



## **CIRCLE OF SUPPORT PROGRAM APRIL 2023**

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 by joining with others who are in similar situations. Please call 732-235-6792 for information and to register.

### **Virtual Support Groups – Ongoing Monthly - April 2023**

Programs are held virtually and are open and free to patients and family members.  
Call 732-235-6792 for information and registration

<i>Time to Talk Breast Cancer Support Group</i>	<i>First Tuesday of the month at 5PM</i>
<i>Living with Cancer Support Group</i>	<i>Second &amp; Fourth Wednesday of the month at 5PM</i>
<i>Guided Imagery Support Group</i>	<i>Second &amp; Fourth Tuesday of the month at 2PM</i>
<i>GI Support Group</i>	<i>Third Wednesday of the month at 5PM</i>
<i>Mindfulness Meditation Support Group</i>	<i>Third Thursday of the month at 5PM</i>
<i>Metastatic Breast Cancer Support Group</i>	<i>Third Thursday of the month at 5PM</i>
<i>Gynecologic Support Group</i>	<i>Fourth Thursday of the month at 5PM</i>

### **Special Event**

Join us for an in-person **Beading Buddies** workshop, on April 27<sup>th</sup> - 1 – 2:30 PM, at CINJ. Each participant will make a bracelet using beads of their choice. Registration is required, as space is limited. All supplies provided!



### **Nutritional & Delicious Recipe**

#### **Mediterranean Quinoa Salad**



Ingredients:

- 1 cup diced bell pepper
- 1 (15oz) can Cannellini beans
- 1 lb cherry tomatoes
- ½ diced red onion
- ½ cup sliced black or kalamata olives
- 5 cups cooked quinoa
- Pesto Sauce

Combine salad ingredients and toss with quinoa. Add pesto to quinoa salad mixture and toss a second time. Allow mixture to chill for 2 hours before serving.

Adapted from the American Institute for Cancer Research.

Shared by Allison Roselli, MS, RDN, Clinical Dietitian, Radiation Oncology RWJUH.

**Recent Donations:** Elementary school students created care packages for CINJ patients undergoing cancer treatment. Each bag includes a personal note, coloring book, colored pencils, hand lotion, and socks to help lift their spirits.