



CANCER SUPPORT
COMMUNITY
GREATER CINCINNATI-
NORTHERN KENTUCKY

**COMMUNITY IS STRONGER
THAN CANCER.**



WHAT'S INSIDE

JANUARY/FEBRUARY 2025

**FREE SUPPORT, HEALTHY LIFESTYLE, SOCIAL,
& EDUCATION OPPORTUNITIES**

Open to patients, survivors, loved ones, children, friends, & caregivers.



Weekly Support Groups

To register for weekly support groups, contact Jamie Wiener, LPCC-S, at 513-791-4060. Groups are professionally facilitated & confidential.

PEOPLE LIVING WITH CANCER SUPPORT GROUP

Tuesdays 4:00 PM-6:00 PM & 6:30 PM-8:30 PM: Hybrid

FAMILY & FRIENDS SUPPORT GROUP

Tuesdays 4:00 PM-6:00 PM & 6:30 PM-8:30 PM: Hybrid

BREAST CANCER STAGE 1-3 SUPPORT GROUP

Tuesdays, 6:30 PM-8:30 PM: Virtual

ENNEAGRAM WORKSHOP

1st Tuesdays, 6:30 PM-8:00 PM: In Person

Learn to manage changing dynamics in life when cancer enters the picture & explore new ways of understanding.

BRAIN TUMOR CONNECTION GROUP

Wednesday, January 15, 6:30 PM-8:00 PM: Virtual

For patients or family & caregivers impacted by brain tumors, who live in OH & KY. Offered every other month beginning Jan 2025. See website for speakers & topics.

BREAST CANCER SURVIVORSHIP CONNECTION GROUP

3rd Wednesdays, 6:30 PM-8:00 PM: Hybrid

For information & peer support to patients who have completed active treatment for breast cancer. This meeting is open to anyone living in OH. January: Sexual Health and February: Chair Yoga.

LIFE TRANSITIONS BEREAVEMENT SUPPORT

1st & 3rd Wednesdays, 6:30 PM-8:00 PM: In Person

For those who have lost a loved one to cancer. In Jan. group meets 1/15 & 1/22.

PROSTATE CANCER CONNECTION & EDUCATION GROUPS

2nd & Last Wednesdays, 7:00 PM-8:30 PM: Hybrid

For men & their loved ones living with prostate cancer in OH & KY. See website for speakers & topics.

METASTATIC STAGE IV BREAST CANCER SUPPORT GROUP

1st Wednesday, 12:00 PM - 2:00 PM: In person

Information & peer support to patients with Stage IV Breast Cancer. No group in January. February: Self love activity.

OFFSITE: The Christ Hospital Joint & Spine Center | 2139 Auburn Ave. 45219

YOUNG ADULT CONNECTION GROUP

2nd Thursdays, 6:30 PM-8:30 PM: Hybrid

For any person ages 20-40 living with or supporting others with cancer in OH & KY.

LUNG CANCER CONNECTION GROUP

3rd Thursdays, 1:30-3:30 PM: In Person

For providing information & peer support to patients and caregivers with lung cancer. Open to anyone living in OH & KY. January: Craft, February: Dr. Freese

OFFSITE: The Christ Hospital Tumor Board Conference Room | 2139 Auburn Ave. 45219

Education - Cooking

EMERGING FROM THE HAZE

Tuesdays, January 7 - March 11, 1:00 PM - 3:00 PM: Virtual

In partnership with UC Health, this workshop is designed to help cancer survivors having trouble with cognitive functions, emotions, or other quality of life issues.

WHO YA GOIN' TO CALL? STRESS BUSTERS!

Monday, January 13, 6:30 PM - 7:30 PM: In Person

Join Dr. Cathy Rosenbaum, Rx Integrative Solutions to understand & define life stress, burnout, moral injury, generational trauma, grief, & PTSD; discuss associated signs & symptoms; & review holistic techniques to manage each for better health.

PEANUT PASSION: CRAFTING COMFORT IN A BOWL

Friday, January 17, 12:00 PM - 2:00 PM: In Person

This cooking demonstration will not only teach participants how to make African Peanut Soup but will also immerse them in its cultural background & versatility in different cuisines. *Please be cognizant if you have a peanut allergy.*

MEAL PLANNING IN NO THYME

Wednesday, January 22, 6:30 PM - 7:30 PM: Hybrid

Join Registered Dietitian Lisa Andrews of Sound Bites Nutrition for this informative talk about stocking your pantry & fridge with quick, healthy, affordable food to destress meal time. This 45-minute presentation will be followed by 15 minutes of Q & A.

RESTORATIVE SLEEP: THE POWER OF SLEEP HYGIENE IN CANCER CARE

Monday, January 27, 6:30 PM - 7:30 PM: Hybrid

This program highlights the crucial role of sleep hygiene in supporting cancer care & recovery. Attendees will learn strategies to improve sleep quality, reduce treatment-related fatigue, & enhance overall well-being during cancer treatment.

SIX STEPS TO PUT YOUR FINAL AFFAIRS IN ORDER

Monday, February 3, 6:30 PM - 7:45 PM: In Person

Let attorney Mark Reckman help you take some worry off your mind. Mark will guide you through the steps necessary to make sure your personal & legal affairs are squared away, allowing you to relax about these details & enjoy all that your future has to offer.

FRANKLY SPEAKING ABOUT CANCER: TREATMENTS & SIDE EFFECTS

Wednesday, February 5, 6:30 PM - 8:00 PM: In Person

The Cancer Support Community invites people with cancer & their caregivers/loved ones to a free workshop featuring ways to help manage the physical & psychological effects of cancer treatment. Complimentary copies of booklet & planner will be provided.

INTEGRATIVE ONCOLOGY WITH ACUPUNCTURE & CHINESE MEDICINE

Monday, February 10, 6:30 PM - 7:30 PM: In Person

In this interactive presentation, Esly will discuss the science behind how acupuncture works & the ways in which acupuncture & chinese medicine can supportive as an adjunctive treatment for oncology care.

COOKING FOR WELLNESS: VALENTINE'S DAY EDITION

Wednesday, February 12, 6:30 PM - 8:30 PM: In Person

Are you ready for Valentine's Day? If you need ideas for a Date Night, a Galentine's Day or just a quiet, solo night in, Chef Rhonda has a few recipes to help create a delicious & slightly decadent meal. Samples & recipes provided.

OFFSITE: Findlay Market Demo Kitchen | 1719 Elm Street. 45202

COOKING FOR WELLNESS: CULINARY CULTURE-HISTORY OF AFRICAN AMERICAN FOODWAYS

Thursday, February 27, 12:30 PM - 2:30 PM: In Person

Join culinarian Mona Bronson-Fuqua, as she shares recipes & historical context of how African-American foodways impact dining across the country.

New to CSC?

Join us for a Connect to Community to learn more!

- 2nd Thursday at 10am via Zoom
- 4th Tuesday at 2 PM at CSC Blue Ash



Healthy Lifestyles

CHAIR YOGA

Thursdays, 5:30 PM-6:30 PM: In Person

ART OF LIVING MEDITATION

Saturdays 10:00 AM-11:00 AM: Hybrid

CALMING YOGA FOR YOU

Mondays, 10:00 AM-11:00 AM: In Person

OFFSITE: West Chester Presbyterian | 8930 Cincinnati-Dayton Rd. 45069

Mondays, 5:30 PM-6:30 PM: In Person

Tuesdays 2:00 PM: 3:00 PM: In Person

OFFSITE: TriHealth Pavilion | 6200 Pfeiffer Rd. 45242

LINE DANCING

Thursdays Beginning January 9th , 4:00 PM-5:00 PM: In Person

YOGA FOR WELLBEING

1st & 3rd Saturdays, 10:00 AM - 11:00 AM: In Person

OFFSITE: Mercy Queen City Health Plex | 3131 Queen City Ave. 45238

RESET. REVIVE. RENEW: YOGA FOR ALL AGES

Tuesday, January 21 & February 4 & 18, 6:00 PM - 7:00 PM: In Person

OFFSITE: Peace Baptist Church | 652 Rockdale Ave. 45229

HEALTHY STEPS: LEBED - LYMPHEDEMA PREVENTION

Wednesdays, 10:30 AM-11:30 AM: Hybrid

REIKI SHARE & MINI SESSIONS

2nd Wednesday, 7:00 PM-9:00 PM: In person

INDIVIDUALIZED REIKI HEALING (IN A GROUP SETTING)

2nd Friday, "Full Session", 6:00 PM - 6:50 PM: In Person &

"Try- It" Session 1, 7:00 PM - 7:20 PM: In Person &

"Try- It Session 2, 7:30 PM - 7:50 PM: In Person

Lie back & relax as advanced student-practitioners offer individualizes Reiki healing sessions supervised by their teacher, Reiki Master Ralph Dehner, in a group setting. No experience with Reiki is necessary. Choose light or no touch.

TAI CHI

Wednesdays, 12:00 PM-1:00 PM: Hybrid

SOUND MEDITATION

1st Thursdays, 12:00 PM - 1:00 PM: In Person

Join Ashley of Simply Magic for meditation & vibrational sound healing.

Art - Family - Social

CHAT & CRAFT

Wednesdays, 9:30 AM-11:30 AM: In Person

COFFEE CHAT

Thursdays, 11:00 AM - 12:00 PM: Hybrid

COMMUNITY BINGO

Thursdays, 3:00 PM - 4:00 PM: In Person

COURAGE CAPS

4th Tuesday, 11:00 AM - 3:00 PM: In Person

Sponsored by Teal Loving Care, Courage Caps are distributed to women who are dealing with hair loss due to cancer treatment. Volunteers are needed to sew, cut out fabric, iron & package completed caps. **Feel free to pack a lunch!**

INSPIRE & CREATE: A VISION BOARD CRAFT CLASS

Monday, January 6, 6:00 PM - 7:00 PM: In Person

Join us for an engaging craft class, where creativity meets intention & designed to help you clarify dreams & manifest goals through the art of vision boarding.

Offsite: Walnut Hills Library | 2533 Kemper Lane. 45206

FAMILY FRIENDLY: NEW YEAR, NEW CREATIONS

Wednesday, January 8, 5:30 PM - 6:30 PM: In Person

Join us for an evening of crafting as we kick off the New Year! In this fun workshop families will create vision boards to reflect their hopes & goals for the year ahead.

THE LEISURE LAB: SELF CARE FOR THE NEW YEAR

Thursday, January 9, 1:30 PM - 3:00 PM: In Person

Join The Leisure Lab & kick off the New Year with relaxation & fun. We'll have stations where you can enjoy creating a dazzling diamond art craft, unwind with your favorite board games & spark friendly competition with corn hole.

GATSBY GALA: A ROARING 20S NEW YEAR'S CELEBRATION

Friday, January 10, 5:30 PM - 7:00 PM: In Person

Join us for a fun celebration as we welcome the New Year with a touch of 1920s charm! Slip into your favorite flapper attire or just come as you are. Enjoy jazz music, tasty cocktails & delicious bites while you mingle & dance at your own pace.

Art - Family - Social

SOUPER SATURDAY: SOUP & GAMES POTLUCK

Saturday, January 11, 11:30 AM - 12:30 PM: In Person

Join us for a fun event where participants bring a homemade soup to share (don't forget the recipe) & enjoy a trivia game about soup.

FROSTY FRIENDS: SNOWMAN ROCK PAINTING

Monday, January 27, 3:00 PM - 4:00 PM: In Person

Join us for a fun winter craft! During this class, we'll transform ordinary rocks into adorable, hand-painted snowman.

BEADS OF HOPE: CRAFTING FOR GYNECOLOGIC CANCER AWARENESS

Wednesday, January 29, 2:00 PM - 3:00 PM: In person

Join us for a community crafting event dedicated to raising awareness about gynecologic cancers, where participants can create unique handmade crafts while fostering connections.

FAMILY GAME DAY: DISNEY TRIVIA

Saturday, February 1, 11:00 AM - 12:00 PM

Test your knowledge of Disney classics, characters, & movies in this exciting trivia program for Disney fans of all ages. Whether you're an expert or a casual viewer, join for a fun, family-friendly competition that brings the magic of Disney to life!

WATERCOLOR 8-WEEK SERIES

Mondays Beginning February 3, 1:00 PM - 3:00 PM

Create your own sanctuary by learning to paint in watercolor! Let the beautiful colors feed your imagination. Watch as your colors interact with each other in unexpected ways. Each week builds on the previous week, attendance is highly encouraged for all 8 sessions. **Limited space available, register today!**

LOVE STRINGS: VALENTINE'S GARLAND CRAFT CLASS

Monday, February 3, 6:00 PM - 7:00 PM

Join us for a delightful Valentine's Day Garland Craft Class, where participants will create charming decorations to celebrate the season of love! Materials will be provided & no experience is necessary.

Offsite: Walnut Hills Library | 2533 Kemper Lane. 45206

PARISIAN PARTY: A CELEBRATION OF LOVE

Friday, February 7, 6:00 PM - 7:00 PM

Celebrate "amour" with an enchanting program filled with French-inspired crafts, music, & treats. Whether you're coming with a partner or on your own, you're sure to enjoy the charming atmosphere & create lasting memories.

CRAFT CLASS: FREEDOM QUILTS

Monday, February 10, 3:00 PM - 4:00 PM: In Person

Celebrate Black History Month by creating a paper "freedom quilt" with symbols, words, & images that honor influential figures & events. This hands-on craft encourages creativity while fostering conversations about heritage, unity & freedom.

FRIENDS NIGHT OUT WITH SOUL PALETTE

Thursday, February 13, 6:00 PM - 8:00 PM: In Person

Join us for a unique paint experience featuring Cincinnati's own Soul Palette. You will have the ability to express yourself creatively & evoke your "inner artist" with our selected paint image.

WORLD CANCER CELEBRATION

Thursday, February 20, 1:00 PM - 2:30 PM

Join us as we celebrate another World Cancer Day (The actual date is February 4th)! Volunteers, facilitators & members of the community will come together for a cultural celebration of countries from all around the world! **If you are interested in presenting on a country, please reach out to Jamie Wiener at jwiener@cancer-support.org.**



VOLUNTEERS NEEDED!

Are you interested in supporting our mission?

We are looking for front desk and program volunteers! (examples: lead a craft, cook a meal, or educational presentation) If you are interested in learning more, please email Asha Rone, arone@cancer-support.org.

JAN. 2025: Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Gatsby Gala: A Roaring 20s New Year Celebration!</i></p> <p>JAN 10 5:30P</p> <p><i>In your best flapper attire or come as you are!</i></p>		<p>1</p> <p>CSC Closed- New Years Observed</p>	<p>2</p> <p>11:00a Coffee Chat </p> <p>12:00p Sound Meditation </p> <p>3:00p Bingo </p> <p>5:30p Chair Yoga </p>	<p>3</p>	<p>4</p> <p>10:00a Art of Living Meditation </p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex </p>
<p>6</p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church </p> <p>5:30p Calming Yoga </p> <p>6:00p Inspire & Create: A Vision Board Craft Class @ Walnut Hills Library </p>	<p>7</p> <p>1:00p Emerging from the Haze </p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion </p> <p>6:30p Enneagram </p>	<p>8</p> <p>9:30a Chat & Craft </p> <p>10:30a Healthy Steps </p> <p>12:00p Tai Chi </p> <p>5:00p Family Friendly: New Year, New Creations </p> <p>7:00p Prostate Cancer Connection Group </p> <p>7:00p Reiki </p>	<p>9</p> <p>10:00a Connect to Community </p> <p>11:00a Coffee Chat </p> <p>1:30p The Leisure Lab: Self Care for the New Year </p> <p>3:00p Bingo </p> <p>4:00p Line Dancing </p> <p>5:30p Chair Yoga </p> <p>6:30p Young Adult Connection Group </p>	<p>10</p> <p>5:30p Gatsby Gala: A Roaring 20s New Year Celebration </p> <p>6:00p Individualized Reiki Healing: Full Session </p> <p>7:00p Individualized Reiki Healing: Try It Session 1 </p> <p>7:30p Individualized Reiki Healing: Try It Session 2 </p>	<p>11</p> <p>10:00a Art of Living Meditation </p> <p>11:30a Souper Saturday: Soup & Games Potluck </p>
<p>13</p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church </p> <p>5:30p Calming Yoga </p> <p>6:30p Who Ya Goin' to call? Stress Busters </p>	<p>14</p> <p>1:00p Emerging from the Haze </p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion </p> <p>7:00p PanCan </p>	<p>15</p> <p>9:30a Chat & Craft </p> <p>10:30a Healthy Steps </p> <p>12:00p Tai Chi </p> <p>6:30p Life Transitions </p> <p>6:30p Brain Tumor Group </p> <p>6:30p Breast Cancer Survivorship Group </p>	<p>16</p> <p>11:00a Coffee Chat </p> <p>1:30p Lung Cancer Connection Group @ Christ </p> <p>3:00p Bingo </p> <p>4:00p Line Dancing </p> <p>5:30p Chair Yoga </p> <p>6:30p IMF Multiple Myeloma </p>	<p>17</p> <p>12:00p Peanut Passion: Crafting Comfort in a Bowl </p>	<p>18</p> <p>10:00a Art of Living Meditation </p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex </p>
<p>20</p> <p>CSC Closed- MLK Observed</p>	<p>21</p> <p>1:00p Emerging from the Haze </p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion </p> <p>6:00p Reset. Revive. Renew: Yoga for All Ages @ Peace Baptist Church </p>	<p>22</p> <p>9:30a Chat & Craft </p> <p>10:30a Healthy Steps </p> <p>12:00p Tai Chi </p> <p>4:00p Make Up Class: Calming Yoga </p> <p>6:30p Meal Planning in No Thyme </p> <p>6:30p Life Transitions </p>	<p>23</p> <p>11:00a Coffee Chat </p> <p>3:00p Bingo </p> <p>4:00p Line Dancing </p> <p>5:30p Chair Yoga </p>	<p>24</p>	<p>25</p> <p>10:00a Art of Living Meditation </p>
<p>27</p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church </p> <p>3:00p Frosty Friends: Snowman Rock Painting </p> <p>5:30p Calming Yoga for You </p> <p>6:30p Restorative Sleep: The Power of Sleep Hygiene in Cancer Care </p>	<p>28</p> <p>11:00a Courage Caps </p> <p>1:00p Emerging from the Haze </p> <p>2:00p Connect to Community </p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion </p>	<p>29</p> <p>9:30a Chat & Craft </p> <p>10:30a Healthy Steps </p> <p>12:00p Tai Chi </p> <p>2:00p Beads of Hope: Crafting for Gynecologic Cancer Awareness </p> <p>7:00p Prostate Cancer Education Group </p>	<p>30</p> <p>11:00a Coffee Chat </p> <p>3:00p Bingo </p> <p>4:00p Line Dancing </p> <p>5:30p Chair Yoga </p>	<p>31</p>	<p>Beads of Hope: Crafting for Gynecologic Cancer Awareness</p> <p>JAN. 29 2:00P</p>

Registration requested for all programs.



Online event



In person event

REGISTER: Call (513) 791-4060, visit MyCancerSupportCommunity.org or scan QR!



FEB. 2025: Blue Ash, Offsite & Virtual

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

 <p>WORLD CANCER DAY CELEBRATION February 20 1:00 PM - 2:30 PM</p> <p><i>If you are interested in presenting on a country, please reach out to Jamie Wiener at jwiener@cancer-support.org</i></p>	 <p>Cooking for Wellness: Culinary Culture History of African-American Foodways THURS. FEB. 27 12:30 PM - 2:30 PM</p>			<p>1</p> <p>10:00a Art of Living Meditation </p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex </p> <p>11:00a Family Game Day: Disney Trivia </p>	
<p>3</p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church </p> <p>1:00p Watercolor </p> <p>5:30p Calming Yoga </p> <p>6:00p Love Strings: Valentine's Garland Craft Class @ Walnut Hills Library </p> <p>6:30p Six Steps to Put Your Final Affairs in Order </p>	<p>4</p> <p>1:00p Emerging from the Haze </p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion </p> <p>6:00p Reset. Revive. Renew: Yoga for All Ages @ Peace Baptist Church </p> <p>6:30p Enneagram </p>	<p>5</p> <p>9:30a Chat & Craft </p> <p>10:30a Healthy Steps </p> <p>12:00p Tai Chi </p> <p>12:00p Metastatic Stage IV Breast Cancer Connection Group @ Christ Hospital </p> <p>6:30p Life Transitions </p> <p>6:30p Frankly Speaking About Cancer: Treatments & Side Effects </p>	<p>6</p> <p>11:00a Coffee Chat </p> <p>12:00p Sound Meditation </p> <p>3:00p Bingo </p> <p>4:00p Line Dancing </p> <p>5:30p Chair Yoga </p> <p>7:00p PanCan Caregiver Meeting </p>	<p>7</p> <p>6:00p Parisian Party: A Celebration of Love </p>	<p>8</p> <p>10:00a Art of Living Meditation </p>
<p>10</p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church </p> <p>1:00p Watercolor </p> <p>3:00p Craft Class: Freedom Quilts </p> <p>5:30p Calming Yoga for You </p> <p>6:30p Integrative Oncology Care with Acupuncture & Chinese Medicine </p>	<p>11</p> <p>1:00p Emerging from the Haze </p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion </p> <p>7:00p PanCan </p>	<p>12</p> <p>9:30a Chat & Craft </p> <p>10:30a Healthy Steps </p> <p>12:00p Tai Chi </p> <p>6:30p Cooking for Wellness: Valentine's Day Edition @ Findlay Market Demo Kitchen </p> <p>7:00p Prostate Cancer Connection Group </p> <p>7:00p Reiki </p>	<p>13</p> <p>10:00a Connect to Community </p> <p>11:00a Coffee Chat </p> <p>3:00p Bingo </p> <p>4:00p Line Dancing </p> <p>5:30p Chair Yoga </p> <p>6:00p Friends Night Out with Soul Palette </p> <p>6:30p Young Adult Connection Group </p>	<p>14</p> <p>6:00p Individualized Reiki Healing: Full Session </p> <p>7:00p Individualized Reiki Healing: Try It Session 1 </p> <p>7:30p Individualized Reiki Healing: Try It Session 2 </p>	<p>15</p> <p>10:00a Art of Living Meditation </p> <p>10:00a Yoga for Wellbeing @ Queen City Healthplex </p>
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<p>24</p> <p>10:00a Calming Yoga @ West Chester Presbyterian Church </p> <p>1:00p Watercolor </p> <p>5:30p Calming Yoga </p>	<p>25</p> <p>11:00a Courage Caps </p> <p>1:00p Emerging from the Haze </p> <p>2:00p Calming Yoga for You @ TriHealth Pavilion </p> <p>2:00p Connect to Community </p>	<p>26</p> <p>9:30a Chat & Craft </p> <p>10:30a Healthy Steps </p> <p>12:00p Tai Chi </p> <p>7:00p Prostate Cancer Education Group </p>	<p>27</p> <p>11:00a Coffee Chat </p> <p>12:30p Cooking for Wellness: Culinary Culture-History of African American Foodways </p> <p>3:00p Bingo </p> <p>4:00p Line Dancing </p> <p>5:30p Chair Yoga </p>	<p>28</p>	<p>Cooking for Wellness: Valentine's Day Edition</p> <p>WED., FEBRUARY 12</p> <p>6:30 PM- 8:30 PM</p> <p>Findlay Market Demo Kitchen 1719 Elm Street Cincinnati, OH, 45202</p>

Registration requested for all programs.



Online event



In person event

REGISTER: Call (513) 791-4060, visit MyCancerSupportCommunity.org or scan QR!



Group Support - Healthy Lifestyles

HELPING EACH OTHER BREAST CANCER GROUP

1st Mondays, 6:30 PM - 8:00 PM: Hybrid

For those with breast cancer into long-term survivorship living in KY.

GENERAL CANCER CONNECTION GROUP

2nd Tuesdays, 6:30 PM - 8:00 PM: Hybrid

Open to any KY & OH residents with cancer into long-term survivorship, caregivers, & healthcare professionals.

RESTORTATIVE YOGA

Fridays, 10:00 AM - 11:00 AM: Hybrid

YCAT: YOGA THERAPY IN CANCER

Tuesdays, 10:30 AM - 11:30 AM: Hybrid

MEDITATION WITH MEENA

2nd Tuesdays, 11:45 AM - 12:45 PM: Hybrid

TAI CHI FLOW

Thursdays, 1:30 PM - 2:30 PM: Hybrid

MOVING FOR LIFE

Saturday, January 4, 10:45 AM - 11:45 AM: In-Person

MINDFUL JOURNALING

3rd Thursdays, 2:30 PM - 4:00 PM: In Person

This workshop is designed to help you explore your thoughts & emotions through the art of journaling.

Education - Social - Cooking - Art

SATURDAY FLOURISH FOOD SERIES WITH CHEF RHONDA

1st Saturday, 12:00 PM - 2:00 PM: In-Person

Join Chef Rhonda from Flourish Culinary Services as she prepares meals that nourish & empower you to live your life to the fullest.

COMFORT FOOD RECIPE EXCHANGE

Tuesday, January 14, 3:00 PM - 4:00 PM: In Person

Bring your favorite comfort food recipe & share it! This is a fun, casual event where you can swap recipes, taste new dishes & connect with friends & family.

COOKING WITH INCUBATOR KITCHEN COLLECTIVE

4th Tuesday, 11:45AM - 1:15 PM: In-Person

Each month, a talented chef will demonstrate different recipes, which you will get to enjoy during the class!

PAWS & UNWIND WITH PET PARTNERS

Friday, January 24, 12:00 PM - 1:00 PM: In Person

End your week with a visit from animals from Pet Partners of Greater Cincinnati! Interact, pet & play while learning about the therapeutic benefits of animal-assisted interactions, or get a photo with the pets in our special photo booth!

COMMUNITY BINGO

Tuesday, February 11, 3:00 PM - 4:00 PM: In Person

UNDERSTANDING & NAVIGATING ANTICIPATORY GRIEF

Friday, February 21, 12:00 PM - 1:00 PM: In Person

Join us for an insightful program designed to help individuals & caregivers understand & cope with anticipatory grief. Participants will learn effective coping strategies, receive guidance on supporting loved ones & explore resources.

Dearborn IN Programs

CSC @ St. Elizabeth Dearborn Cancer Center

17525 Greendale Plaza Dr | Greendale, IN 47025

We look forward to seeing you for "Treat Yourself Thursdays" on the 4th Thursday of each month in Dearborn, Indiana!

Healthy Lifestyles - Art

RESTORATIVE MOVEMENT

Thursday, January 23 & February 27, 12:00PM - 1:00PM: In-Person

A BLACK HISTORY MONTH CRAFT CELEBRATION

Thursday, February 27, 1:00 PM - 2:00PM: In-Person

Create a unique piece of art while honoring heritage, strength, & unity. All ages welcome, no experience needed!

Social Activities

COFFEE & CONNECTION

Thursday, January 23, 10:00 AM - 11:00 AM: In-Person

Enjoy coffee, make connections, & bring a friend or family member.

BRAIN TEASERS

Thursday, February 27, 11:00 AM - 12:00 PM: In-Person

Join us for a Brain Teasers program which presents puzzles & riddles that challenge your logic, creativity, & problem-solving skills, helping to boost cognitive abilities & mental sharpness.

MAKING MOVES

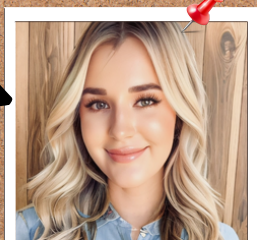
CSC Promotions & Expansion



Asha Rone, MSW

DIRECTOR OF HEALTH EQUITY + ENGAGEMENT

PROGRAM + HOSPITAL MANAGER




































Hailey Riegler, MSW, CSW, LSW




Sonnia Richards

DEVELOPMENT MANAGER

JAN- FEB 2025: NKY & Dearborn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 CSC Closed- New Years Observed	2 1:30p Tai Chi Flow 	3 10:00a Restorative Yoga 	4 10:45a Moving For Life  12:00p Flourish Food Series with Chef Rhonda 
6 6:30p HEO Breast Cancer Group 	7 10:30a YCAT Yoga 	8	9 1:30p Tai Chi Flow 	10 10:00a Restorative Yoga 	11
13	14 10:30a YCAT Yoga  11:45a Meditation  3:00p Comfort Food Recipe Exchange  6:30p General Connection Group 	15	16 1:30p Tai Chi Flow  2:30p Mindful Journaling 	17 10:00a Restorative Yoga 	18
20 CSC Closed- MLK Observed	21 10:30a YCAT Yoga 	22	23 10:00a Coffee and Connection @Dearborn  12:00 Restorative Movement @ Dearborn  1:30p Tai Chi Flow 	24 10:00a Restorative Yoga  12:00p Paws & Unwind with Pet Partners 	25
27	28 10:30a YCAT Yoga  11:45a Cooking with Incubator Kitchen 	29	30 1:30p Tai Chi Flow 	31 10:00a Restorative Yoga 	February 1 12:00p Flourish Food Series with Chef Rhonda 
3 6:30p HEO Breast Cancer Group 	4 10:30a YCAT Yoga 	5	6 1:30p Tai Chi Flow 	7 10:00a Restorative Yoga 	8
10	11 10:30a YCAT Yoga  11:45a Meditation  3:00p Community Bingo  6:30p General Cancer Connection Group 	12	13 1:30p Tai Chi Flow 	14 10:00a Restorative Yoga 	15
17	18 10:30a YCAT Yoga 	19	20 1:30p Tai Chi Flow  2:30p Mindful Journaling 	21 10:00a Restorative Yoga  12:00p Understanding & Navigating Anticipatory Grief 	22
24	25 10:30a YCAT Yoga  11:45a Cooking with Incubator Kitchen 	26	27 11:00a Brain Teasers @ Dearborn  12:00p Restorative Movement @ Dearborn  1:00p A Black History Month Craft Celebration @ Dearborn  1:30p Tai Chi Flow 	28 10:00a Restorative Yoga 	

Paws & Unwind with Pet Partners 
FRI, JAN. 24 | 11:15 AM
 Interact, pet, & play while learning about the therapeutic benefits of animal-assisted interactions, or get a photo with the pets in our special photo booth!

A Black History Month Craft Celebration
THU, FEB. 27 | 1:00 PM | DEARBORN, IN

About CSC



AT THE LYNN STERN CENTER

4918 Cooper Road | Cincinnati, OH 45242


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WE BELIEVE COMMUNITY IS STRONGER THAN CANCER.

Cancer Support Community Greater Cincinnati-Northern KY (CSC) is a relentless ally for anyone who strives to manage the realities of this disruptive disease. We are dedicated to uplifting & strengthening all people impacted by cancer by providing support, fostering compassionate communities, & breaking down barriers to care.


Whether a patient, survivor, loved one or caregiver, CSC offers a variety of professionally led programs designed to enhance quality of life & strengthen survivorship. Offered in person & virtually, our **community-based support is at no cost.**

We are one of over 50 affiliates offering support at more than 190 global locations, the largest professionally led nonprofit network of cancer support worldwide.

 (513) 791-4060

 [MyCancerSupportCommunity.org](https://www.MyCancerSupportCommunity.org)

 info@cancer-support.org

 **Blue Ash**
4918 Cooper Road | Cincinnati OH, 45242

Northern KY
St. Elizabeth Integrated Cancer Center
1 Medical Village | Edgewood, KY, 41017

South Dearborn IN
St. Elizabeth Dearborn Cancer Center
17525 Greendale Plaza Drive | Greendale, IN 47025

5 WAYS TO SUPPORT CSC IN 2025!

Make gift today!

Host a fundraiser for us

Volunteer with us

Donate & shop at Legacies

Name CSC in estate planning

