

GENERAL PROGRAMS

Below are descriptions of all regular programming being offered virtually.
To register for Health and Wellness programs, visit crossroads4hope.org/registration



Health and Wellness



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

Support4Families

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



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.



Social Connections



BOOK CLUB

MAY 13TH AND JUNE 10TH | 1:00 PM - 3:00 PM

Participant Advisory Committee (PAC)

May: *The Immortal Life of Henrietta Lacks* by Rebecca Skloot

June: *The Night Watchman* by Louise Erdrich

COFFEE, TEA, & TALK

MAY 21ST AND JUNE 16TH | 10:00 AM - 11:00 AM

Participant Advisory Committee (PAC)

Join us for an open discussion to network and socialize!

MAY/JUNE FEATURED PROGRAMS

Programs are held through a secure online platform. Register by calling 908-658-5400 x0 or visit crossroads4hope.org/registration.



Education



MANAGING CANCER RELATED FATIGUE

MAY 4TH | 1:00 PM - 2:00 PM

Julianne Couch, OTR/L, CLT and Alana Papa, PT, DPT

Learn how physical and occupational therapists evaluate cancer-related fatigue and fitness to create a custom treatment plan.

CATCHING UP ON CANCER SERIES

Evelyn Fuetes, NDTR

Cancer 101

May 6th | 1:00 pm - 2:00 pm

Learn about cancer development, early screening, and how changes in lifestyle habits can help protect you and your family.

Understanding Clinical Trials

May 13th | 1:00 pm - 2:00 pm

Learn about the research involved in clinical trials and the enrollment process including how participants are protected and the importance of minority participation in clinical trials..

MANAGING NEUROPATHY

JUNE 8TH | 1:00 PM - 2:00 PM

Julianne Couch, OTR/L, CLT and Alana Papa, PT, DPT

Review cancer treatments that may cause neuropathy, symptoms, impact on daily life, & how physical & occupational therapy can help.

MENTAL HEALTH AND CANCER

JUNE 14TH | 1:00 PM - 2:00 PM

Sharon Manne, PhD

Let's discuss how a cancer diagnosis can impact and existing mental health issues and learn ways in which you can cope.

Community Outreach

TAKING CHARGE OF YOUR HEALTH SERIES

Back to Basics

May 5th | 1:00 pm - 2:00 pm

Melissa Rivers-Richardson DNP, RN, FNP-BC,

Somerset Family Practice RWJ University Hospital Somerset

Discussion on empowering and educating Black and Brown communities to lead a healthier lifestyle.

Building Trust With Your Healthcare Provider

May 12th | 1:00 pm - 2:00 pm

Melissa Rivers-Richardson DNP, RN, FNP-BC, Nurse Manager,

Somerset Family Practice RWJ University Hospital Somerset

An open dialogue with a healthcare provider about building a trusting relationship with your healthcare team.

SKIN SAFETY: WHAT YOU NEED TO KNOW

MAY 11TH | 1:00 PM - 2:00 PM

Gina-Marie Miraglia, MPA, Horizon BCBSNJ

Learn measures to reduce the risk of skin cancer. Discuss different types, how to look for abnormalities, and importance of annual scans.

CANCER EDUCATION AND RESOURCES FOR THE UNEMPLOYED AND UNINSURED

MAY 11TH | 3:00 PM - 4:00 PM

Nancy Aleman, Director of Family Planning,

Hoboken Family Planning, Inc.

Discuss prevention, early screening, and detection guidelines for breast, prostate, and colorectal cancers. Learn about the Cancer Screening (CEED) Program available in New Jersey.

En Español

SEGURIDAD DE LA PIEL: LO QUE NECESITA SABER

MAY 6TH | 3:00 PM - 4:00 PM

Camila Vodery, RN, Enfermera de Salud Comunitaria

Horizon BCBSNJ

Aprenda las medidas de seguridad para reducir el riesgo de cáncer de piel. Hable sobre tipos de cáncer de piel, cómo buscar anomalías, y la importancia de una exploración anual de la piel.



Health & Wellness



IMPROV AND THEATRE

MAY 17TH | 1:00 PM - 2:00 PM

Joshua Schnetzer, McCarter Theatre

Join us for a dose of laughter, creativity, ensemble -building, and entertainment, where everything is YES and nothing is that serious. This includes improv activities and theatre games. *Most importantly, no acting or improv experience is required!*

Conversations at Crossroads

Jill Kaplan, LCSW | Ellen Levine, LCSW

Kyle Jachim, LSW, Program Coordinator, Crossroads4Hope

This discussion group, led by different mental health professionals, will encourage sharing thoughts and feelings.

How to Live Well in Survivorship

May 10th | 1:00 pm - 2:30 pm

Focus on the idea of "re-entry" into life after facing cancer. How do you begin again and find meaning after life has been interrupted?

Relationships and Cancer

May 27th | 7:00 pm - 8:30 pm

How can I strengthen my relationships during my cancer journey... and beyond?

Cancer Doesn't Define Me--What Does?

June 14th | 1:00 pm - 2:30 pm

Let's explore ways to live life fully in the face of cancer as a person with cancer or a loved one.

Communication: A Two Way Street

June 24th | 7:00 pm - 8:30 pm

How to deal with communication challenges everywhere you turn!



Social Connections



CREATIVE ARTS

Billie Marie Aber, Instructor

Flowers For Spring May 7th | 9:30 am - 11:00 am

Draw or paint simple spring flowers. No experience necessary. Supplies: Children's Watercolor Set or Colored Pencils; Heavy paper or watercolor paper.



Monet's Garden June 11th | 9:30 am - 11:00 am

Acrylic painting on canvas. No experience needed.

Materials will be supplied. This program is held onsite at Crossroads4Hope. Space is limited. Call 908-658-5400 x3 to register.

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



Nutrition



CULINARY CROSSROADS:

BUILDING A HEALTHY KITCHEN

JUNE 4TH | 11:30 AM - 1:00 PM

Elisa England, MS, RDN, NewTritious You

Ellen Petrosino, MS, RDN

Kyle Jachim, LSW, Program Coordinator, Crossroads4Hope

Let's break your kitchen down into different zones: pantry, freezer, and refrigerator. We'll provide tips on how to fill each with delicious, healthy, whole foods. Cooking demo included where we share our favorite ways to turn these foods into quick and easy meals/snacks.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Calendar Key



Program takes place onsite at Crossroads4Hope

3 Crossroads Drive, Bedminster, NJ 07921

1
Peaceful Practices:
Medical Qi Gong
11:00 am - 12:00 pm
Mens Cancer Support Group
11:00 am - 12:30 pm
T'ai Chi Chih
12:30 pm - 1:30 pm
Yoga
6:30 pm - 7:30 pm

2
Yoga, Breathe & Balance
9:30 am - 11:00 am
Advanced Breast Cancer Support Group
11:30 am - 1:00 pm
Family & Friends Support Group
11:30 am - 1:00 pm

3
Living with Advanced Cancer Support Group
11:00 am - 1:00 pm
Chair Yoga
1:30 pm - 2:30 pm

4
Culinary Crossroads:
Building a Healthy Kitchen
11:30 am - 1:00 pm




Visit crossroads4hope.org/wings for details!

7
Gynecological Cancer Support Group
12:00 pm - 1:30 pm
Wellness Workout
6:00 pm - 7:00 pm

8
Balance, Harmony, Flow:
Jin Shin Jyutsu
9:30 am - 10:30 am
Peaceful Practices: Meditation
11:00 am - 12:00 pm
T'ai Chi Chih
12:30 pm - 1:30 pm
Managing Neuropathy
1:00 pm - 2:00 pm
Yoga
6:30 pm - 7:30 pm
Gynecological Cancer Support Group
7:00 pm - 8:30 pm

9
Yoga, Breathe & Balance
9:30 am - 11:00 am
Men's Cancer Support Group
6:30 pm - 8:00 pm

10
Bereavement Support Group
11:00 am - 12:30 pm
Living with Advanced Cancer Support Group
11:00 am - 1:00 pm
Book Club
1:00 pm - 3:00 pm

11
Creative Arts:
Monet's Garden 
@Crossroads4Hope
9:30 am - 11:00 am

14
Newcomer Orientation
11:00 am - 12:30 pm
Mental Health and Cancer: How a Diagnosis Can Impact You
1:00 pm - 2:00 pm
Conversations at Crossroads: Cancer Doesn't Define Me-- What Does?
1:00 pm - 2:30 pm
Wellness Workout
6:00 pm - 7:00 pm

15
Peaceful Practices: Spirituality
11:00 am - 12:00 pm
T'ai Chi Chih
12:30 pm - 1:30 pm
Yoga
6:30 pm - 7:30 pm
Gynecological Cancer Support Group
7:00 pm - 8:30 pm

16
Yoga, Breathe & Balance
9:30 am - 11:00 am
Advanced Breast Cancer Support Group
11:30 am - 1:00 pm
Family & Friends Support Group
11:30 am - 1:00 pm
Restorative Yoga with Guided Meditation
7:30 pm - 8:45 pm

17
Living with Advanced Cancer Support Group
11:00 am - 1:00 pm
Chair Yoga
1:30 pm - 2:30 pm

18
Coffee, Tea, & Talk
10:00 am - 11:00 am

21
Gynecological Cancer Support Group
12:00 pm - 1:30 pm
Wellness Workout
6:00 pm - 7:00 pm

22
Balance, Harmony, Flow:
Jin Shin Jyutsu
9:30 am - 10:30 am
Peaceful Practices: Journaling
11:00 am - 12:00 pm
T'ai Chi Chih
12:30 pm - 1:30 pm
Yoga
6:30 pm - 7:30 pm

23
Yoga, Breathe & Balance
9:30 am - 11:00 am
Men's Cancer Support Group
6:30 pm - 8:00 pm

24
Bereavement Support Group
11:00 am - 12:30 pm
Living with Advanced Cancer Support Group
11:00 am - 1:00 pm
Newcomer Orientation
6:00 pm - 7:30 pm
Conversations at Crossroads: Communication, A Two Way Street
7:00 pm - 8:30 pm

28
Wellness Workout
6:00 pm - 7:00 pm

29
Peaceful Practices: Journaling
11:00 am - 12:00 pm
T'ai Chi Chih
12:30 pm - 1:30 pm
Yoga
6:30 pm - 7:30 pm

30
Yoga, Breathe & Balance
9:30 am - 11:00 am
Advanced Breast Cancer Support Group
11:30 am - 1:00 pm

All programs are offered virtually and at no charge. Registration is required for all via our secure online platform.

Please check our website often for updates and new programs added!

Visit us online at crossroads4hope.org or call 908-658-5400 to register.

All of our programs are a safe space, regardless of race, ethnicity, age, gender identity, sexual orientation, and other personal identities.