



## GENERAL PROGRAMS

Below are descriptions of all regular programming being offered virtually and in person.  
To register for Mind Body programs, visit [crossroads4hope.org/registration](https://crossroads4hope.org/registration).

To learn more about our programs and services offered at no charge to anyone affected by cancer,  
call us today at 908-658-5400 or visit us online at [crossroads4hope.org](https://crossroads4hope.org).



### Mind Body



#### CHAIR YOGA

Incorporate breath-centered movements in a chair or using the chair for support. Improve strength, mobility and balance.

#### BALANCE, HARMONY, FLOW: JIN SHIN JYUTSU

Explore a method of self-care that releases tension through opening up energy pathways in the body.

#### MOVE AND TONE

Each class combines 30 minutes of simple dance moves & 30 minutes of basic weight & resistance band moves.

#### PEACEFUL PRACTICES FOR LIFE

Weekly programs rotating between Medical Qi Gong, Meditation, Spirituality, and Journaling.

#### RESTORATIVE YOGA WITH GUIDED MEDITATION

With support of blankets and other props, rest in poses that gently stretch the body, helping to calm the nervous system and foster the body's own abilities to heal itself. The addition of breath awareness and guided meditation support a deep level of relaxation, letting go, and connection with self. Options offered so that all can access and feel comfortable in the poses.

#### T'AI CHI CHIH

Experience joy through simple, fluid movements. Also known as meditation in motion.

#### WELLNESS WORKOUT

This one-hour program is for individuals of all ages and fitness levels and features a combo of low-impact cardio exercises with a variety of toning/strength moves using light weights and/or resistance bands. Benefits include improved muscular strength and tone, endurance, and flexibility as well as increased energy, stress reduction, and an overall sense of well-being. Plus some laughs and good music as a bonus!

#### YOGA

Yoga postures modified for your skill level and needs.

#### YOGA BREATHE AND BALANCE

Learn benefits of breathwork for cleansing, detoxifying, strengthening, purifying, toning, and refreshing. All exercises can be done on the floor or chair. Combine breathwork with traditional yoga poses for peace of mind and increased flexibility.



### Support Groups



*An intake or conversation with a social worker is required before attending.*

*Please call 908-658-5400.*

#### ADVANCED BREAST CANCER

Those living with metastatic or advanced breast cancer.

#### BEREAVEMENT

For those who have lost someone to cancer.

#### GYNECOLOGICAL CANCER

For women diagnosed with a gynecologic cancer.

#### FAMILY & FRIENDS

For those who have family or friend with cancer and looking to share their experience.

#### LIVING WITH ADVANCED CANCER

For individuals living with an advanced stage of cancer.

#### MEN'S CANCER

Men with a cancer diagnosis are invited to share their experiences with others.

### Newcomer Orientation

**Kyle Jachim, LSW, Program Coordinator, Crossroads4Hope**

Learn how we can help support you and your family. As a person with cancer, a survivor, family member, friend or bereaved, discover our programs, and connect with others who are living with, through, & beyond cancer. There is a community of support waiting.



Crossroads4Hope  
A NETWORK OF CANCER SUPPORT



Through our Support4Families program, Crossroads4Hope provides individual, family, and group support for children, teens, and parents/caregivers at any point on their cancer journey. Crossroads4Hope takes a family-centered approach to care, including consulting with schools and community professionals, to ensure individualized care for each family to best suit their needs. Call 908-658-5400, x5 or visit [crossroads4hope.org/support4families](https://crossroads4hope.org/support4families).

# NOV/DEC FEATURED PROGRAMS

Programs are held through a secure online platform unless otherwise noted.  
Register by calling 908-658-5400 x0 or visit [crossroads4hope.org/registration](http://crossroads4hope.org/registration).

## Community Outreach

**SENOS SANOS**  
**3 DE NOVIEMBRE | 12:00 PM - 1:00 PM**  
**Alejandra Flores, RN**

Senos Sanos es un programa de salud de los senos para mujeres hispanas mayores de 35 años de edad de alto riesgo y para todas las mujeres hispanas mayores de 40 años. El programa incluye charlas y educación sobre el cáncer de seno, estrategias para reducir riesgos, información sobre mamografías y recursos en la comunidad.

**BREAST CANCER IN THE LGBTQ+ COMMUNITY**  
**DECEMBER 2ND | 12:00 PM - 1:00 PM**  
**Faye Yin, MD, FACP**

During this webinar learn about the risk factors of breast cancer in the LGBTQ+ Community. Understand the signs and symptoms, and hear more about diagnosis and treatment from a Steeplechase Cancer Center provider.

## Nutrition

**STOMACH CANCER AND NUTRITION**  
**NOVEMBER 10TH | 1:00 PM - 2:30 PM**  
**Erin Kenny, MS, RD, CSO**

We will discuss nutrition considerations during the treatment for stomach cancer and managing treatment-related side effects. We will also discuss long-term nutrition implications of surgery for stomach cancer.

**CULINARY CROSSROADS: HITTING THE ROAD-  
DINING OUT STRATEGIES FOR HEALTHY EATING**  
**DECEMBER 3RD | 11:30 AM - 1:00 PM**

**Elisa England, MS, RDN, *NewTritious You***  
**Ellen Petrosino, MS, RD**  
**Kyle Jachim, MSW, LSW, Program Coordinator,**  
***Crossroads4Hope***

Join us as we discuss healthy options at restaurants, packing snacks and healthy meals while traveling away from home. There will be a virtual cooking demo where we share our easy to make home-made versions of your favorite "fast food" meals.

## Social Connections

**BOOK CLUB**  
**NOVEMBER 11TH AND DECEMBER 9TH**  
**1:00 PM - 3:00 PM**  
**Participant Advisory Committee (PAC)**

**COFFEE, TEA, & TALK**  
**NOVEMBER 19TH AND DECEMBER 17TH**  
**10:00 AM - 11:00 AM**  
**Participant Advisory Committee (PAC)**

Join us for an open discussion to network and socialize--distantly! Bring your beverage of choice in your favorite mug. All are welcome, including pets!

**CREATIVE ARTS**  
**Billie Marie Aber, Instructor**

***The Goldfish Bowl***  
**December 3rd | 1:00 pm - 2:30 pm**

Paint Henri Matisse's room with a goldfish bowl, including colorful designs and the open window.. Art materials will be supplied and class will be onsite at Center for Contemporary Art. In case of weather/cases rise, program will be held virtually. Space is limited. Register by calling Kyle Jachim, MSW, LSW, Program Coordinator at 908-658-5400 x3.

*This program is supported by a generous gift in memory of Karen Stober, who loved our creative arts programs.*

**OUR CANCER JOURNEY: RESILIENCE IN WORDS**  
**NOVEMBER 18TH | 7:00 PM - 8:00 PM**  
**Josh Schnetzer, Teaching Artist *McCarter Theatre Center***  
**Kyle Jachim, MSW, LSW, Program Coordinator,**  
***Crossroads4Hope***

Join us for an evening performance in partnership with McCarter Theatre Center as we take you on a cancer journey through several spoken pieces written by members of our community, Crossroads4Hope. The material presented will be anonymous in nature and rooted in lived experience. There will be a talk-back after the performance where we will engage with the audience.

## STRESS MANAGEMENT SERIES

12:00 pm - 1:00 pm

**Vanessa Rugeles, ND, LAc & Kyle Jachim, MSW, LSW**

*This will have an educational component as well as an open discussion amongst attendees.*

### **Self Compassion | November 16th**

The way we speak to ourselves plays a significant role in our healing journey. We'll cover why having self-compassion as you face hard times matters and how you can change internal conversations to reduce stress and support mental & physical health.

### **Movement & Exercise | November 23rd**

We'll discuss the role that stress hormones play in a cancer process and how physical movement is instrumental in reducing the negative impact stress has on the body. We will share resources that will help you start moving right at home.

### **Morning Routines | December 9th**

Having a morning routine makes us feel grounded and ready for the day helps the body feel in control, which helps reduce stress. Let's talk about creating a morning routine that nourishes your physical and mental health.

### **Sleep | December 16th**

Healthy sleep routines promote melatonin production, which has a strong antioxidant function particularly important in cancer care. During this session, we'll discuss how to turn off your brain at night so you can be less stressed and reap the great benefits of natural melatonin production.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



Through our Support4Families program, Crossroads4Hope provides individual, family, and group support for children, teens, and parents/caregivers at any point on their cancer journey. Crossroads4Hope takes a family-centered approach to care, including consulting with schools and community professionals, to ensure individualized care for each family to best suit their needs. Call 908-658-5400, x5 or visit [crossroads4hope.org/support4families](http://crossroads4hope.org/support4families).

<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p> <p><b>Yoga, Breathe &amp; Balance</b> 9:30 am - 10:30 am <b>Advanced Breast Cancer Support Group</b> 11:30 am - 1:00 pm <b>Family &amp; Friends Support Group</b> 11:30 am - 1:00 pm</p>	<p><b>4</b></p> <p><b>Move and Tone</b> 9:00 am - 10:00 am <b>Living with Advanced Cancer Support Group</b> 11:00 am - 12:30 pm <b>Bereavement Support Group</b> 11:00 am - 12:30 pm <b>Breast Cancer in the LGBTQ+ Community</b> 12:00 pm - 1:00 pm <b>Chair Yoga</b> 1:30 pm - 2:30 pm</p>	<p><b>5</b></p> <p><b>Culinary Crossroads: Hitting the Road: Dining Out Strategies for Healthy Eating</b> 11:00 am - 1:00 pm <b>Creative Arts: The Goldfish Bowl @Center for Contemporary Art</b> 1:00 pm - 2:30 pm</p>
<p><b>6</b></p> <p><b>Gynecological Cancer Support Group</b> 12:00 pm - 1:30 pm <b>Wellness Workout</b> 6:00 pm - 7:00 pm</p>	<p><b>7</b></p> <p><b>Peaceful Practices: Medical Qi Gong</b> 11:00 am - 12:00 pm <b>Men's Cancer Support Group</b> 11:00 am - 12:30 pm <b>T'ai Chi Chih</b> 12:30 pm - 1:30 pm <b>Yoga</b> 6:30 pm - 7:30 pm</p>	<p><b>8</b></p> <p><b>Yoga, Breathe &amp; Balance</b> 9:30 am - 10:30 am <b>Men's Cancer Support Group</b> 6:30 pm - 8:00 pm</p>	<p><b>9</b></p> <p><b>Move and Tone</b> 9:00 am - 10:00 am <b>Stress Management Series</b> 12:00 pm - 1:00 pm <b>Book Club</b> 1:00 pm - 3:00 pm <b>Living with Advanced Cancer Support Group</b> 6:00 pm - 7:30 pm</p>	<p><b>10</b></p>
<p><b>13</b></p> <p><b>Newcomer Orientation</b> 11:00 am - 12:30 pm <b>Wellness Workout</b> 6:00 pm - 7:00 pm</p>	<p><b>14</b></p> <p><b>Balance, Harmony, Flow: Jin Shin Jyutsu</b> 9:30 am - 10:30 am <b>Peaceful Practices: Meditation</b> 11:00 am - 12:00 pm <b>T'ai Chi Chih</b> 12:30 pm - 1:30 pm <b>Yoga</b> 6:30 pm - 7:30 pm <b>Gynecological Cancer Support Group</b> 7:00 pm - 8:30 pm</p>	<p><b>15</b></p> <p><b>Yoga, Breathe &amp; Balance</b> 9:30 am - 10:30 am <b>Advanced Breast Cancer Support Group</b> 11:30 am - 1:00 pm <b>Family &amp; Friends Support Group</b> 11:30 am - 1:00 pm <b>Restorative Yoga with Guided Meditation</b> 7:30 pm - 8:45 pm</p>	<p><b>16</b></p> <p><b>Move and Tone</b> 9:00 am - 10:00 am <b>Living with Advanced Cancer Support Group</b> 11:00 am - 12:30 pm <b>Bereavement Support Group</b> 11:00 am - 12:30 pm <b>Stress Management Series</b> 12:00 pm - 1:00 pm <b>Chair Yoga</b> 1:30 pm - 2:30 pm</p>	<p><b>17</b></p> <p><b>Coffee, Tea, &amp; Talk</b> 10:00 am - 11:00 am</p>
<p><b>20</b></p> <p><b>Gynecological Cancer Support Group</b> 12:00 pm - 1:30 pm <b>Wellness Workout</b> 6:00 pm - 7:00 pm</p>	<p><b>21</b></p> <p><b>Peaceful Practices: Spirituality</b> 11:00 am - 12:00 pm <b>T'ai Chi Chih</b> 12:30 pm - 1:30 pm <b>Yoga</b> 6:30 pm - 7:30 pm</p>	<p><b>22</b></p> <p><b>Yoga, Breathe &amp; Balance</b> 9:30 am - 10:30 am <b>Men's Cancer Support Group</b> 6:30 pm - 8:00 pm</p>	<p><b>23</b></p> <p><b>Move and Tone</b> 9:00 am - 10:00 am <b>Living with Advanced Cancer Support Group</b> 6:00 pm - 7:30 pm</p>	<p><b>24</b></p> <p><b>OFFICE CLOSED NO PROGRAMS</b></p>
<p><b>27</b></p> <p><b>OFFICE OPEN NO PROGRAMS</b></p>	<p><b>28</b></p> <p><b>OFFICE OPEN NO PROGRAMS</b></p>	<p><b>29</b></p> <p><b>OFFICE OPEN NO PROGRAMS</b></p>	<p><b>30</b></p> <p><b>OFFICE OPEN NO PROGRAMS</b></p>	<p><b>31</b></p> <p><b>OFFICE CLOSED NO PROGRAMS</b></p>