

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



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



Support4Families offers age and developmentally appropriate support for children, teens and parents to cope with a personal cancer diagnosis, that of a loved one or a loss. In addition to all of our other supportive programs, our Support4Families initiative offers school-based support and a financial assistance program for families impacted by a pediatric cancer diagnosis. Questions? Contact Rachel Werner, MS, CCLS Child & Youth Program Coordinator, at 908-658-5400 x5 or visit crossroads4hope.org/support4families.

SEP/OCT 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.

Education

GYN CANCER SERIES

Screening and Prevention

September 15th | 12:00 pm - 1:00 pm

Karen Dougherty, APN, MSN, ANP-BC

Join us for the first part of this series where we will discuss an overview of different types of GYN cancers, screenings that are currently available, and GYN cancer prevention.

Advances in Treatment and Clinical Trials

September 22nd | 12:00 pm - 1:00 pm

Maria Rubinstein, MD

Join us for the second part of this series where we will discuss the current advances in GYN cancer-related treatment, provide an overview of clinical trials, and how to access them.

UNDERSTANDING HER2+ BREAST CANCER RECURRENCE

OCTOBER 6TH | 1:00 PM - 2:00 PM

Erika Hawley, RN, BSN, MBA, OCN

Join us for a presentation which includes an overview of HER2+ Breast Cancer, tips on how to reduce the risk of recurrence, an overview of the treatment plan, and the patient's role in treatment planning, as well as resources.

Community Outreach

BREAST CANCER IN THE ASIAN COMMUNITY

SEPTEMBER 30TH | 1:00 PM - 2:00 PM

Deborah Lue, MD

We will discuss how breast cancer risk factors are different in the Asian population in America: the impact of immigration, breast density, and more.

MAKE TIME FOR MAMMOGRAPHY

OCTOBER 5TH | 1:00 PM - 2:00 PM

Attiyyah Muhammad-Callaway, BSN, RN

According to Susan G. Komen, breast cancer mortality or deaths in black women were 42% higher than other women from 2010-2014. In this special webinar for African American women, discover causes of the increased mortality, strategies to reduce the risks for breast cancer, signs and symptoms, causes, the importance of getting an annual mammogram, and treatment options.

Nutrition

CULINARY CROSSROADS:

EAT TO BEAT THE STRESS

SEPTEMBER 17TH | 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 specific ways to nourish the body to help you combat the effects of stress and explore mindful behaviors surrounding food choices when stressed. There will be a virtual cooking demo where we share our favorite ways to turn stress-busting foods into fast foods, that can easily fit into your busy day.

Social Connections

BOOK CLUB

SEPTEMBER 9TH AND OCTOBER 14TH

1:00 PM - 3:00 PM

Participant Advisory Committee (PAC)

September: *Life in a Jar* by Jack Mayer

October: *Haben* by Haben Girma

COFFEE, TEA, & TALK

SEPTEMBER 17TH AND OCTOBER 15TH

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

Still Life Painting

October 8th | 1:00 pm - 2:30 pm

Paint a still life in the style of Paul Cezanne, with acrylic paint on canvas. 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.



Mind Body



EXPRESSIVE ARTS: IMPROV & THEATRE

OCTOBER 7TH | 1:00 PM - 2:30 PM

Joshua Schnetzer, McCarter Theatre

Join us and McCarter Theatre from Princeton, NJ for a dose of laughter, creativity, ensemble-building, and entertainment, where everything is "Yes, and..." and nothing is that serious. This will include improv activities and theatre games. Most importantly, no acting or improv experience is required!

BOOGEYMAN IN THE CLOSET

OCTOBER 28TH | 6:00 PM - 7:30 PM

Barbara Hale, MSW, LCSW

Join Barbara for a discussion about reducing the fears of cancer recurrence, death, and how to live fully in the face of cancer. We will focus on the social and emotional aspects of these phases of the cancer experience. Patients, survivors, and caregivers are welcome.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Calendar Key



Program takes place onsite at Crossroads4Hope

Hybrid program takes place onsite at Crossroads4Hope AND virtually through Zoom

Support4Families offers age and developmentally appropriate support for children, teens and parents to cope with a personal cancer diagnosis, that of a loved one or a loss. Call us today at 908-658-5400 x5 or visit crossroads4hope.org/support4families to learn more.

3 Crossroads Drive, Bedminster, NJ 07921

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<p>4</p> <p>Gynecological Cancer Support Group 12:00 pm - 1:30 pm</p> <p>Wellness Workout 6:00 pm - 7:00 pm</p>	<p>5</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>Make Time for Mammography 12:00 pm - 1:00 pm</p> <p>Yoga 6:30 pm - 7:30 pm</p>	<p>6</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>Understanding Her2+ Breast Cancer Recurrence 1:00 pm - 2:00 pm</p>	<p>7</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>Expressive Arts: Improv & Theatre 1:00 pm - 2:30 pm</p> <p>Chair Yoga 1:30 pm - 2:30 pm</p>	<p>8</p> <p>Creative Arts: Still Life Painting @Center for Contemporary Art 1:00 pm - 2:30 pm</p>
<p>11</p> <p>Wellness Workout 6:00 pm - 7:00 pm</p>	<p>12</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>13</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>14</p> <p>Move and Tone 9:00 am - 10:00 am</p> <p>Bereavement Support Group 11:00 am - 12:30 pm</p> <p>Book Club 1:00 pm - 3:00 pm</p> <p>Living with Advanced Cancer Support Group 6:00 pm - 7:30 pm</p>	<p>15</p> <p>Coffee, Tea, & Talk 10:00 am - 11:00 am</p>
<p>18</p> <p>Newcomer Orientation 11:00 am - 12:30 pm</p> <p>Gynecological Cancer Support Group 12:00 pm - 1:30 pm</p>	<p>19</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>Yoga 6:30 pm - 7:30 pm</p>	<p>20</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 7:30 pm - 8:45 pm</p>	<p>21</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>22</p>
<p>25</p> <p>Wellness Workout 6:00 pm - 7:00 pm</p>	<p>26</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>27</p> <p>Yoga, Breathe & Balance 9:30 am - 11:00 am</p> <p>Men's Cancer Support Group 6:30 pm - 8:00 pm</p>	<p>28</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>Boogeyman in the Closet 6:00 pm - 7:30 pm</p>	<p>29</p>