



CANCER SUPPORT
COMMUNITY
GREATER CINCINNATI-
NORTHERN KENTUCKY

WHAT'S INSIDE

SEPTEMBER/OCTOBER 2026

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

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



Weekly Support Groups

To register for weekly support groups, contact Caitlin Drouillard-Ahrlrichs, 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

Support & Connection

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

BRAIN CANCER CONNECTION GROUP

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

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 October 15th.

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

DINNER & DISCUSS: PROSTATE CANCER AWARENESS MONTH WITH FOCAL ONE

Wednesday, September 9, 6:00 PM - 7:00 PM: In Person

Urologic Oncologist, Zeyad Schwen, MD, from Cleveland Clinic discusses prostate cancer support & non-invasive HIFU treatment options provided by Focal One.

SWIPE & DINE

Friday, September 11, 12:00 PM - 1:00 PM: In Person

Presentation by Nick Rehtin as he shares the unique & fascinating history of Cincinnati's Amusement Parks while enjoying a nice meal provided through the ERS Swipe 'N' Dine program.

COOKING FOR WELLNESS: NATIONAL GUACAMOLE DAY

Wednesday, September 16, 2:30 PM - 4:30 PM

Lisa Andrews, MEd, RD, LD to celebrates a menu inspired by guacamole! Recipes & Samples provided.

A PEEL-ING AUTUMN: CORE MEMORIES LUNCH

Tuesday, September 22, 12:00 PM - 2:00 PM

Let's welcome the first day of autumn with an apple-themed lunch that's crisp, sweet & full of seasonal charm!

COOKING FOR WELLNESS: VEGGIE CELEBRATION

Thursday, October 1, 1:30 PM - 3:30 PM: In Person

Chef Theresa will prepare a meal to celebrate World Vegetarian Day! Recipes & samples provided.

LUNCH & LEARN: LGBTQ+ HISTORY MONTH & SAFE ZONE TRAINING

Monday, October 5, 1:00 PM - 3:00 PM: In person

LGBTQ+ History Month Lunch & Learn where we explore the history of Pride & the fight for equality, followed by a SAFE Zone Training with Caitlin & Jen.

LUNCH & LEARN: MINDFULNESS & GRIEF

Thursday, October 22, 12:00 PM - 1:30 PM: In Person

This lunch & learn presentation will explore mindfulness & grief with an expert from the Goldstein Family Grief Center.

LUNCH & LEARN: DECLUTTER WITH AUDREY

Wednesday, October 28, 1:30 PM - 2:30 PM: In Person

Free yourself from the weight of too much stuff. Audrey Ahrlrichs of Turning Leaves Organizing shares ways to declutter your spaces with compassionate, judgement-free support, so you can breathe easier & feel good in your home again.

CONNECT TO COMMUNITY

4th Wednesdays, 10:00 AM - 11:00 AM: Hybrid

New to Cancer Support Community? Join us for a brief orientation to discover our programs, services, & how to get involved. Learn how to access free support & resources available to you!

Dinner & Discuss

PROSTATE CANCER
AWARENESS MONTH

WITH **Focal One**
ROBOTIC FOCAL HIFU

Wed. Sept. 9 | 6:00P - 7:00P

Healthy Lifestyles

CHAIR YOGA

2nd & 4th 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: 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

GUIDED IMAGERY WITH CHRIS POPA

3rd Tuesdays, 12:00 PM - 1:00 PM: In Person

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: SPONSORED BY TEAL LOVING CARE

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

Distributed to women who are dealing with hair loss due to cancer treatment. Volunteers are needed to sew, cut out fabric, iron, and package.

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.*

PUMPKIN PATCH BATHROOM BUDDY

Tuesday, September 8, 3:00 PM - 4:00 PM: In Person

CSC volunteer Myrna helps you create a pumpkin toilet paper cover to spookify your bathroom this fall!

More Art - Family - Social

ALL AGES

FALL FRIDAYS: TIE DYE

Friday, September 11, 2:00 PM - 3:00 PM: In Person

We will provide the supplies & dye, **you bring a new or preloved shirt.**

AGES 12+

FALL BOTANICAL RESIN KEEPSAKE

Monday, September 14, 3:00 PM - 4:30 PM: In Person

create a beautiful necklace or keychain with dried fall flowers & resin.

ALL AGES

CSC AT THE REDS V. LA DODGERS GAME

Monday, September, 14, 6:30 PM - 8:30 PM: In Person

Take me out to the ballgame! Tickets limited, reserve yours! 2 tickets per person.

Offsite: Great American Ballpark | 100 Nuxhall Way 45202

18-40 YRS

CSC YOUNG ADULT MEET & GREET (AGES 18-40)

Wednesday, September 16, 6:00 PM - 7:00 PM: In Person

Join us for this *young adults-only* Meet & Greet to connect with others who share similar experiences in a welcoming & supportive environment.

Offsite: West Sixth Brewery | 100 W 6th St., Covington, KY 41011

LADIES NIGHT OUT

Friday, September 18, 5:00 PM - 7:00 PM: In Person

This fall, we're heading to the "CSC Farmer's Market" for crafts, pampering, HPV screenings, make up & yummy food! Everything is FREE. Come dressed in your best tie dye! This program is offered in collaboration with AmeriHealth Caritas, UC Cancer Center & PANCAN.

A-PEEL-ING AUTUMN: CORE MEMORIES LUNCH

Tuesday, September 22, 12:00 PM - 2:00 PM: In Person

welcome the first day of autumn with an apple-themed lunch!

DISCOVERING JOY IN THE MOMENT: IMPROV FOR CANCER SURVIVORS & CAREGIVERS - 6 WEEK SERIES

Tuesdays, Beginning September 22, 5:30 PM - 6:30 PM: In Person

Join Cincinnati Shakespeare for a 6-week improv comedy program featuring trust, listening, & storytelling exercises designed to reduce stress, build community, & spark joy. *Offered in collaboration with UC Cancer Center.*

AGES 12+

HARVEST SPARKLE PUMPKINS

Monday, September 28, 3:00 PM - 4:30 PM: In Person

We will create a beautiful pumpkin picture using vintage & costume jewelry.

FALL FRIDAYS: PUMPKIN PAINTING CRAFT

Friday, October 2, 1:30 PM - 2:30 PM: In Person

Decorate cute & spooky pumpkins. Take one home for the holiday or leave for Fall Fest.

AGES 12+

AUTUMN IN FULL BLOOM

Monday, October 5, 3:00 PM - 4:00 PM: In Person

Join us in painting a beautiful tree embellished with fall colored buttons.

ALL AGES

FALL FEST: BLUE ASH

Saturday, October 10, 11:00 AM - 1:00 PM: In Person

A festive family-friendly fall celebration featuring bounce house, games, crafts, music, pumpkins, treats, and a safe trunk-or-treating experience for all ages.

AGES 12+

BENEATH THE HALLOWEEN MOON PAINTING

Monday, October 12, 3:00 PM - 4:30 PM: In Person

We will paint a picture of a spooky tree on a dark Halloween night.

ALL AGES

NATIONAL DESSERT DAY: CUPCAKES WITH INTERNS

Wednesday, October 14, 2:00 PM- 3:00 PM: In Person

Decorate & eat cupcakes with CSC's Social Work interns, Madeline & Brianna!

ALL AGES

FALL FRIDAYS: COCOA & CRAFT

Friday, October 23, 1:30 PM - 2:30 PM: In Person

Enjoy hot cocoa while we create diamond art bookmarks just in time for cozy season!

AGES 12+

SPARKLING LEAVES OF AUTUMN

Monday, October 26, 3:00 PM - 4:30 PM: In Person

Join us in painting & embellishing fall leaves with sparkling beads.

September 2026: Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEW TO CSC? Join Connect To Community on the 4th WED of each month to learn more!	1 1:30p Journaling/Memoir Club 2:00p Calming Yoga for You @ TriHealth Pavilion 5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church	2 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 12:00p Metastatic Stage IV Breast Cancer Connection Group @ Christ Hospital 6:30p Life Transitions	3 11:00a Coffee Chat 1:30p Bunco & Burn 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Healthy Steps	4 CSC Closed- Labor Day Observed	5 
7 CSC Closed- Labor Day Observed 	8 1:30p Community Book Club 2:00p Calming Yoga for You @ TriHealth Pavilion 3:00p Pumpkin Patch Bathroom Buddy 5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church 6:30p Enneagram	9 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 6:00p Dinner & Discuss: Prostate Cancer Awareness Month with Focal One 6:30p Sisters Circle @ Legacies Upscale Resale 7:00p Prostate Cancer Information Group 7:00p Reiki Healing	10 11:00a Coffee Chat 1:30p Bunco & Burn 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Chair Yoga	11 12:00p Swipe 'N' Dine 2:00p Fall Fridays: Tie Dye Shirt	12 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex
14 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 3:00p Fall Botanical Resin Keepsake 5:30p Calming Yoga 6:30p CSC at The Reds v. LA Game @ Great American Ballpark	15 12:00p Guided Imagery 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 2:30p Cooking for Wellness: National Guacamole Day 6:30p Breast Cancer Survivorship Group 6:30p Life Transitions 6:30p Young Adult Meet & Greet @ West Sixth Brewing 6:30p Prism of Hope: LGBTQ+ Support Group @ TreeHouse Cincinnati	17 9:30a Young Adult Breast Cancer Group @ AIM for Wellbeing 11:00a Coffee Chat 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	18 5:00p Ladies Night Out	19 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex
21 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 5:30p Calming Yoga 6:00p General Cancer Connection Group	22 11:00a Courage Caps 12:00p A Peel-ing Autumn: Core Memories Lunch 1:30p Journaling/Memoir Club 2:00p Calming Yoga for You @ TriHealth Pavilion 5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church 5:30p Discovering Joy in the Moment: Improv	23 9:30a Chat & Craft 10:00a Connect to Community 10:30a Healthy Steps 12:00p Tai Chi	24 11:00a Coffee Chat 1:30p Bunco & Burn 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Chair Yoga	25	26 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex
28 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 3:00p Harvest Sparkle Pumpkin 5:30p Calming Yoga	29 1:30p Journaling/Memoir Club 2:00p Calming Yoga for You @ TriHealth Pavilion 5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church 5:30p Discovering Joy in the Moment: Improv	30 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 7:00p Prostate Cancer Education Group	YOUNG ADULT MEET & GREET Sept. 16 @ 6PM West 6th Brewing 		Ladies Night Out Fri. Sept. 18 5:00PM 

Registration requested for all programs.

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



October 2026: Blue Ash, Offsite & Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	FALL FRIDAYS 10/2 & 10/23 1:30PM 		1 11:00a Coffee Chat 1:30p Cooking for Wellness: Veggie Celebration 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Healthy Steps	2 1:30p Fall Fridays: Pumpking Painting Craft	3 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex
	5 10:00a Calming Yoga @ West Chester Presbyterian Church 1:00p Lunch & Learn: LGBTQ+ History Month 3:00p Autumn in Full Bloom 5:30p Calming Yoga	6 1:30p Journaling/Memoir Club 2:00p Calming Yoga for You @ TriHealth Pavilion 5:30p Discovering Joy in the Moment: Improv	7 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 12:00p Metastatic Stage IV Breast Cancer Connection Group @ Christ Hospital 6:30p Life Transitions	8 11:00a Coffee Chat 1:30p Bunco & Burn 3:00p Bingo 5:30p Chair Yoga	10 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex 11:00a Fall Fest
	12 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Beneath the Halloween Moon Painting 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 5:30p Calming Yoga for You	13 1:30p Community Book Club 2:00p Calming Yoga for You @ TriHealth Pavilion 5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church 5:30p Discovering Joy in the Moment: Improv 6:30p Enneagram 7:00p PanCan	14 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 2:00p National Dessert Day: Cupcakes with Interns 6:30p Sisters Circle @ Legacies Upscale Resale 7:00p Prostate Cancer Information Group 7:00p Reiki Healing	15 9:30a Young Adult Breast Cancer Group @ AIM for Wellbeing 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	17 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex
	19 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 5:30p Calming Yoga for You 6:00p General Cancer Connection Group	20 12:00p Guided Imagery 1:30p Journaling/Memoir Club 2:00p Calming Yoga for You @ TriHealth Pavilion 5:00p Groove & Rhythm Line Dance @ Corinthian Baptist Church 5:30p Discovering Joy in the Moment: Improv	21 9:30a Chat & Craft 10:30a Healthy Steps 12:00p Tai Chi 6:30p Breast Cancer Survivorship Connection Group 6:30p Life Transitions 6:30p Prism of Hope: LGBTQ+ Cancer Support Group @ TreeHouse Cinci	22 11:00a Coffee Chat 12:00p Lunch & Learn: Mindfulness & Grief 1:30p Bunco & Burn 3:00p Bingo 4:15p Groove & Rhythm Line Dance 5:30p Chair Yoga	24 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex
	26 10:00a Calming Yoga @ West Chester Presbyterian Church 3:00p Groove & Rhythm Line Dance @ Greater Liberty Baptist Church 3:00p Sparkling Leaves of Autumn 5:30p Calming Yoga for You	27 11:00a Courage Caps 1:30p Journaling/Memoir Club 2:00p Calming Yoga for You @ TriHealth Pavilion 5:30p Discovering Joy in the Moment: Improv	28 9:30a Chat & Craft 10:00a Connect to Community 10:30a Healthy Steps 12:00p Tai Chi 1:30p Lunch & Learn: Declutter with Audrey 7:00p Prostate Cancer Education Group	29 11:00a Coffee Chat 1:30p Bunco & Burn 3:00p Bingo 4:15p Groove & Rhythm Line Dance	31 10:00a Art of Living Meditation 10:00a Yoga for Wellbeing @ Queen City Healthplex

Registration requested for all programs.

REGISTER: 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!

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

WALKING CLUB

4th Fridays, 11:30 AM - 12:30 PM: In Person

FALL FOLIAGE WALK

Friday, September 11, 11:30 AM - 12:30 PM: In Person

Offsite: [President's Park](#) | 283 Dudley Rd. 41017

Friday, October 9, 12:00 PM - 1:00 PM: In Person

Offsite: [Devou Park](#) | 1625 Montague Rd. 41011

Cooking - Social - Art - Education

TREAT YOURSELF TUESDAY IN FT. THOMAS

Tuesday, September 1, 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

HARVEST BUTTON ART

Tuesday, September 1, 1:30 PM - 2:30 PM: In Person

Celebrate the beauty of the season by creating a unique fall-themed piece of art using colorful buttons & a decorative frame!

Offsite: [Ft. Thomas Carrico Library](#) | 1000 Highland Ave. Ft. Thomas, KY, 41075

More Cooking - Social - Art - Education

NEW PARTICIPANT SNACK & CHAT

Thursday, September 3, 1:00 PM - 2:00 PM: In Person

New to CSC? This is an opportunity to meet fellow participants, enjoy light refreshments & learn more about CSC programs & activities.

HARVEST BUTTON ART

Tuesday, September 15, 1:00 PM - 2:00 PM: In Person

CSC YOUNG ADULT MEET & GREET (AGES 18-40)

Wednesday, September 16, 6:00 PM - 7:00 PM: In Person

Join us for this *young adults-only* Meet & Greet to connect with others who share similar experiences in a welcoming & supportive environment.

Offsite: [West Sixth Brewing](#) | 100 W 6th St., 41011

KREATING WITH KAREN

4th Tuesdays, 2:00 PM - 3:30 PM

Join us for a watercolor & crafting class on the fourth Tuesday of each month.

THE HARVEST HEALER: SEASONAL SELF-CARE WORKSHOP

Tuesday, September 29, 12:00 PM - 1:30 PM: In Person

Grounding workshop designed to soothe your nervous system & nourish your skin.

STRING ART CREATIONS

Thursday, October 8, 1:00 PM - 2:00 PM

Create a festive fall design using string & push pins.

FALL FAMILY COOKOUT

Friday, October 9, 4:30 PM - 6:30 PM: In Person

Meet & connect with other YA families impacted by cancer while enjoying dinner, yard games, & a fun evening together

Offsite: [Middleton- Mills Park](#) | 3415 Mills Road. Shelter #2

FALL CRAFT WITH KARLEE

Wednesday, October 14, 3:00 PM - 4:00 PM: In Person

Join our intern, Karlee as she leads a fun fall-themed craft

COOK LIKE A DIETITIAN: MEDITERRANEAN DIET

Wednesday, October 21, 11:30 AM - 1:00 PM: In Person

Join us as we explore the ins and outs of the Mediterranean Diet!

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. **Due to Labor Day, no class Sept. 4th**

COOKING FOR WELLNESS WITH INCUBATOR KITCHEN

4th 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

TREAT YOURSELF THURSDAY

Thursday, September 24 & October 22, 11:00 AM - 1:00 PM: In Person

Join Jennifer Meining, Program Manager, to learn more about CSC! Take a free goody bag with useful info & resources, experience relaxing breathwork, a creative craft, & other surprises and community-building!

HARVEST BUTTON ART

Thursday, September 10, 1:00 PM - 2:00 PM: In Person

Create a fall-themed piece of art using colorful buttons & a decorative frame!

Offsite: [Lawrenceburg Public Library](#) | 150 Mary St. 47025

FOREST BATHING IN THE PARK

Wednesday, September 16, 11:00 AM - 12:00 PM: In Person

Using mindfulness & your senses, you'll slow down, reduce stress, & enjoy the restorative benefits of the natural world.

Offsite: [Greendale City Park](#) | 827 Nowlin Ave. 47025

YOGA IN THE PARK

Tuesday, October 6, 11:00 AM - 12:00 PM: In Person

Gentle, calming practice designed to release tension & promote deep relaxation.

Offsite: [Schnebelt Park](#) | 331 Arthur St. 47025

FALL FEST: DEARBORN COUNTY

Friday, October 16, 5:00 PM - 7:00 PM: In Person

A festive family-friendly fall celebration featuring bounce house, games, crafts, music, pumpkins, treats, and a safe trunk-or-treating experience for all ages.

COOK LIKE A DIETITIAN: MEDITERRANEAN DIET

Thursday, October 22, 11:00 AM - 12:30 PM: In Person

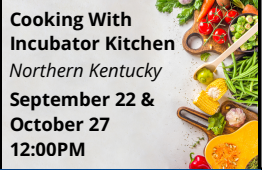
Join us as we explore the ins and outs of the Mediterranean Diet!



Special thank you to the Dearborn Community Foundation for their generous gift to funds these SE IN programs!

Thank you! :)

September/October 2026: NKY & Dearborn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Cooking With Incubator Kitchen <i>Northern Kentucky</i> September 22 & October 27 12:00PM	1 10:30a YCAT Yoga 11:00a Treat Yourself Tuesday @ St. E Ft. Thomas 1:30p Harvest Button Art @ Ft. Thomas Library	2 2:00p Strength Training	3 10:30a YCAT Yoga 12:00p Tai Chi 1:00p New Participant Snack & Chat	4 CSC Closed- Labor Day Observed	5 
7 CSC Closed- Labor Day Observed	8 10:30a YCAT Yoga 12:00p Meditation 6:30p General Connection Group	9 2:00p Strength Training	10 12:00p Tai Chi 1:00p Harvest Button @ Lawrenceburg Public Library	11 10:00a Restorative Yoga 11:30a Fall Foliage Walk @ President's Park	12
14	15 10:30a YCAT Yoga 1:00p Harvest Button Art	16 11:00a Forest Bathing @ Greendale City Park 2:00p Strength Training 6:00p Young Adult Meet & Greet @ West Sixth Brewing	17 10:30a YCAT Yoga 12:00p Tai Chi	18 10:00a Restorative Yoga 11:30a Flourish Food Series with Chef Rhonda	19
21	22 10:30a YCAT Yoga 12:00p Cooking with Incubator Kitchen 2:00p Kreating with Karen	23	24 11:00a Treat Yourself Thursday @ St. E Dearborn 12:00p Tai Chi	25 10:00a Restorative Yoga 11:30a Walking Club	26
28	29 10:30a YCAT Yoga 12:00p The Harvest Healer: Seasonal Self-Care Workshop	30	October 1 10:30a YCAT Yoga 12:00p Tai Chi	2 10:00a Restorative Yoga 11:30a Flourish Food Series with Chef Rhonda	3
5 6:30p HEO Breast Cancer Group	6 10:30a YCAT Yoga 11:00a Yoga in the Park @ Schnebelt Park	7 2:00p Strength Training	8 12:00p Tai Chi 1:00p String Art Creations	9 10:00a Restorative Yoga 12:00p Fall Foliage Hike @ Devou Park 4:30p Fall Family Cookout @ Middleton-Mills Park	10
12	13 10:30a YCAT Yoga 12:00p Meditation 6:30p General Cancer Connection Group	14 2:00p Strength Training 3:00p Fall Craft with Karlee	15 10:30a YCAT Yoga 12:00p Tai Chi	16 10:00a Restorative Yoga 11:30a Flourish Food Series with Chef Rhonda 5:00p Fall Fest @ St. E Dearborn	17
19	20 10:30a YCAT Yoga	21 11:30a Cook Like a Dietitian: Mediterranean Diet 2:00p Strength Training	22 11:00a Treat Yourself Thursday @ St. E Dearborn 11:00a Cook Like a Dietitian: Mediterranean Diet @ St. E Dearborn 12:00p Tai Chi	23 10:00a Restorative Yoga 11:30a Walking Club	24
26	27 10:30a YCAT Yoga 12:00p Cooking with Incubator Kitchen 2:00p Kreating with Karen	28	29 12:00p Tai Chi	30 10:00a Restorative Yoga	31
 Family Cookout Fri., Oct. 9 4:30PM Middleton-Mills Park, Covington KY			 DEARBORN, IN Fall Festival FRI. OCT. 16 5:00PM		

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.



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

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5th Annual

STRONGER THAN CANCER *Celebration*

Thursday, October 1

Lightwell Room - North at Hotel Covington



CANCER SUPPORT
COMMUNITY
GREATER CINCINNATI-
NORTHERN KENTUCKY

Hosted by Bob Herzog of Local 12 WKRC-TV, the night features dinner and premium bar, exciting raffles and auctions, powerful stories of strength and survival, and our annual Community Is Stronger Than Cancer Award, celebrating the legacy of Harry Davidow, CSC Co-Founder - a life that was a blessing to us all.

100% of funds raised directly power CSC's mission serving cancer patients and families across the tri-state region. **So that no one faces cancer alone.**



Don't Miss Out - Secure Your Ticket / Table Now! →



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