (V)	29 12:30pm Cancer Support Grp (I) 6:00pm Gentle Yoga (V) 7:00pm <u>Latinos Unidos Contra Cancer</u> (V)	30 11:00am Men's Diner—Brunch



**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