

CANCER SUPPORT COMMUNITY ROCHESTER—JANUARY 2023



255 Alexander Street
Rochester, NY 14607

CSC Rochester offers FREE 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 or visit : cscrochester.org/events

Monday	Tuesday	Wednesday	Thursday	Friday
2 The office is closed. Happy New Year!	3 12:30pm Cancer Support Group (V)	4 11:00am Qi Gong (H) 6:00pm Cancer Support Group (H) 6:00pm Caregivers Support Group (H)	5 12:30pm Cancer Support Group (I) 6:00pm Prostate Support Group (H) 6:00pm Youth & Teen Groups (I) 6:00pm CMAC Men's Group (V)	6 11:00am Men's Diner (I)
9 2:00pm Stretch & Strengthen (V) 6:30pm CMAC Advocacy Group (V)	10 12:30pm Cancer Support Group (I) 5:30pm Veterans Support Group (I) 6:00pm Multiple Myeloma Group (w/ Dr. Lipe (H))	11 11:00am Qi Gong (H) 6:00pm Cancer Support Group (H) 6:00pm Caregivers Support Group (H)	12 12:30pm Cancer Support Group (I) 6:00pm Latinos Unidos Contra Cancer (V) 6:00pm Youth & Teen Groups (I)	13 10:00am Coffee is On Us—Equal Grounds
16 2:00pm Stretch & Strengthen (V) 6:00pm Women of Color Group w/ Dr. Belton —Breast Cancer In African Americans (H) 6:30pm CMAC Advocacy Group (V)	17 11:00am Art class (I) 12:30pm Cancer Support Group (V) 6:00pm Bingo (V)	18 11:00am Qi Gong (H) 12:00pm Open Sewing (I) 5:00pm Intermediate Guitar (I) 6:00pm Cancer Support Group (H) 6:00pm Caregivers Support Group (H)	19 12:00pm Cooking for Wellness (I) 12:30pm Cancer Support Group (I) 6:00pm Prostate Support Group (H) 6:00pm Youth & Teen Groups (I)	20 10:00am Survivorship Support Group (I) 12:00pm World Cuisines—Japan (I)
23 2:00pm Stretch & Strengthen (V) 6:00pm Women of Color Group (H)	24 12:30pm Cancer Support Group (V) 5:00pm Community Chefs (I) 5:30pm Veterans Support Group (I)	25 11:00am Qi Gong (H) 2:00pm Coping w/ challenges as older adult w/ cancer (V) 5:00pm Intermediate Guitar (I) 6:00pm Cancer Support Group (H) 6:00pm Caregivers Support Group (H)	26 12:30pm Cancer Support Group (I) 6:00pm Latinos Unidos Contra Cancer (V)	27
30 2:00pm Stretch & Strengthen (V)	31 12:00pm Open Sewing (I) 12:00-5:00pm Meals of Support (I) 12:30pm Cancer Support Group (V)			