

March 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.

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 - Mediterranean Vegetable Soup

health.clevelandclinic.org/recipe-mediterranean-vegetable-soup



Ingredients

- 1/2 cup chopped onion
- 1 cup chopped zucchini
- 1 cup chopped yellow squash
- 1 cup water
- 1/2 teaspoon dried oregano
- 1/4 teaspoon crushed red pepper
- 1, 15.5 ounce can chickpeas (garbanzo beans) drained and rinsed
- 1, 14.5 ounce can low sodium vegetable broth
- 1/4 cup plain low-fat yogurt

Directions

- Heat a large saucepan coated with cooking spray over medium high heat. Add onion, sauté for 3 minutes. Add zucchini and yellow squash, and sauté for another 3 minutes.
- Add water, dried oregano, crushed red pepper, chickpeas, diced tomatoes and vegetable broth. Bring to a boil.
- Reduce heat, and simmer for 5 minutes
- Serve with a dollop of yogurt.