


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Caregivers Virtual Support Group 12:00pm-1:00pm Integrative Wellness Lecture Topic: Color Therapy 12:00pm –1:00pm Reiki Available by appointment Please call to schedule 973-971-6182	Musical Morning with Bob Egan In Person 10:00am-12:00pm	
 4	Reiki-In Person 10am-12:30pm 5	Expressive Writing Workshop 9:00am to 10:00 am Self Help Energy Techniques 12:00pm-1:00pm 6	Guided Meditation 12:00pm-12:30pm I CAN-CER Vive Grad Group 3:00pm-4:00pm Cancer Survivorship 2:00pm-3:00pm 7	Integrative Wellness Lecture Topic: Brain-Heart Coherence 12:00pm –1:00pm Reiki Available by appointment Please call to schedule 973-971-6182 8	9	10
11	Reiki-In Person 10am-12:30pm Survivors Post Treatment Group 10:30am-11:30am Reiki Healing Circle 3:00pm-3:30pm 12	Expressive Writing Workshop 9:00am to 10:00 am Self Help Energy Techniques 12:00pm-1:00pm Jin Shin Jyutsu Available by appointment Please call to schedule 973-971-6182 13	Guided Meditation 12:00pm-12:30pm 14	Integrative Wellness Lecture Topic: Emotional Freedom Technique 12:00pm –1:00pm Head & Neck Support Group 3:00pm-4:30PM Survivorship and Nutrition 3:00pm-4:00pm Reiki Available by appointment Please call to schedule 973-971-6182 15	Musical Morning with Bob Egan In Person 10:00am-12:00pm 16	17
18	Reiki-In Person 10am-12:30pm Jin Shin Jyutsu-In Person 12:00pm-2:00pm Young Person's Breast Cancer Group 8:30pm-9:30pm Surviving to Thriving 7:30pm-8:30pm 19	Expressive Writing Workshop 9:00am to 10:00 am Self Help Energy Techniques 12:00pm-1:00pm 20	Guided Meditation 12:00pm-12:30pm Morris County Ostomy Association Support Group 7:00pm-9:00pm I CAN-CER Vive Grad Group 3:00pm-4:00pm 21	Integrative Wellness Lecture Topic: Chakra Series (Sacral) 12:00pm –1:00pm Reiki Available by appointment Please call to schedule 973-971-6182 22	23	24
25	Reiki-In Person 10am-12:30pm Reiki Healing Circle 3:00pm-3:30pm 26	Expressive Writing Workshop 9:00am to 10:00 am Self Help Energy Techniques 12:00pm-1:00pm Yoga Nidra 4:00pm-5:00pm Jin Shin Jyutsu Available by appointment Please call to schedule 973-971-6182 27	Guided Meditation 12:00pm-12:30pm 28	Integrative Wellness Lecture Topic: Chakra Series (Sacral) 12:00pm –1:00pm Reiki Available by appointment Please call to schedule 973-971-6182 29	30	

Carol G. Simon Cancer Center

June 2023

Virtual Services for Morristown Medical Center

Ongoing Support and Educational Groups:

Survivors Post Treatment Group

Open to patients who have completed cancer treatment. Also open to caregivers.

This group will meet **Monday, June 12th from 10:30am-11:30am**

Group will be facilitated by Jean Marie Rosone, LCSW

Zoom Meeting Link:

<https://atlanticealth.zoom.us/j/86538274481?pwd=ZXhGb251MDhFSHItY0ZzVHVJeDUyQT09>

Meeting ID: 865 3827 4481

Passcode: 648152

If you have any questions, please call 973-971-6514

Smoking Cessation

Group will be facilitated by Lisa Picciuti, LCSW, OSW-C, NCTTP

Pre-registration required 973-971-7971

Young Person's Breast Cancer Group

Join us as we support each other through challenging times.

This group will meet **Monday, June 19th from 8:30pm-9:30 pm**

Group will be co-facilitated by Jean Marie Rosone, LCSW

Zoom meeting link:

<https://atlanticealth.zoom.us/j/81136746622?pwd=UVU4TnN0WmJGMWmVdWNIZ0NwV0N5Zz09>

Meeting ID: 811 3674 6622

Passcode: 697673

If you have any questions, please call 973-971-6514

Head and Neck Support Group

This group will meet **Thursday, June 15th from 3:00pm-4:30pm**

Group will be facilitated by Christian Hong, MDiv, LCSW, OSW-C

Zoom meeting link:

<https://atlanticealth.zoom.us/j/83451972820?pwd=ZWWhYkpYMUU0xaRFIib0FvY0FoZz09>

Meeting ID: 834 5197 2820

Passcode: 708012

If you have any questions, please call 973-971-5169

Morris County Ostomy Association Support Group

The Morris County Ostomy Association (MCOA) is a volunteer-based health organization dedicated to providing education, information and support for people who have had, or will have, an intestinal or urinary diversion. MCOA membership is open to all individuals with ostomies.

Membership includes monthly meetings as well as a quarterly newsletter.

This group will meet **Wednesday, June 21st 7:00pm-9:00pm**

Pre-registration required please email dgregorythomas@gmail.com

Ongoing Support and Educational Groups:

Caregivers virtual support group

If your loved one has cancer, please join us via zoom as we share ideas and gain support from one another.

This Group will meet **Thursday, June 1st 12:00pm-1:00pm**

Group will be facilitated by Jean Marie Rosone, LCSW

Zoom meeting link:

<https://atlanticealth.zoom.us/j/89867108907?pwd=RGV0QTBNR0ZGNnlnZUIxbGRNQk1vZz09>

Meeting ID: 898 6710 8907

Passcode: 360173

If you have any questions, please call 973-971-6514

I CAN-CER Vive Grad Group Virtual

This monthly graduate group is open to any past I CAN-CER Vive attendee

This Group will meet **Wednesday, June 7th and 21st 3:00pm-4:00pm**

Group will be facilitated by Jean Marie Rosone, LCSW

Zoom meeting link: <https://atlanticealth.zoom.us/j/86705408303?pwd=c0xYcU5sQzZiZzZjQU1rUlJqenpYUT09>

Meeting ID: 867 0540 8303

Passcode: 551707

If you have any questions, please call 973-971-6514

Creative Arts Therapy Groups:

Musical Morning with Bob Egan (In Person)

Please join Bob Egan for a Music in the Atrium. Bob will be taking requests and playing all of our favorite Carol G. Simon Cancer Center hits.

This group will meet **Friday, June 2nd and June 16th from 10:00am-12:00pm**

If you have any questions, please call 973-971-5919



Gentle foot or hand Massage

Is available to patients who are receiving chemotherapy in the Carol G. Simon Cancer Center.

Please let your nurse know during your treatment and they can arrange for a visit

To access all Cancer Center classes monthly please use link below

www.atlanticealth.org/cancerclass

If you would like to be added to our email list to receive calendar

Please email JeanMarie.Rosone@atlanticealth.org

Virtual Services for Morristown Medical Center

Ongoing Integrative Lectures

Integrative Wellness Lecture

Topic: Your Conscious and Unconscious Mind-Bridge the gap which exists in your conscious and unconscious mind and become more aligned for lasting change.

This group will meet **Thursday, June 1st from 12:00pm-1:00pm**

Group will be facilitated by Lynn Pridmore, Holistic Health Practitioner & Health Educator

Zoom meeting link:

<https://atlanticealth.zoom.us/j/85907861922?pwd=dKhCajV3QjNsTXQ2bGc4d1lFa05qdZ09>

Meeting ID: 859 0786 1922 **Passcode:** 579411

If you have any questions, please call 973-971-6514

Integrative Wellness Lecture

Topic: The Elements of Traditional Chinese Medicine – A deeper discussion of the Elements and how to use them to enhance your health and wellness.

This group will meet **Thursday, June 8th from 12:00pm-1:00pm**

Group will be facilitated by Lynn Pridmore, Holistic Health Practitioner & Health Educator

Zoom meeting link:

<https://atlanticealth.zoom.us/j/85907861922?pwd=dKhCajV3QjNsTXQ2bGc4d1lFa05qdZ09>

Meeting ID: 859 0786 1922 **Passcode:** 579411

If you have any questions, please call 973-971-6514

Integrative Wellness Lecture

Topic: Neuroplasticity

Create new connections in your brain to create harmony in your body, mind, relationships and life.

This group will meet **Thursday, June 15th from 12:00pm-1:00pm**

Group will be facilitated by Lynn Pridmore, Holistic Health Practitioner & Health Educator

Zoom meeting link:

<https://atlanticealth.zoom.us/j/85907861922?pwd=dKhCajV3QjNsTXQ2bGc4d1lFa05qdZ09>

Meeting ID: 859 0786 1922 **Passcode:** 579411

If you have any questions, please call 973-971-6514

Integrative Wellness Lecture

Topic: The Season of Summer

A discussion on the Season of Spring from an Eastern Medicine Health and Wellness perspective.

This group will meet **Thursday, June 22nd from 12:00pm-1:00pm**

Group will be facilitated by Lynn Pridmore, Holistic Health Practitioner & Health Educator

Zoom meeting link:

<https://atlanticealth.zoom.us/j/85907861922?pwd=dKhCajV3QjNsTXQ2bGc4d1lFa05qdZ09>

Meeting ID: 859 0786 1922 **Passcode:** 579411

If you have any questions, please call 973-971-6514

Integrative Wellness Lecture

Topic: Chakra Series (Solar Plexus)

Enact your personal power and self-will with your Solar Plexus Chakra.

This group will meet **Thursday, June 29th from 12:00pm-1:00pm**

Group will be facilitated by Lynn Pridmore, Holistic Health Practitioner & Health Educator

Zoom meeting link:

<https://atlanticealth.zoom.us/j/85907861922?pwd=dKhCajV3QjNsTXQ2bGc4d1lFa05qdZ09>

Meeting ID: 859 0786 1922 **Passcode:** 579411

If you have any questions, please call 973-971-6514

Ongoing Integrative Groups:

Self Help Energy Techniques

Learn ways to help balance your Mind Body and Spirit by using your hands to support your healing.

This group will meet every **Tuesday from 12:00pm-1:00pm**

Group will be facilitated by Lynn Pridmore, Holistic Health Practitioner & Health Educator

Zoom meeting link: <https://atlanticealth.zoom.us/j/99060362355?pwd=L3Ava3F6OEw1ZGY0TTc3ZU1ueS95UT09>

Meeting ID: 990 6036 2355 **Passcode:** 615871

If you have any questions, please call 973-971-6514

Guided Meditation

Take some time to step back and go within.

This group will meet every **Wednesday from 12:00pm-12:30pm.**

Group will be co-facilitated by Jean Marie Rosone, LCSW and Lauren Curtis, MA, LMT

Zoom meeting link: <https://atlanticealth.zoom.us/j/95764540276?pwd=UDgwSld0cXBtAFU5UzdXWnd1TOl0dz09>

Meeting ID: 957 6454 0276 **Passcode:** 542074

If you have any questions, please call 973-971-6514

Writing as a Way of Healing

Tap into your writer's voice, discover how writing heals, connect with yourself through writing and engage in guided writing exercise.

This group will meet **Will return later in year from 5:00pm-6:30pm**

Group will be facilitated by Julie Maloney Author and Poet

Zoom meeting link: <https://atlanticealth.zoom.us/j/96969538794?pwd=YIM1M3prbXhUKzhkNW9EaFBIS3FVUT09>

Meeting ID: 969 69538794 **Passcode:** 634627

If you have any questions, please call 973-971-6514

Reiki Healing Circle

Join us for a weekly group Reiki session

This group will meet **Monday, June 12th and June 26th from 3:00pm-3:30pm**

Zoom meeting link:

<https://atlanticealth.zoom.us/j/87224307272?pwd=ZHISdUpCVHk5ZIRkVGIVeGpYemM1dz09>

Meeting ID: 872 2430 7272 **Passcode:** 533572

Registration is not required

If you have any questions, please call 973-971-6514

Expressive Writing Workshop:

When we write, we look inside to find the words and images that clarify and give shape to our thoughts and feelings. In the workshop, we will read a poem, do some writing, and share our work with the group, if we would like.

This Group will meet every **Tuesday from 9:00am-10:00am**

This program is funded by The Overlook Foundation and offered to patients within the Atlantic Health System.

Group will be facilitated by Thomas Dooley, Poet-in-Residence at Overlook Medical Center.

Zoom meeting link:

<https://atlanticealth.zoom.us/j/89121746933?pwd=eVZDTWduMFY0ekVSbUpvbWw3cGJnUT09>

Meeting ID: 934 0008 9192 **Passcode:** 311112

Reiki-In Person

Reiki is used for relaxation, stress reduction and symptom relief.

This service will be available every **Monday from 10:00am –12:00pm**

Please call Integrative Therapies to book an appointment 973-971-6182

**CELEBRATE LIFE
CANCER SURVIVORSHIP 4 WEEK
VIRTUAL LECTURE SERIES**

INSPIRATION, EDUCATION AND RELAXATION

CANCER SURVIVORSHIP LECTURE:

This will be a discussion about the guidelines of Post-Treatment Surveillance of cancer patients.

Date: Wednesday, JUNE 7th

Time: 2:00-3:00pm

Presenter: Maithili Rao, MD, Atlantic Health System

SURVIVORSHIP AND NUTRITION LECTURE:

This will be an overview of evidence-based recommendations on nutrition and physical activity for cancer survivors.

Date: Thursday, JUNE 15th

Time: 3:00-4:00pm

Presenter: Nicole Stawicki, MS, RD, CNCS,

SURVIVING TO THRIVING LECTURE:

Join us as we explore ways to become more resilient as we move from survivor to thriver.

Date: Monday, JUNE 19th

Time: 7:30-8:30pm

Presenter: Jean Marie Rosone, LCSW, Integrative Programs Coordinator

YOGA NIDRA LECTURE:

Yoga Nidra is not a physical yoga class, but rather a beginner-friendly, fully-guided relaxation/meditation practice that can help reduce stress and improve sleep.

Date: Tuesday, JUNE 27TH

Time: 4:00-5:00pm

Presenter: Lauren Curtis, MA, LMT, Overlook Integrative Programs Coordinator



ALL SURVIVORS AND THEIR HEALING TEAM ARE WELCOME TO ATTEND

Survivorship Zoom Meeting

<https://atlanticealth.zoom.us/j/83677890416?pwd=VIBIWihPSFRMaHkrdGN0OCtvU3kvdz09>

Meeting ID: 836 7789 0416

Passcode: 331353

There will be weekly baskets raffled each week.

To enter please email Jeanmarie.rosone@atlanticealth.org with your name and phone number to be entered.

All winners will need to pick up their baskets at the cancer center.