



120 Longwater Drive, Suite 104, Norwell, Massachusetts, 02061 1-781-610-1490 cancersupportcommunityma.org

Mon	Tue	Wed	Thurs	Fri	Sat / Sun
<p><u>Next month:</u></p>  <p>On 12/1 at 7pm, call for details!</p>		<p>1</p> <p>10:30am-12:30pm Participant Support Group (pre-interview) 2:00-3:00pm NEW: Guided Mindfulness</p>	<p>2</p> <p>3:00-4:30pm Participant Support Group (pre-interview) 6:00-8:00pm Men's Support Group</p>	<p>3</p> <p>10:00-11:30am Plymouth Support Group (pre-interview)</p>	4/5
<p>6</p> <p>9:30-11:30am Breast Cancer Support Group (pre-interview)</p>	<p>7</p> <p>10:00-11:00am TAI CHI (Peggy) 9:30-10:30am Newcomer's Orientation</p>	<p>8</p> <p>9:00-9:45am Qi GONG YOGA (Amy) 10:30am-12:30pm Participant Support Group (pre-interview) 2:00-3:00pm NEW: Guided Mindfulness</p>	<p>9</p> <p>9:30-10:30am YOGA (Jennifer) 3:00-4:30pm Participant Support Group (pre-interview) 6:00-7:30pm Melanoma Support Group</p>	<p>10</p>	<p>11/12</p> <p>Sunday 3:00-5:00pm Kids Support Group</p> <p>Veteran's day! Saturday Thank you for your Services!!</p> 
<p>13</p> <p>9:30-11:30am Breast Cancer Support Group (pre-interview)</p>	<p>14</p> <p>10:00-11:00am TAI CHI (Peggy) 11:00am-12:30pm Veterans' Support Group (pre-interview) 6:00-7:30pm Caregivers' Support Group</p>	<p>15</p> <p>10:30am-12:30pm Participant Support Group (pre-interview)</p>	<p>16</p> <p>3:00-4:30pm Participant Support Group (pre-interview) 6:00-8:00pm Men's Support Group</p>	<p>17</p> <p>10:00-11:00am Restorative Yoga Nidra 10:00-11:30am Plymouth Support Group (pre-interview)</p>	18/19
<p>20</p> <p>9:30-11:30am Breast Cancer Support Group (pre-interview)</p>	<p>21</p> <p>10:00-11:00am TAI CHI (Peggy) 3:00-4:00pm Newcomer's Orientation</p>	<p>22</p> <p>10:30am-12:30pm Participant Support Group (pre-interview) 2:00-3:00pm New: Self care</p>	<p>23</p> <p>CSC-MSS Closed Happy Thanksgiving!</p> 	<p>24</p> <p>CSC-MSS office Closed</p>	25/26
<p>27</p> <p>9:30-11:30am Breast Cancer Support Group (pre-interview)</p>	<p>28</p> <p>10:00-11:00am TAI CHI (Peggy) 11:00am-12:30pm Veterans' Support Group (pre-interview) 6:00-7:30pm Caregivers' Support Group</p>	<p>29</p> <p>10:30am-12:30pm Participant Support Group (pre-interview) 2:00-3:00pm New: Self care</p>	<p>30</p> <p>3:00-4:30pm Participant Support Group (pre-interview)</p>		 <p>In case of Inclement programs are cancelled when Norwell Schools are closed.</p>

SPECIAL EVENTS and ONGOING PROGRAMS

Cancer Support Community - Massachusetts South Shore provides professional programs of emotional support, education and hope for people living with cancer and their caregivers. Services are free of charge through the generosity of individuals, corporations, small businesses and thoughtful bequests.

CSC-MSS is a 501(c)(3) organization and a Division of the NVNA Foundation.

SPECIAL EVENTS

Participants **must pre-register** for all CSC-MSS **Special Events** to ensure program availability. For more information and/or to pre-register, please call 781-610-1490, sign up while here or email at cscinfo@nvna.org Thank you!

- 11/1 and 11/8 2:00-3:00pm (4 consecutive Wednesday's) **Guided Mindfulness** explore ways to calm, clear and relax the mind
- 11/22/17 and 11/29/17 **Self Care** Join us to learn Practices of Self-Care

ONGOING PROGRAMS

NEW: VETERAN'S SUPPORT GROUP

Veteran's Support Group meets on the 2nd and 4th Tuesday every month. This group provides the opportunity to explore specific issues and concerns about the cancer experience with other Veterans. **Pre-interview is required.**

KID SUPPORT GROUP

Kid Support Group meets once every month. This group is for children ages 5 through 17 who have a family member diagnosed with cancer. A concurrent parent group takes place during this support group. **Pre-interview is required.**

PARTICIPANT SUPPORT GROUPS - (Groups held in Norwell and Plymouth)

Participant Support Groups meet every Wednesday and Thursday (in Norwell) and the 1st and 3rd Friday every month (in Plymouth). These groups are for individuals with a recent cancer diagnosis or treatment within the last 18 months. Support Groups offer people living with cancer a safe place to connect, share and learn from others who also travel the cancer journey. **Pre-interview required.**

BREAST CANCER SUPPORT GROUP

Breast Cancer Support Group meets every Monday and is designed to provide emotional support to breast cancer survivors from diagnosis through post treatment (18 months). **Pre-interview is required.**

MELANOMA SUPPORT GROUP

Melanoma Support Group meets on the 2nd Thursday every month. This group is open to people diagnosed with melanoma, whether newly diagnosed, in treatment or beyond. *Kindly sponsored by the Melanoma Foundation of New England.*

MEN'S SUPPORT GROUP

Men's Support Group meets on the 1st and 3rd Thursday every month. This group provides the opportunity to explore specific issues and concerns about the cancer experience with other men. Discussions focus on various issues, including the impact of cancer on work and relationships.

CAREGIVER'S SUPPORT GROUP

Caregiver's Support Group meets on the 2nd and 4th Tuesday every month. This group explores ways of assisting loved ones dealing with a current cancer diagnosis, while simultaneously gaining personal support.

All of the above-listed CSC-MSS Ongoing Programs are facilitated by licensed professionals.

NEWCOMER'S ORIENTATION

If you are new to the Cancer Support Community, please attend our Newcomer's Orientation. This program is open to all lives touched by cancer, including those with cancer diagnoses, family members and friends. The orientation meets on the 1st and 3rd Tuesday every month and introduces newcomers to our programs and services. We look forward to welcoming you!

HEALTHY LIFESTYLE - Tai Chi, Qi Gong Yoga, Restorative Yoga Nidra, and Gentle Hatha Yoga

Healthy Lifestyle Offerings are for individuals dealing with a cancer diagnosis and/or their caregivers. These groups offer peace and clarity of mind, body and spirit. Classes are designed to increase strength and flexibility. **Led by certified practitioners.**