

CANCER SUPPORT COMMUNITY
GREATER CINCINNATI-NORTHERN KENTUCKY

WHAT'S INSIDE

NOVEMBER/DECEMBER 2026

FREE IN-PERSON & VIRTUAL SUPPORT, HEALTHY LIFESTYLE, SOCIAL, FAMILY & EDUCATION OPPORTUNITIES

Open to patients, survivors, loved ones, children, caregivers & the bereaved.

Learn more & register for programs - scan QR!

Group Support & More

CSC Blue Ash, Offsite & Virtual
4918 Cooper Road | Cincinnati, OH 45242

PLEASE REGISTER FOR ALL PROGRAMS:
Call (513) 791-4060, scan QR, or visit MyCancerSupportCommunity.org or

Support & Connection

Weekly Support Groups

To register for weekly support groups, contact Caitlin Drouillard-Ahlrichs, LMSW at 513-791-4060. Groups are professionally facilitated, confidential,and open to OH & KY residents.

PEOPLE LIVING WITH CANCER SUPPORT GROUP
Tuesdays 4:00 PM-6:00 PM & 6:30 PM-8:30 PM: Virtual

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

PROSTATE CANCER INFORMATION GROUP
2nd & Last Wednesdays, 7:00 PM-8:30 PM: Hybrid
2nd Wednesday is for men only.

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

METASTATIC STAGE IV BREAST CANCER SUPPORT GROUP
1st Wednesdays, 12:00 PM - 2:00 PM: In Person
OFFSITE: Christ Hospital Joint & Spine Center, 6th Floor| 2139 Auburn Ave. 45219

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

LUNG CANCER CONNECTION GROUP
3rd Thursdays, 1:30 PM - 3:30 PM: In Person
OFFSITE: The Christ Hospital Tumor Board Room| 2139 Auburn Ave. 45219

IMF MULTIPLE MYELOMA GROUP HELD AT CSC
3rd Thursdays, 6:30 PM - 8:00 PM: In Person

GREATER CINCINNATI OSTOMY GROUP HELD AT CSC
3rd Thursdays, 6:30 PM - 8:30 PM: In Person
Offered every other month. *Offered December 17th.*

GENERAL CANCER CONNECTION GROUP
3rd Mondays, 6:00 PM - 8:00 PM: In Person

BREAST CANCER SURVIVORSHIP CONNECTION GROUP
3rd Wednesdays, 6:30 PM-8:00 PM: In Person

PRISM OF HOPE: LGBTQ+ CANCER SUPPORT GROUP
3rd Wednesdays, 6:30 PM - 8:00 PM: In Person
OFFSITE: The TreeHouse Cincinnati | 103 William Howard Taft Rd 45219

SISTERS CIRCLE: CONNECTION FOR WOMEN OF COLOR
2nd Wednesdays, 6:30 PM - 8:00 PM: In Person
OFFSITE: Legacies Upscale Resale | 3854 Paxton Ave. 45209

THRIVE TOGETHER: YOUNG ADULT BREAST CANCER GROUP
3rd Thursday, 9:30 AM - 11:00 AM: In Person
OFFSITE: AIM for Wellbeing| 6400 E Galbraith Rd. 45236

Education - Cooking

INSIDE THE UC CANCER CENTER: MUSIC & HEALTH RESEARCH
Thursday, November 5, 9:00 AM - 10:00 AM: Hybrid
Enjoy coffee & a light breakfast with Dr. Betsey Nuseibeh from the Osher Center for Integrative Health at UC who will join us to discuss the music & health research that they are doing at UC with cancer survivors.

PEACE EDUCATION: 10 WEEK SERIES
Thursday, November 5, 10:00 AM - 11:00 AM: In Person
This innovative series of video-based workshops helps people discover their inner strength & personal peace. Rather than describing or defining personal peace, the program empowers you to reach your own understanding.

SNACK & CHAT: MENTAL HEALTH DISCUSSIONS WITH INTERNS
Monday, November 2 & November 16, 1:00 PM- 2:30PM: Hybrid
What shapes our mental health as we move through life, & what helps us stay connected, supported, and resilient along the way? Join the CSC interns for this 2-part Snack & Chat series with food, conversation, & connection.

BRAIN & BODY AT ACTIVATE
Wednesday, November 11, 4:00 PM - 6:00 PM: In Person
Are you ready to activate your brain & body with science-based exercise, balance & strength training, & cognitive "dual-task" workouts to support your memory, attention, & fall prevention? Join us at Activate Brain & Body! *Space is limited.*
OFFSITE: Activate Brain & Body| 9301 Montgomery Rd. 45242

COOKING FOR WELLNESS: YUM FOR THE HOLIDAYS!
Thursday, November 19, 1:30 PM- 3:30 PM: In Person
Join Chef Mona Bronson-Fuqua as she explores holiday sides & a seasonal beverage.

LUNCH & LEARN: WHAT IS A DEATH DOULA?
Tuesday, November 19, 11:00 AM - 1:00 PM: Hybrid
Come enjoy lunch & learn more about this service from licensed Death Doula, David Cope.

FALL FRIDAYS: SOURDOUGH FOR GUT HEALTH
Friday, November 20, 1:00 PM - 3:00 PM: In Person
Certified Health Coach & Sourdough Enthusiast, Carmen Maxwell, will teach us the gut health benefits of sourdough with her 20-minute *Love Your Guts* educational discussion & then take us through a hands-on learning demonstration with samples!

MEN ONLY **COMMUNITY DINNER & PELVIC FLOOR HEALTH CONVERSATION**
Wednesday, December 9, 5:30 PM - 7:00 PM: Hybrid
Only men come together for a good meal in community with other men impacted by cancer & stay for the conversation on men's pelvic floor health with Dr. Lisa Kelly.

GOLDSTEIN GRIEF EDUCATION: COPING WITH THE HOLIDAYS
Thursday, December 10, 12:00 PM - 1:00 PM: In Person
Join the Goldstein Family Grief Center as they explain how to navigate grief through the holidays.

COOKING FOR WELLNESS: SWEETS FOR YOUR SWEET
Saturday, December 12, 11:00 AM - 1:00 PM: In Person
Chef Pax demonstrates how to make Chocolate Truffles with different toppings, Caramel Sauce, Caramel Chews, & decorative packaging to give to loved ones!



Other Programs & Events

CSC Blue Ash, Offsite & Virtual
4918 Cooper Road | Cincinnati, OH 45242

Healthy Lifestyles

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: Hybrid

Tuesdays, 2:00 PM: 3:00 PM: In Person
OFFSITE: TriHealth Pavilion | 6200 Pfeiffer Rd. 45242

GROOVE & RHYTHM LINE DANCING
Mondays, 3:00 PM - 4:00 PM: In Person
OFFSITE: Greater Liberty Baptist Church | 6209 Desmond Ave. 45227

Tuesdays, 5:00 PM - 6:00 PM: In Person
OFFSITE: Corinthian Baptist Church | 1920 Tennessee Ave. 45237

Thursdays, 4:15 PM-5:15 PM: In Person

YOGA FOR WELLBEING
Saturdays, 10:00 AM - 11:00 AM: In Person
OFFSITE: Mercy Queen City Health Plex | 3131 Queen City Ave. 45238

HEALTHY STEPS: LEBED - LYMPHEDEMA PREVENTION
Wednesdays, 10:30 AM-11:30 AM: Hybrid
1st & 3rd Thursdays, 5:30 PM - 6:30 PM: In Person

REIKI HEALING MINI SESSIONS WITH LIVE SINGING BOWLS
2nd Wednesday, 7:00 PM-9:00 PM: In person

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

MEN ONLY
MENS WALKING GROUP
Wednesdays in November, 4:00 PM - 5:00 PM: In Person
OFFSITE: Swaim Park| 7560 Cooper Rd. 45242

GUIDED MEDITATION WITH CHRIS POPA
Wednesdays, 1:15 PM - 2:15 PM: In Person

MEN ONLY
YOGA FOR MEN
Saturday, November 14, 11:00 AM - 12:00 PM: Hybrid

This dynamic yoga program is designed specifically for men, blending strength-building postures, flexibility training, & mindful breathing techniques

Art - Family - Social

CHAT & CRAFT
Wednesdays, 9:30 AM-11:30 AM: In Person

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

ALL AGES
COMMUNITY BINGO
Thursdays, 3:00 PM - 4:00 PM: In Person

JOURNAL/MEMOIR CLUB
Tuesdays, 1:30 PM - 2:30 PM: In Person

Join this supportive, creative community where you can share & explore personal stories through guided writing sessions, workshops & reflective discussions. No writing experience required. ***Will not meet the 2nd Tuesdays of each month.***

BUNCO & BURN
Thursdays, 1:30 PM - 2:30 PM: Hybrid

Get ready for the most unexpected mash-up of fun and fitness!

COMMUNITY BOOK CLUB
2nd Tuesdays, 1:30 PM - 2:30 PM: Hybrid

Provides a welcoming space for members to connect, share perspectives, & enjoy meaningful conversations. *Books for each month are listed on the website.*

PROGRAM PLANNING COMMITTEE
1st & 3rd Thursdays, 11:30 AM - 12:30 PM: In Person

Are you interested in being involved with planning, promoting, & leading programs in Blue Ash? Join us & be ready to share ideas & brainstorm.

ALL AGES
FALL FRIDAYS: FRIENDSGIVING
Friday, November 6, 5:30 PM - 7:00 PM: In Person

We provide the meats & beverages. You are invited to bring a side dish to share along with an ingredient list to help with dietary needs & allergies. Children enjoy fun activities in a kids room while adults enjoy togetherness. *Hosted by CSC's Emerging Leaders Board, our dedicated group of young adult volunteers.*

ALL AGES
FREE FAMILY PHOTOS
Saturday, November 7, 12:00 PM - 2:00 PM: In Person

We will have a green screen set up so that you can select your preferred background & our budding photographers/CSC interns to capture the moment for you!

AGES 12+
NO SEW BLANKETS
Monday, November 9, 3:00 PM - 5:00 PM: In Person

Join Myrna to make a cozy, comfortable fleece lap blanket.

ALL AGES
FALL FRIDAYS: TIE DYE
Friday, November 13, 1:00 PM - 3:00 PM: In Person

Bring your own tee shirt & join us for another season of tie dyeing!

AGES 12+
WINTER SEASON TREE ART
Monday, November 16, 3:00 PM - 5:00 PM: In Person

Join Myrna to paint a beautiful winter tree adorned with pearl embellishments.

TOE-TAPPIN' WITH THE GRANDMAS
Wednesday, November 18, 2:00 PM - 3:00 PM: In Person

A heartwarming & fun-filled performance featuring the spirited Dancing Grandmas, a lively group who prove that age is just a number when it comes to rhythm & joy.

AGES 12+
SNOWMAN WINE BOTTLE
Monday, November 30, 3:00 PM - 5:00 PM: In Person

Join Myrna to create holiday decor, transforming a bottle into an adorable snowman.

AGES 12+
WINTER WHIMSY: GIFTABLE CRAFT SERIES
Tuesday, December 1 & 8, 3:00 PM - 5:00 PM: In Person
Friday, December 11, 1:00 PM - 3:00 PM: In Person

Join us to make homemade cards, sun catchers and gift tags. *See website for details.*

ALL AGES
WINTER CRAFT & HOBBY FAIR
Wednesday, December 2, 2:00 PM - 5:00 PM: In Person

Our annual craft & hobby fair is back & better than ever! Come for a late lunch, tons of craft tables, & hobby enthusiasts! *If you have a hobby or a craft that you'd like to share, email Caitlin cahlrichs@cancer-support.org by November 20th.*

WRAP UP THE YEAR WITH CSC
Friday, December 4, 10:00 AM - 12:00 PM: In Person

Enjoy a light breakfast and wrap gifts for the holidays with your friends!

ALL AGES
UC VS. XAVIER SKYLINE CHILI'S CROSSTOWN SHOOTOUT
Saturday, December 5, 7:00 PM - 9:00 PM: In Person

Rep your favorite team & join us for food & the game on big screen with friends.

AGES 12+
HOLIDAY PACKAGE DECORATIONS
Monday, December 7, 3:00 PM - 5:00 PM: In Person

Paint & adorn wooden "packages" to create festive holiday decorations!

AGES 12+
WINTER JEWELRY ART
Monday, December 14, 3:00 PM - 5:00 PM: In Person

Create a sparkling, one-of-a-kind framed snowman using vintage jewelry.

FAREWELL TO 2026 PAJAMA POTLUCK
Tuesday, December 15, 11:30 AM - 1:00 PM: In Person

Bid farewell to 2026 with chosen family at CSC! Wear pajamas & bring a dish to share.

AGES 12+
AUTUMN HARVEST TABLE DECOR
Monday, November 2, 3:00 PM - 4:00 PM: In Person

Join Myrna for a beautiful fall table decoration featuring twinkle lights.

November 2026: Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 10:00a Calming Yoga @ West Chester Presbyterian Church 1:00p Snack & Chat: Mental Health Discussion with Interns 3:00p Craft: Autumn Harvest Table Decor 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 5:30p Calming Yoga	**3** 1:30p Journaling/Memoir Club 2:00p Calming Yoga for You @ TriHealth Pavilion 6:30p Enneagram	**4** 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 12:00p Metastatic Stage IV Breast Cancer Connection Group @ Christ Hospital 1:15p Guided Meditation 4:00p Men's Walking Group @ Swaim Park 6:30p Life Transitions	**5** 9:00a Inside the UC Cancer Center: Music & Health Research 10:00a Peace Education Series 11:00a Coffee Chat 11:30a Program Planning Committee 1:30p Bunco & Burn 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Healthy Steps	**6** 5:30p Fall Fridays: Friendsgiving	**7** 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex 12:00p Free Family Photos
9 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Craft: No Sew Blankets 5:30p Calming Yoga	**10** 1:30p Community Book Club 2:00p Calming Yoga for You @ TriHealth Pavilion	**11** 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 1:15p Guided Meditation 4:00p Brain & Body @ Activate Mind & Body 4:00p Men's Walking Group @ Swaim Park 6:30p Sisters Circle @ Legacies Upscale Resale 7:00p Prostate Cancer Information Group 7:00p Reiki Healing	**12** 10:00a Peace Education Series 11:00a Coffee Chat 1:30p Bunco & Burn 3:00p Bingo	**13** 1:00p Fall Fridays: Tie Dye	**14** 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex 11:00a Yoga for Men
16 10:00a Calming Yoga @ West Chester Presbyterian Church 1:00p Snack & Chat: Mental Health Discussions with Interns 3:00p Craft: Winter Season Tree Art 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 5:30p Calming Yoga 6:00p General Cancer Connection Group	**17** 11:00a Lunch & Learn: What is a Death Doula? 1:30p Journaling/Memoir Club 2:00p Calming Yoga for You @ TriHealth Pavilion 5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church	**18** 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 1:15p Guided Meditation 2:00p Toe-Tappin' with the Grandmas 4:00p Men's Walking Group @ Swaim Park 6:30p Breast Cancer Survivorship Group 6:30p Life Transitions 6:30p Prism of Hope: LGBTQ+ Support Group @ TreeHouse Cinci	**19** 9:30a Young Adult Breast Cancer Group @ AIM for Wellbeing 10:00a Peace Education Series 11:00a Coffee Chat 11:30a Program Planning Committee 1:30p Lung Cancer Connection Group @ Christ 1:30p Bunco & Burn 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Healthy Steps 6:30p IMF Multiple Myeloma	**20** 1:00p Fall Fridays: Sourdough & Gut Health	**21** 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex
23 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 5:30p Calming Yoga	**24** 11:00a Courage Caps 1:30p Journaling/Memoir Club 2:00p Calming Yoga for You @ TriHealth Pavilion 5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church	**25** **26** **27** **28** **CSC Closed- Thanksgiving Observed**			
30 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 3:00p Craft: Snowman Wine Bottle 5:30p Calming Yoga					

PLEASE REGISTER FOR ALL PROGRAMS:

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

December 2026: Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	**1** 1:30p Journaling/Memoir Club 2:00p Calming Yoga for You @ TriHealth Pavilion 3:00p Winter Whimsy: Homemade Cards 5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church 6:30p Enneagram	**2** 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 12:00p Metastatic Stage IV Breast Cancer Connection Group @ Christ Hospital 1:15p Guided Meditation 2:00p Winter Craft & Hobby Fair 6:30p Life Transitions	**3** 10:00a Peace Education Series 11:00a Coffee Chat 11:30a Program Planning Committee 1:30p Bunco & Burn 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Healthy Steps	**4** 10:00a Wrap up the Year with CSC	**5** 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex 7:00p UC vs. Xavier Skyline Chili's Crosstown Shootout
7 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 3:00p Winter Whimsy: Holiday Package Decorations 5:30p Calming Yoga	**8** 1:30p Community Book Club 2:00p Calming Yoga for You @ TriHealth Pavilion 3:00p Winter Whimsy: Sun Catchers 5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church 7:00p PanCan	**9** 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 1:15p Guided Meditation 5:30p Community Dinner & Pelvic Floor Health: **Men Only** 6:30p Sisters Circle @ Legacies Upscale Resale 7:00p Prostate Cancer Information Group 7:00p Reiki Healing	**10** 10:00a Peace Education Series 11:00a Coffee Chat 12:00p Goldstein Grief Education: Coping with the Holidays 1:30p Bunco & Burn 3:00p Bingo 4:15p Groove & Rhythm Line Dance	**11** 3:00p Winter Whimsy: Gift Tags	**12** 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex 11:00a Cooking for Wellness: Sweets for Your Sweets
14 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Winter Whimsy: Winter Snowman Jewelry Art 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 5:30p Calming Yoga for You	**15** 11:30a Farewell to 2026 Pajama Potluck 1:30p Journaling/Memoir Club 2:00p Calming Yoga for You @ TriHealth Pavilion 5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church	**16** 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 1:15p Guided Meditation 6:30p Life Transitions 6:30p Prism of Hope: LGBTQ+ Support Group @ TreeHouse Cinci 6:30p Breast Cancer Survivorship Connection Group	**17** 9:30a Young Adult Breast Cancer Group @ AIM for Wellbeing 10:00a Peace Education Series 11:00a Coffee Chat 1:30p Bunco & Burn 1:30p Lung Cancer Group @ Christ 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Healthy Steps 6:30p Ostomy Group 6:30p IMF Multiple Myeloma	**18**	**19**
21 **CSC Closed- Winter Break**	**22**	**23**	**24**	**25**	**26**
28 **CSC Closed- Winter Break**	**29**	**30**	**31**		

PLEASE REGISTER FOR ALL PROGRAMS:

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

Northern KY Programs

CSC @ St. Elizabeth Edgewood Cancer Center
1 Medical Village | Edgewood, KY, 41017
Enter through Cancer Center Parking Garage for easiest access!

PLEASE REGISTER FOR ALL PROGRAMS:
Call (513) 791-4060, scan QR, or visit MyCancerSupportCommunity.org or

Group Support - Healthy Lifestyles

HELPING EACH OTHER BREAST CANCER GROUP
1st Mondays, 6:30 PM - 8:00 PM: Hybrid

GENERAL CANCER CONNECTION GROUP
2nd Tuesdays, 6:30 PM - 8:00 PM: Hybrid

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

YCAT: YOGA THERAPY IN CANCER
Tuesdays & 1st & 3rd Thursdays 10:30 AM - 11:45 AM: Hybrid

MEDITATION WITH MEENA
2nd Tuesdays, 12:00 PM - 1:00 PM: Hybrid

STRENGTH TRAINING
1st, 2nd, & 3rd Wednesdays, 2:00 PM - 3:00 PM: In-Person

TAI CHI
Thursdays, 12:00 PM - 1:00 PM: Hybrid

Cooking - Social - Art - Education

TREAT YOURSELF MONDAY IN GRANT COUNTY
Monday, November 2, 11:00 AM - 1:00 PM: In person
At the Grant County Cancer Center learn more about CSC & take home a free goody bag packed with useful information and a creative craft activity!
Offsite: St. Elizabeth Grant County | 238 Barnes Rd., Williamstown, KY, 41097

DIY GINGER BREAD BIRD HOUSE
Monday, November 2, 1:00 PM - 2:30 PM: In Person
Get a head start on the holidays with a fun & festive gingerbread birdhouse craft! Decorate your birdhouse with colorful decorations & enjoy some holiday creativity.
Offsite: Grant County | Location TBD & will be shared with those registered.

TREAT YOURSELF TUESDAY IN FT. THOMAS
Tuesday, November 3, 11:00 AM - 1:00 PM: In person
At the Ft. Thomas Cancer Center learn more about CSC & take home a free goody bag packed with useful information and a creative craft activity!
Offsite: St. Elizabeth Ft. Thomas | 85 N. Grand Ave. Ft. Thomas, KY, 41075

HOLIDAY PUMPKIN CANDLE CRAFT
Thursday, November 12, 1:30 PM - 3:00 PM: In Person
Create beautiful pumpkin candles to display on your holiday table.

KREATING WITH KAREN
3rd Tuesdays, 2:00 PM - 3:30 PM
Join us for a watercolor & crafting class on the fourth Tuesday of each month.

COZY WINTER NIGHT
Wednesday, December 9, 6:00 PM - 7:30 PM: In Person
Join us as we paint a beautiful winter scene!
Offsite: Kenton County Library | 401 Kenton Lands Rd., Erlanger, KY, 41018

DIY GINGERBREAD BIRD HOUSE
Wednesday, December 16, 1:30 PM - 3:00 PM: In Person
Celebrate the season as we reflect on 2026, set intentions for 2027 & enjoy decorating gingerbread birdhouses together.

FLOURISH FOOD SERIES
1st & 3rd Fridays, 11:30 AM - 1:30 PM: In Person
Chef Rhonda from Flourish Culinary Services prepares meals that nourish & empower. Tastings & recipes will be provided.

COOKING FOR WELLNESS WITH INCUBATOR KITCHEN
3rd Tuesdays 12:00 PM - 1:30 PM: In Person
With Incubator Kitchen & St. Elizabeth - join us for a cooking demo & samples!



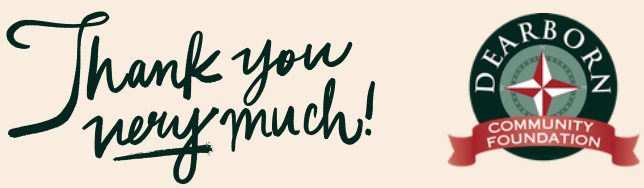
Dearborn IN Programs

CSC @ St. Elizabeth Dearborn Cancer Center
17525 Greendale Plaza Dr | Greendale, IN 47025

Healthy Lifestyles - Social - Art

HOLIDAY DIAMOND DOT COASTER
Thursday, December 3, 1:00 PM - 2:30 PM: In Person
Get into the holiday spirit & create beautiful holiday-themed coasters!
Offsite: Lawrenceburg Public Library| 150 Mary St. 47025

TREAT YOURSELF THURSDAY IN DEARBORN
Thursday, December 17, 11:00 AM - 1:00 PM: In Person
At the Dearborn Cancer Center learn more about CSC & take home a free goody bag packed with useful information and a creative craft activity!



We are grateful to the **Dearborn Community Foundation** for its continued support of CSC programs over the years, helping us serve families and individuals throughout Southeastern Indiana.

November/December 2026: NKY & Dearborn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 11:00a Treat Yourself Tuesday @ St. E Grant County 1:00p DIY Gingerbread Bird House @ TBD in Grant County 6:30p HEO Breast Cancer Group	**3** 10:30a YCAT Yoga 11:00a Treat Yourself Tuesday @ St. E Ft. Thomas	**4** 2:00p Strength Training	**5** 10:30a YCAT Yoga 12:00p Tai Chi	**6** 10:00a Restorative Yoga 11:30a Flourish Food Series with Chef Rhonda	**7**
9	**10** 10:30a YCAT Yoga 6:30p General Connection Group	**11** 2:00p Strength Training	**12** 12:00p Tai Chi 1:30p Holiday Pumpkin Candle Craft	**13** 10:00a Restorative Yoga	**14**
16	**17** 10:30a YCAT Yoga 12:00p Meditation 12:00p Cooking with Incubator Kitchen 2:00p Kreating with Karen	**18** 2:00p Strength Training	**19** 10:30a YCAT Yoga 12:00p Tai Chi	**20** 10:00a Restorative Yoga 11:30a Flourish Food Series with Chef Rhonda	**21**
23	**24** 10:30a YCAT Yoga	**25** **26** **27** **28** CSC Closed- Thanksgiving Observed			
30	**December 1** 10:30a YCAT Yoga	**2** 2:00p Strength Training	**3** 10:30a YCAT Yoga 12:00p Tai Chi 1:00p Holiday Diamond Dot Coaster @ Lawrenceburg Public Library	**4** 10:00a Restorative Yoga 11:30a Flourish Food Series with Chef Rhonda	**5**
7 6:30p HEO Breast Cancer Group	**8** 10:30a YCAT Yoga 12:00p Meditation 6:30p General Cancer Connection Group	**9** 2:00p Strength Training 6:00p Cozy Winter Night @ Kenton County Library	**10** 12:00p Tai Chi	**11** 10:00a Restorative Yoga	**12**
14	**15** 10:30a YCAT Yoga 12:00p Cooking with Incubator Kitchen	**16** 1:30p DIY Gingerbread Bird House 2:00p Strength Training	**17** 10:30a YCAT Yoga 11:00a Treat Yourself Thursday @ St. E Dearborn 12:00p Tai Chi	**18** 10:00a Restorative Yoga 11:30a Flourish Food Series with Chef Rhonda	**19**
21 **22** **23** **24** **25** **26** CSC Closed- Winter Break					
28 **29** **30** CSC Closed- Winter Break					





About CSC

COMMUNITY IS STRONGER THAN CANCER.

Cancer Support Community Greater Cincinnati-Northern Kentucky (CSC) is 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, caregiver, or bereaved, CSC offers a variety of professionally led programs and navigation designed to enhance quality of life & strengthen survivorship. Offered in person & virtually, our **community-based support is at no cost.**

Cancer Support Community's program has been recognized by the Institute of Medicine as a vital and complementary component to one's cancer treatment and is built around five pillars – support services, wellness, education, social connectedness, & information assistance and referral.

Every day, people with cancer and their loved ones find support, education, & hope at Cancer Support Community. You can take the first step to living with, through, and beyond cancer by joining our community!

FINDING TREASURE. FUNDING HOPE.

LEGACIES upscale resale
Benefiting Cancer Support Community

Donate, consign, discover, and buy to support! **100% of proceeds benefit Cancer Support Community's mission!**

ShopLegacies.com | 3854 Paxton Ave, Cincinnati, OH 45209

CANCER SUPPORT COMMUNITY
GREATER CINCINNATI-NORTHERN KENTUCKY

AT THE LYNN STERN CENTER

4918 Cooper Road | Cincinnati, OH 45242

Non-Profit
Organization
U.S. Postage
PAID
CINCINNATI, OH
PERMIT NO. 5587

When cancer gets loud, be the voice that says: "You are not alone."

When Joe heard, "Your wife has cancer," everything changed - appointments, treatment decisions, and nights of worry. As a husband and caregiver, he felt completely alone.

Then Joe found Cancer Support Community. Here, he found people who understood, practical guidance, connection, and hope.

Although our programs are free, they are not without cost. CSC is funded entirely through the generosity of people like you. Your gift provides emotional support, education, navigation, and connection for people affected by cancer, all at no charge!

Give today. Be the Voice of Hope.

Make your gift online or scan the QR code.

MyCancer Support Community.org

Free support. Real connection. Hope - made possible by you!

"At CSC, I didn't have to explain why I was afraid. People just understood - and that changed everything."

- Joe, husband, caregiver & CSC Support Group Particpant

MyCancerSupportCommunity.org

Greater CIncinnati (Headquarters)
4918 Cooper Road | Blue Ash, OH, 45242

(513) 791-4060

Northern Kentucky (Edgewood)
St. Elizabeth Yung Family Cancer Center

info@cancer-support.org

South Dearborn Indiana (Greendale)
St. Elizabeth Dearborn Cancer Center