

GENERAL PROGRAMS

Below are descriptions of all regular programming offered at no charge.
To register for Mind Body programs, visit crossroads4hope.org/registration.
Virtual programs are held through a secure online platform.



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.

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 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 may be done on the floor or on a chair. Combine breathwork with yoga poses for peace of mind and increased flexibility.

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.



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, MSW, 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.



These age and developmentally appropriate programs are for children, teens, and their primary caregivers impacted by a cancer diagnosis. If you have questions, contact Rachel Werner, MS, CCLS Child/Youth Program Coordinator, at 908-658-5400 x5 or visit crossroads4hope.org/support4families.