

FREE PROGRAMS AT THE CAROL G. SIMON CANCER CENTER

In Person Yoga4Cancer Mat Yoga: **Mondays 10am-11am**

This yoga class is designed for those going through cancer treatment. We will practice yoga poses that support healthy movement, help with side effects, and use modifications for a safe and effective practice during treatment and after. Facilitated by Lauren Curtis, LMT. **Registration is required**

Meaning Centered Therapy Group: Mondays 2pm-3pm series ends March 9th

Open to any patient with advanced cancer. This group explores past, present and future meaning of our experience. The therapy group will meet weekly on Mondays, 2-3pm. Current series ends March 9th. For more information or to register, please call Michele Wadsworth, MSW, LSW at (908) 522-5255

Expressive Writing Workshop: Tuesdays 9am-10am

This workshop offers the space and opportunity to find "new words, new chances to listen and new chances to be heard." Each week a different poem is offered for reading and reflecting together. Prompts are given for doing some writing, to be shared with the group as desired. Facilitated by Thomas Dooley, Manager Humanism in Medicine at Overlook Medical Center.

Bereavement Group: Tuesdays 2:00-3:30pm

A psycho educational professionally run support group for people who have suffered the loss of a family member due to cancer. To register or for more information, please contact Marian Teehan MSW, LCSW, APHSW-C Manager Thomas Glasser Caregivers Center 908-522-6347 or email Marian.Teehan@atlanticealth.org

Ostomy Support Group: 2nd Tuesday 2:00-3:30pm

Professionally led group for Ostomy patients and their families. To register or for more information, please contact Elyn Mantel (908) 883-0469 or email ellynmantel@aol.com

Breath-Body-Mind™: Tuesdays 4:00pm-4:45pm and Fridays 9am-9:45am

This class combines gentle movement and breathing practices. Over this 6 week series, learn the basic core practices of Breath-Body-Mind, a practice that helps to soothe, balance, and strengthen our nervous system. Two opportunities to join—Thursdays at 4pm and Fridays at 9am, you are welcome to come to one or the other, or both. Facilitated by Lauren Curtis, LMT

Jin Shin Jyutsu Workshops: Wednesdays 9-9:30am

Jin Shin Jyutsu® is an ancient healing art of harmonizing the body through gentle touch. During weekly, thirty minute workshops, you will learn about this ancient healing art and come away with easy to follow applications that you can do at home. Facilitated by Emmanuelle Iroudayassamy, MS, LMT, NCTMB, CLT-LANA.

In Person Art Therapy: Wednesdays 10am-11am, March 11th and 25th

Explore your creative side and connect with others going through Cancer treatment and survivorship. No artistic experience or talent is required! This workshop will be facilitated by Creative Arts Therapist Rebecca Acheson, ATR. To register, please contact: Lauren Curtis, LMT 908-522-6168 or email lauren.curtis@atlanticealth.org **Registration is required**

Guided Meditation: 1st and 3rd Wednesdays 12-12:30pm

Take some time to step back and go within. This group will be facilitated by Jean Marie Rosone, LCSW

Living with Cancer Support Group: 4th Wednesday of the month 2:30-3:30pm

This monthly support group is professionally facilitated by a licensed oncology social worker. The group offers participants a unique place to connect with others who are also experiencing cancer treatment. In addition to support, the group will provide education and resource information to assist patients along their cancer journey. Please call Michele Wadsworth, MSW, LSW 908-522-5255 for more information

Guided Relaxation/Meditation - Yoga Nidra: Thursdays 4pm-5pm

Yoga Nidra translates to "yogic sleep" and is a guided, systematic relaxation technique rather than a physical practice of yoga. A session may include: Setting an intention, body awareness scan, breath work, visualization, and return to full wakefulness. Facilitated by Lauren Curtis, LMT

Breast Cancer Support Group: 2nd and 4th Thursday 10:00am – 11:00am Facilitated by a Registered Nurse and a Licensed Social Worker, this group will be a discussion-based peer support group for women who have been diagnosed with breast cancer. To register please call Michele Wadsworth at 908-522-5255

Post Treatment Support Group: 2nd Thursday of the month 1pm-2pm

Support group for people who have completed their cancer treatment. This group offers the opportunity to discuss issues and concerns related to survivorship. For more information and to register please call Lee Anne Caffrey RN, MSN, OCN 908-522-5349

Prostate Cancer Support Group: 4th Thursday of the month 4pm-5pm

A support group for men diagnosed with prostate cancer. This group will be a discussion-based peer support group led by men who have been diagnosed with prostate cancer. Spouses, partners, and caregivers are encouraged to attend. We work closely with for the group please contact Nicole Bubniak, RN, BSN 908-522-6150

Glasser Brain Tumor Center Support Groups: 1st and 3rd Thursdays 5-6pm; 1st Thursday - Caregivers, 3rd Thursday-Patients

These monthly groups are co-facilitated by a licensed oncology social worker and a nurse practitioner, offering a safe place to connect with others who are affected by a brain tumor diagnosis. Please contact Janet LeMonnier, LCSW, OSW-C, at 908-522-5159 or Janet.Lemonnier@atlanticealth.org for details and links

In Person Singing Bowls Meditation: Friday, March 13th and 27th 3:30pm-4:30pm

Himalayan singing bowls are made of a seven-metal alloy, when these bowls are struck or rubbed with a mallet, they produce sounds and vibrations that are calming and pleasing to the brain. Come and relax and let the sounds of the bowls ease stress and cultivate a feeling of peace and calm.

Facilitated by Lauren Curtis, LMT **Registration is required**

Unless otherwise noted, please contact Lauren Curtis, Integrative Programs Coordinator at (908) 522-6168 for information/registration



CAROL G. SIMON CANCER CENTER

CALENDAR OF PROGRAMS

March 2026



CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 IN PERSON* Mat Yoga: 10am-11am Meaning Centered Therapy Group: 2pm-3pm	3 Expressive Writing : 9:00am-10:00am New Series Begins Breath-Body-Mind™ : 4:00-4:45pm	4 Jin Shin Jyutsu: 9-9:30AM Guided Meditation: 12-12:30pm	5 Guided Relaxation with Yoga Nidra: 4-5pm Glasser Brain Tumor Center Caregiver Support Group: 5pm-6pm	6 New Series Begins Breath-Body-Mind™ : 9:00am-9:45am	7
8	9 IN PERSON* Mat Yoga: 10am-11am Meaning Centered Therapy Group: 2pm-3pm	10 Expressive Writing : 9:00am-10:00am Ostomy Support Group : 2pm-3pm Breath-Body-Mind™ : 4:00-4:45pm	11 Jin Shin Jyutsu 9-9:30AM IN PERSON* Art Therapy: 10am-11am	12 Breast Cancer Support Group: 10-11AM Post Treatment Group: 1pm-2pm Guided Relaxation with Yoga Nidra: 4-5pm	13 Breath-Body-Mind™ : 9:00am-9:45am IN PERSON* Singing Bowls: 3:30pm-4:30pm	14
15	16 IN PERSON* Mat Yoga: 10am-11am	17 Expressive Writing : 9:00am-10:00am Breath-Body-Mind™ : 4:00-4:45pm 	18 Jin Shin Jyutsu 9-9:30AM Guided Meditation: 12-12:30pm	19 Guided Relaxation with Yoga Nidra: 4-5pm Glasser Brain Tumor Center Patient Support Group: 5pm-6pm	20 Breath-Body-Mind™ : 9:00am-9:45am 	21
22	23 IN PERSON* Mat Yoga: 10am-11am	24 Expressive Writing : 9:00am-10:00am Breath-Body-Mind™ : 4:00-4:45pm	25 Jin Shin Jyutsu 9-9:30AM IN PERSON* Art Therapy: 10am-11am	26 Breast Cancer Support Group: 10-11AM Guided Relaxation with Yoga Nidra: 4-5pm Men's Prostate Cancer Support Group 4-5pm	27 Breath-Body-Mind™ : 9:00am-9:45am IN PERSON* Singing Bowls: 3:30pm-4:30pm	28
29	30 IN PERSON* Mat Yoga: 10am-11am	31 Expressive Writing : 9:00am-10:00am Breath-Body-Mind™ : 4:00-4:45pm				

See the back of the calendar for a complete listing of Cancer Center programs and events. All programs are virtual, unless otherwise noted.

***Registration Required — please call Lauren Curtis at 908-522-6168**