



CIRCLE OF SUPPORT PROGRAM **MAY 2023**

CINJ's 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 by joining with others who are in similar situations. Please call 732-235-6792 for information and to register.


Virtual Support Groups – Ongoing Monthly - MAY 2023

Programs are held virtually and are open and free to patients and family members.

Call 732-235-6792 for information and registration

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 Support Group	Second & Fourth Tuesday of the month at 2PM
GI Support Group	Third Wednesday of the month at 5PM
Mindfulness Meditation	Third Thursday of the month at 5PM
Metastatic Breast Cancer Support Group	Third Thursday of the month at 5PM
Gynecologic Support Group	Fourth Thursday of the month at 5PM


Special Events

- ☐ Join us for **Advanced Care Planning** (Virtual Program) Thursday, May 25th, 1-2:00 PM. Pre-registration is required. Rose Slirzewski, LCSW and Deb Leif, LCSW will provide information.
- ☐ **Vision Board Workshop** for Gynecologic Support Group members (Virtual or In person) Thursday, May 25th, 5-6:30PM, Auditorium A. Gabrielle Stander, LSW will facilitate. All supplies provided but you are encouraged to bring your own pictures. 

Nutritional & Delicious Recipe

Potato Frittata

Ingredients:

2 Tbsp. olive oil 

4 thin-sliced potatoes,

½ tsp salt

Pinch of pepper

½ cup milk of choice

8 eggs

¼ cup grated cheddar cheese

Preheat oven to 400 °F.

Heat olive oil in oven-safe skillet. Add potatoes cook for 10 minutes.

Combine eggs, milk and cheese. Add to skillet. Cook until sides are set (~2min). Transfer to oven.

Cook for 15-20 min, until eggs are firm. Let sit for 5 minutes.

Adapted from the Cancer Support Community

Shared by Allison Roselli, MS, RDN, Clinical Dietitian, Radiation Oncology RWJUH.