



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.

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.



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.

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.

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

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McCarter Theatre Center as e ta e o on a cancer o rne
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12:00 pm - 1:00 pm

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Sel Comp ssion | November 16th

he e spe to ourselves pls signi ic nt role in our he ling ourn We ll cover h h ving sel -comp ssion s o
ce h rd times m tters nd ho ou c n ch ntern I convers tions to reduce stress nd support ment I & ph sic I he lth

Movement & Exercise | November 23rd











We ll discuss the role th t stress hormones pl in c ncer process nd ho ph sic I movement is instrument I in reducin
the neg tive imp ct stress h s on the bod We ill sh re resources th t ill help ou st rt moving right t home

Morning Routines | December 9th

ving morning routine m es us eel grounded nd re d or the d helps the bod eel in control hich helps reduce
stress Let s t l bout cre ting morning routine th t nourishes our ph sic I nd ment I he lth

Sleep | December 16th

e lth sleep routines promote mel tonin production hich h s strong ntioxid nt unction p rticul rl import nt in c n
c re During this session e ll discuss ho to turn o our br in t night so ou c n be less stressed nd re p the great
bene its o n tur I mel tonin production

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="right">1</p> <p>Gynecological Cancer Support Group 12:00 pm - 1:30 pm</p> <p>Wellness Workout 6:00 pm - 7:00 pm</p>	<p align="right">2</p> <p> Peaceful Practices: Medical Qi Gong 11:00 am - 12:00 pm</p> <p>Men's Cancer Support Group 11:00 am - 12:30 pm</p> <p> T'ai Chi Chih 12:30 pm - 1:30 pm</p> <p> Yoga 6:30 pm - 7:30 pm</p>	<p align="right">3</p> <p>Yoga, Breathe & Balance 9:30 am - 10:30 am</p> <p>Advanced Breast Cancer Support Group 11:30 am - 1:00 pm</p> <p>Family & Friends Support Group 11:30 am - 1:00 pm</p> <p>Senos Sanos 12:00 pm - 1:00 pm</p>	<p align="right">4</p> <p>Move and Tone 9:00 am - 10:00 am</p> <p> Living with Advanced Cancer Support Group 11:00 am - 12:30 pm</p> <p>Chair Yoga 1:30 pm - 2:30 pm</p>	<p align="right">5</p>
<p align="right">8</p> <p>Wellness Workout 6:00 pm - 7:00 pm</p>	<p align="right">9</p> <p>Balance, Harmony, Flow: Jin Shin Jyutsu 9:30 am - 10:30 am</p> <p>Peaceful Practices: Meditation 11:00 am - 12:00 pm</p> <p>T'ai Chi Chih 12:30 pm - 1:30 pm</p> <p>Yoga 6:30 pm - 7:30 pm</p> <p>Gynecological Cancer Support Group 7:00 pm - 8:30 pm</p>	<p align="right">10</p> <p>Yoga, Breathe & Balance 9:30 am - 10:30 am</p> <p>Stomach Cancer and Nutrition 1:00 pm - 2:30 pm</p> <p>Men's Cancer Support Group 6:30 pm - 8:00 pm</p>	<p align="right">11</p> <p>Move and Tone 9:00 am - 10:00 am</p> <p>Bereavement Support Group 11:00 am - 12:30 pm</p> <p>Living with Advanced Cancer Support Group 6:00 pm - 7:30 pm</p> <p>Book Club 1:00 pm - 3:00 pm</p>	<p align="right">12</p>
<p align="right">15</p> <p>Newcomer Orientation 11:00 am - 12:30 pm</p> <p>Gynecological Cancer Support Group 12:00 pm - 1:30 pm</p> <p>Wellness Workout 6:00 pm - 7:00 pm</p>	<p align="right">16</p> <p> Peaceful Practices: Spirituality 11:00 am - 12:00 pm</p> <p> T'ai Chi Chih 12:30 pm - 1:30 pm</p> <p>Stress Management Series 12:00 pm - 1:00 pm</p> <p> Yoga 6:30 pm - 7:30 pm</p>	<p align="right">17</p> <p>Yoga, Breathe & Balance 9:30 am - 10:30 am</p> <p>Advanced Breast Cancer Support Group 11:30 am - 1:00 pm</p> <p>Family & Friends Support Group 11:30 am - 1:00 pm</p> <p>Restorative Yoga with Guided Meditation 7:00 pm - 8:45 pm</p>	<p align="right">18</p> <p>Move and Tone 9:00 am - 10:00 am</p> <p> Living with Advanced Cancer Support Group 11:00 am - 1:00 pm</p> <p>Chair Yoga 1:30 pm - 2:30 pm</p> <p>Our Cancer Journey: Resilience in Words 7:00 pm - 8:00 pm</p>	<p align="right">19</p> <p>Coffee, Tea, & Talk 10:00 am - 11:00 am</p>
<p align="right">22</p> <p>Wellness Workout 6:00 pm - 7:00 pm</p>	<p align="right">23</p> <p>Balance, Harmony, Flow: Jin Shin Jyutsu 9:30 am - 10:30 am</p> <p>Peaceful Practices: Journaling 11:00 am - 12:00 pm</p> <p>T'ai Chi Chih 12:30 pm - 1:30 pm</p> <p>Yoga 6:30 pm - 7:30 pm</p>	<p align="right">24</p> <p>Yoga, Breathe & Balance 9:30 am - 10:30 am</p> <p>Men's Cancer Support Group 6:30 pm - 8:00 pm</p>	<p align="right">25</p> <p align="center">OFFICE CLOSED NO PROGRAMS</p>	<p align="right">26</p> <p align="center">OFFICE CLOSED NO PROGRAMS</p>
<p align="right">29</p> <p>Gynecological Cancer Support Group 12:00 pm - 1:30 pm</p> <p>Wellness Workout 6:00 pm - 7:00 pm</p>	<p align="right">30</p> <p>T'ai Chi Chih 12:30 pm - 1:30 pm</p> <p>Yoga 6:30 pm - 7:30 pm</p>	<p align="center">Calendar Key</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Program takes place onsite at Crossroads4Hope</p> <p>3 Crossroads Drive, Bedminster, NJ 07921</p> </div> <div style="text-align: center;">  <p>Hybrid program takes place onsite at Crossroads4Hope AND virtually through Zoom</p> <p>3 Crossroads Drive, Bedminster, NJ 07921</p> </div> </div>		