






|    | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|---|
| November 2021 Circle of Support | 1 | 2 | 3 | 4 | 5 Mindfulness Meditation 8 AM |
|  | 8 Time to Talk Breast Cancer Support Group 2 PM | 9 Guided Imagery 2 PM | 10 Living with Cancer Support Group 7 PM | 11 | 12 |
| <i>All support groups and programs are free & open to anyone impacted by cancer</i> | 15 Newly Diagnosed: What to Expect... Support & Education for Breast Cancer 1 PM | 16 | 17 | 18 Mindfulness Meditation 5 PM | 19 BMT – Bone Marrow Transplant Support Group 1 PM |
| Support Groups – Blue Mindfulness/Relaxation Groups - Pink Educational – Green Special Event Program - Red | 22 Time to Talk Breast Cancer Support Group 7 PM | 23 Guided Imagery 2 PM | 24 Connect, Share & Empower Radiation Therapy Support 10:30 AM Living with Cancer Support Group 7 PM | 25 | 26 Living with Loss General Bereavement Support Group will resume in December |
| <i>Due to current restrictions, supportive programs will be held via Zoom</i> | 29 | 30 | | Would you like to join us? Please call 732-235-6792 for information and to be provided the Zoom link |  |