



# FEBRUARY CIRCLE OF SUPPORT PROGRAM

CINJ's Circle of Support program provides support, education, and hope to patients in active cancer treatment through multiple diagnosis-specific and general support groups, mindfulness meditation and relaxation programs, educational programs, and occasional experiential workshops. The goal is to support patients through their cancer journey by providing a safe and non-judgmental space to talk about their specific challenges and experiences, and join with others who are in similar situations. Please call 732-235-6792 for information and to register.

## VIRTUAL SUPPORT GROUPS – ONGOING MONTHLY

Programs are held virtually, are open and free to patients, and may be open to family members.



Time to Talk Breast Cancer Support Group	First Tuesday of the month at 5PM
Living with Cancer Support Group	Second & Fourth Wednesday of the month at 5PM
Guided Imagery	Second & Fourth Tuesday of the month at 2PM
GI Support Group	Third Wednesday of the month at 5PM
Gynecologic Support Group	Fourth Thursday of the month at 5PM

## **METASTATIC BREAST CANCER IN-PERSON EVENT**

Join us on February 27, 2024 at 4:30pm at Rutgers Cancer Institute of New Jersey in New Brunswick for a 2-hour comprehensive educational session led by experts from Rutgers Cancer Institute and RWJBarnabas Health. Please click the link below to register.

[https://event.curetoday.com/bNaODr?Refid=sap&utm\\_source=sap&utm\\_medium=social&utm\\_campaign=updates\\_feb17](https://event.curetoday.com/bNaODr?Refid=sap&utm_source=sap&utm_medium=social&utm_campaign=updates_feb17)

## NUTRITIONAL & DELICIOUS

### **Berry Yogurt Popsicles**

#### Ingredients:

- 1 and a ½ cup pitted fresh or frozen blackberries
- 1 Tbsp. honey
- 12 Three oz. paper cups
- 24 oz. Vanilla Greek yogurt
- Popsicle sticks

Adapted from Cancer Support Community



In a small mixing bowl, mash 1 and 1/2 cup pitted fresh or frozen cherries and a 1/2 cup fresh or frozen blackberries. Drizzle on 1 Tbsp. honey and mix together. In twelve 3 oz. paper cups, layer alternating spoonful of 24 oz. vanilla Greek yogurt and fruit until full. Place popsicle stick or plastic spoon in each cup. Freeze. When ready to serve, tear paper cup off popsicle and enjoy.