

JULY 2024

CIRCLE OF SUPPORT PROGRAM



The 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.

Ongoing Monthly Virtual Support Groups

**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
- ⌘ **Gynecologic Support Group**
Fourth Thursday of the month at 5PM
- ⌘ **Brain Tumor Support Group**
Third Tuesday of the month at 2PM



BRAIN TUMOR SUPPORT GROUP

Connection * Sharing * Encouragement

You are not alone. Get the emotional support you have been searching for by joining today!

**Patient meeting 3rd Tuesday of every month at 2:00 p.m.
(Virtual)**

How to register:

Please contact the Social Work Department at 732-235-6792 to register and receive the Zoom link.

HEALTHY AND DELICIOUS

Berry Smoothie Bowl

Ingredients

Smoothie base

- 1 1/2 cups plain yogurt.
- 1 banana, frozen
- 1/2 cup orange juice
- 1 cup berries of your choice
- 1 tablespoon flaxseeds
- 1 scoop vanilla plant-based protein powder, optional

Toppings

- 1 tablespoon slivered almonds
- 1 teaspoon chia seeds
- 1 tablespoon pomegranate seeds

<https://my.clevelandclinic.org/departments/wellness/patient-resources/recipes>



Directions: Blend all base ingredients together until smooth, adjusting for sweetness and thickness. Serve immediately in a large bowl with toppings.