

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Jin Shin Jyutsu Self Help 12:00pm-12:30pm Post Treatment Group 12:00pm-1:30pm	1 What You Need to Know about Breast Cancer and Surgery 12:00pm-1:30pm Sound Meditation 3:00pm-4:00pm	3 Reiki Available by appointment Please call to schedule 973-971-6182	4 Musical Morning with Bob Egan 10:00am-10:45am	5
6	7 WE WILL BE CLOSED LABOR DAY	8 Jin Shin Jyutsu Self Help 12:00pm-12:30pm Jin Shin Jyutsu Available by appointment Please call to schedule 973-971-6182	9 Guided Meditation 12:00pm-12:30pm	10 Part 2 Energy Balancing Workshop: Using Mind Body Spirit Medicine 12:00pm-1:00pm Reiki Available by appointment Please call to schedule 973-971-6182	11	12
13	14 Chair Yoga 1:00pm-2:00pm Meaning Centered Group for Patients with Advanced Stage 1:00pm-2:00pm	15 Jin Shin Jyutsu Self Help 12:00pm-12:30pm SURVIVORSHIP Series 1:00pm-2:00pm	16 Sound Meditation 3:00pm-4:00pm Smoking Cessation 12:30pm-1:30pm Head and Neck Support Group 1:30pm-3:00pm	17 Part 2 Energy Balancing Workshop: Using Mind Body Spirit Medicine 12:00pm-1:00pm What You Need to Know about Breast Cancer and Surgery 12:00pm-1:30pm Reiki Available by appointment Please call to schedule 973-971-6182	18 Musical Morning with Bob Egan 10:00am-10:45am	19
20	21 Chair Yoga 1:00pm-2:00pm Meaning Centered Group for Patients with Advanced Stage 1:00pm-2:00pm	22 Jin Shin Jyutsu Self Help 12:00pm-12:30pm Jin Shin Jyutsu Available by appointment Please call to schedule 973-971-6182	23 Guided Meditation 12:00pm-12:30pm Smoking Cessation 12:30pm-1:30pm Writing as a Way of Healing 5:00pm-6:30pm	24 Part 2 Energy Balancing Workshop: Using Mind Body Spirit Medicine 12:00pm-1:00pm Reiki Available by appointment Please call to schedule 973-971-6182	25	26
27	28 Chair Yoga 1:00pm-2:00pm Meaning Centered Group for Patients with Advanced Stage 1:00pm-2:00pm	29 Jin Shin Jyutsu Self Help 12:00pm-12:30pm	30 Smoking Cessation 12:30pm-1:30pm Sound Meditation 3:00pm-4:00pm			

Carol G. Simon Cancer Center September 2020

Virtual Services for Morristown Medical Center

Support and Educational Groups

Post Treatment Group

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

This group will meet **Monday Sept. 1st from 12:00pm-1:30pm**

Group will be facilitated by Diane Haley, LCSW, OSW-C

Zoom meeting link: <https://atlanticealth.zoom.us/j/99047044164?pwd=MVRzSU4vL1VyWlUxN2FSUVZkRHpzZz09>

Meeting ID: 990 4704 4164

Meeting Password: 260768

If you have any questions, please email Diane.Haley@atlanticealth.org

Meaning Centered Group for patients with advanced stage

Open to patients with advanced stage cancers.

This group will meet **Monday Sept. 14th, 21st and 28th from 1:00pm-2:00pm**

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

Pre-registration by email required. If you have any questions, please email Lisa.Picciuti@atlanticealth.org

What You Need to Know about Breast Cancer and Surgery

Class will focus on how to best prepare for your upcoming surgery.

This group will meet **Wednesdays Sept. 2nd and 17th from 12:00pm-1:30pm**

Group will be facilitated by Karen DeRenzi, RN, OCN, ONN-CG

Pre-registration by email required. If you have any questions, please email Karen.DeRenzi@atlanticealth.org

Head and Neck Support Group

This group will meet **Wednesday Sept. 16th from 1:30pm-3:00pm**

Group will be facilitated by Kathleen Crowley, LCSW, OSW-C

Zoom meeting link: <https://atlanticealth.zoom.us/j/96339738346?pwd=QXBQZWVzZXVzejc0K1l0bWZSaGV1Zz09>

Meeting ID: 963 3973 8346

Meeting Password: 247521

If you have any questions, please email Kathleen.Crowley@atlanticealth.org

SURVIVORSHIP Series

Group will discuss a narrative or article on a person who has overcome a challenge or barrier in their life

This group will meet **Sept. 15th from 1:00pm-2:00pm**

Group will be facilitated by Dorothy Coffey, LCSW

Zoom meeting link:

<https://atlanticealth.zoom.us/j/94806263926?pwd=RmQ2QzFCQUJwMU5MjZPcU3cWRGQT09>

Meeting ID: 948 0626 3926

Meeting Password: 409673

If you have any questions, please email Dorothy.Coffey@atlanticealth.org

Smoking Cessation

This group will meet **Wednesday Sept. 16th, 23rd and 30th from 12:30pm-1:30pm**

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

Pre-registration by email required

If you have any questions, please email Lisa.Picciuti@atlanticealth.org

Caregivers Group

No groups currently scheduled, contact Kathleen Crowley, LCSW, OSW-C

for more information email at Kathleen.Crowley@atlanticealth.org

Integrative and Creative Arts Therapy Groups:

Sound Meditation

Learn breathing and sound techniques for wellness and relaxation.

This group will meet **Wednesdays Sept. 2nd, 16th, and 30th from 3:00pm-4:00 pm**

Group will be facilitated by Leah Oswanski, MA, LPC, MT-BC

Zoom meeting link: <https://atlanticealth.zoom.us/j/96289952299?pwd=TVhNN3JwQ3NDU1BQNWJkT1lqMDZhdz09>

Meeting ID: 962 8995 2299

Meeting Password: 929348

If you have any questions, please email Leah.Oswanski@atlanticealth.org

Chair Yoga

The gentle yoga class includes seated and standing poses using the chair for support.

This group will meet **Mondays on Sept 14th, 21st, 28th from 1:00pm-2:00pm**

Feel free to attend all sessions.

Group will be facilitated by Katie Walker

Zoom meeting link: <https://atlanticealth.zoom.us/j/94783842545?pwd=U20yZ1FkVW5WM3kxUDIQbmZwb25wdz09>

Meeting ID: 947 8384 2545

Meeting Password: 827238

If you have any questions, please email JeanMarie.Rosone@atlanticealth.org

Jin Shin Jyutsu Self Help

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

This group will meet **Tuesdays on Sept 1st, 8th, 15th, 22nd and 29th from 12:00pm-12:30pm**

Group will be facilitated by Julia Millspaugh, RN, Lynn Pridmore and Jean Marie Rosone, LCSW

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

Meeting ID: 990 6036 2355

Meeting Password: 615871

If you have any questions, please email JeanMarie.Rosone@atlanticealth.org

Guided Meditation

Take some time to step back and go within.

This group will meet **Wednesdays Sept 9th and 23rd from 12:00pm-12:30 pm.**

Group will be facilitated by Jean Marie Rosone, LCSW

Zoom meeting link: <https://atlanticealth.zoom.us/j/95764540276?pwd=UDgwSld0cXBtaFU5UzdxWnd1T0l0dz09>

Meeting ID: 957 6454 0276

Meeting Password: 542074

If you have any questions, please email JeanMarie.Rosone@atlanticealth.org

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 **Wednesday Sept 23rd 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

Meeting Password: 634627

If you have any questions, please email JeanMarie.Rosone@atlanticealth.org

Part 2 Energy Balancing Workshop: Using Mind Body Spirit as Medicine

Continue to explore the use of how to balance our energy body.

If you did not attend part one you can still participate.

This group will meet **Thursdays Sept 10th, 17th, 24th from 12:00pm-1:00pm**

Zoom meeting link: <https://atlanticealth.zoom.us/j/99169730117?pwd=ZWhhNit4ZGIJQ1N4ZzY1bjlwMDFUT09>

Meeting ID: 991 6973 0117

Meeting Password: 139501

If you have any questions, please email JeanMarie.Rosone@atlanticealth.org

MUSICAL MORNING WITH BOB EGAN

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

This group will meet **Friday Sept 4th & 18th, 24th from 10:00am-10:45am**

Zoom Meeting Link:

<https://us02web.zoom.us/j/3580730150>

Meeting ID: 358 073 0150

If you have any questions, please email Leah.Oswanski@atlanticealth.org