



April 2025

Circle of Support Program



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.

National Health Care Decision Day is April 16th!



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	1st Tuesday of each month at 5pm
Living with Cancer Support Group	2nd & 4th Wednesday of each month at 5pm
Guided Imagery	2nd & 4th Tuesday of each month at 2pm
Gynecologic Support Group	4th Thursday of each month at 5pm
Brain Tumor Support Group	3rd Tuesday of each month at 2pm
Metastatic Brain & Spine Cancer Support Group	1st and 3rd Friday of each month at 11am
Head & Neck Cancer Support Group	3rd Monday of each month at 4pm

Healthy & Delicious - Spring Veggie and Grain Bowl

health.clevelandclinic.org/recipe-spring-veggie-grain-bowl



Ingredients

- 1 cup quinoa
- 3 Tbsp. tahini, well strained
- 3 Tbsp. water
- 2 Tbsp. fresh lemon juice
- 1 small clove garlic, minced
- ¼ Tsp. Kosher salt
- 12 asparagus spears
- 3 carrots
- 6 radishes
- 1 jalapeno, seeds removed if desired
- ½ cup fresh parsley leaves

Directions

- In a medium saucepan, combine the quinoa with 2 cups of water over medium-high heat and let come to a boil. Stir once, cover with a tight-fitting lid, and reduce the heat to low. Cook for 15 minutes, until the water is absorbed. Remove from the heat and fluff with a fork. Let stand, covered, for 5 minutes more.
- In a small bowl, whisk together the tahini, water, lemon juice, garlic and salt
- Using a vegetable peeler, peel the asparagus and carrots into long ribbons. Thinly slice the radishes and jalapeno.
- Divide the quinoa among bowls and add the vegetables. Drizzle on the dressing and scatter the parsley leaves over the top.

