

# JUNE 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 Watermelon-Cranberry Agua Fresca



#### Ingredients

- 2 1/2 pounds seedless watermelon, rind removed and diced (about 7 cups)
- 1 cup fruit-sweetened cranberry juice (sometimes called cranberry nectar)
- 1/4 cup fresh lime juice
- 1 lime, cut into 6 slices

#### Directions

Place the melon in a blender or food processor. Process until smooth. Pass the puree through a fine-mesh sieve placed over a bowl to eliminate the pulp and clarify the juice. Pour the juice into a large pitcher. Add the cranberry and lime juices and stir to combine.

Refrigerate until very cold. Pour into tall chilled glasses and garnish each with a slice of lime.