



**Crossroads4Hope**  
A NETWORK OF CANCER SUPPORT  
Taking On Your Cancer Journey. Together.®

**PROGRAM TYPE**

- IN PERSON PROGRAMS
- MIND & BODY
- SUPPORT GROUPS
- SUPPORT4FAMILIES
- EDUCATION & NUTRITION

 **MyGo2Support**  
24/7 SUPPORT RIGHT AT YOUR FINGERTIPS.  
Call us today to enroll!!

**QUESTIONS?**

**CALL:**  
908-658-5400

**E-MAIL:**  
PROGRAMTEAM@  
CROSSROADS  
4HOPE.ORG

**FOLLOW US ON  
SOCIAL MEDIA:**  
@CR4HOPE



\*For real time updates of our general programs and support group schedules, please visit our website at:  
<https://crossroads4hope.org/generalprograms/>  
<https://crossroads4hope.org/support-groups/>



# APRIL PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<i>April Fools Day</i>	<p><b>Peaceful Practices For Life</b> 11:00am - 12:00pm</p> <p><b>Men's Cancer Support Group (In-Person)</b> at Steeplechase Cancer Center 30 Rehill Ave Somerville, NJ, 08876 11:00am - 12:30pm</p> <p>T'ai Chi Chih 12:30pm - 1:30pm</p> <p>Yoga 6:30pm - 7:30pm</p>	<p>Yoga, Breathe &amp; Balance 9:30am - 10:30am</p> <p><b>Advanced Breast Cancer Support Group</b> 11:30am - 1:00pm</p> <p>Reiki (In Person) at Crossroads4Hope 3 Crossroads Dr Bedminster, NJ, 07921 2:00pm - 3:30pm</p>	<p>Move and Tone 9:00am - 10:00am</p> <p><b>Caregiver Support Group</b> 12:00pm - 1:30pm</p>	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<p>Wellness Workout 6:00pm - 7:00pm</p>	<p><b>Balance, Harmony, Flow: Jin Shin Jyutsu</b> 9:30am - 10:30am</p> <p><b>Peaceful Practices For Life</b> 11:00am - 12:00pm</p> <p>T'ai Chi Chih 12:30 - 1:30pm</p> <p>Yoga 6:30pm - 7:30pm</p>	<p>Yoga, Breathe &amp; Balance 9:30am - 10:30am</p> <p><b>Men's Cancer Support Group</b> 6:30pm - 8:00pm</p>	<p>Move and Tone 9:00am - 10:00am</p> <p><b>LaBlast (In Person)</b> Pluckemin Presbyterian Church in the Trinity Room: 279 US-202 Pluckemin, NJ 07978 11:00am - 12:00pm</p> <p><b>Bereavement Support Group</b> 11:00am - 12:30pm</p>	<p><b>Culinary Crossroads (In Person)</b> Pluckemin Presbyterian Church in the Covenant Room: 279 US-202 Pluckemin, NJ 07978 11:00am - 12:00pm</p>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<p>Wellness Workout 6:00pm - 7:00pm</p>	<p><b>Peaceful Practices For Life</b> 11:00am - 12:00pm</p> <p>T'ai Chi Chih 12:30pm - 1:30pm</p> <p>Yoga 6:30pm - 7:30pm</p>	<p>Yoga, Breathe &amp; Balance 9:30am - 10:30am</p> <p><b>Advanced Breast Cancer Support Group</b> 11:30am - 1:00pm</p> <p>Reiki (In Person) Location TBD 2:00pm - 3:30pm</p>	<p>Move and Tone 9:00am - 10:00am</p> <p><b>Caregiver Support Group</b> 12:00pm - 1:30pm</p>	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<p>Wellness Workout 6:00pm - 7:00pm</p>	<p><b>Balance, Harmony, Flow: Jin Shin Jyutsu</b> 9:30am - 10:30am</p> <p><b>Peaceful Practices For Life</b> 11:00am - 12:00pm</p> <p>T'ai Chi Chih 12:30 - 1:30pm</p> <p>Yoga 6:30pm - 7:30pm</p>	<p>Yoga, Breathe &amp; Balance 9:30am - 10:30am</p> <p><b>Men's Cancer Support Group</b> 6:30pm - 8:00pm</p>	<p>Move and Tone 9:00am - 10:00am</p> <p><b>LaBlast (In Person)</b> Pluckemin Presbyterian Church in the Trinity Room: 279 US-202 Pluckemin, NJ 07978 11:00am - 12:00pm</p> <p><b>Bereavement Support Group</b> 11:00am - 12:30pm</p> <p><b>Latino Support Group</b> 7:00pm - 8:30pm</p>	
<b>29</b>	<b>30</b>			
<p>Wellness Workout 6:00pm - 7:00pm</p>	<p><b>T'ai Chi Chih (In Person)</b> Location TBD 12:30pm - 1:30pm</p> <p>Yoga 6:30pm - 7:30pm</p>			





**Crossroads4Hope**  
A NETWORK OF CANCER SUPPORT  
Taking On Your Cancer Journey. Together.®

**PROGRAM TYPE**

- IN PERSON PROGRAMS
- MIND & BODY
- SUPPORT GROUPS
- SUPPORT4FAMILIES
- EDUCATION & NUTRITION



24/7 SUPPORT RIGHT AT YOUR FINGERTIPS.  
Call us today to enroll!!

**QUESTIONS?**

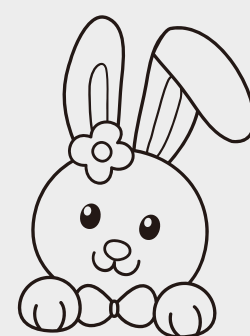
**CALL:**  
908-658-5400

**E-MAIL:**  
PROGRAMTEAM@  
CROSSROADS  
4HOPE.ORG

**FOLLOW US ON  
SOCIAL MEDIA:**  
@CR4HOPE



\*For real time updates of our general programs and support group schedules, please visit our website at:  
<https://crossroads4hope.org/generalprograms/>  
<https://crossroads4hope.org/support-groups/>



# MAY PROGRAMS

Monday

Tuesday

Wednesday

Thursday

Friday

<p><i>Happy Mother's Day</i></p>		<p><b>1</b></p> <p>Yoga, Breathe &amp; Balance 9:30am - 10:30am</p> <p>Advanced Breast Cancer Support Group 11:30am - 1:00pm</p> <p>Reiki (In Person) at Crossroads4Hope 3 Crossroads Dr Bedminster, NJ, 07921 2:00pm - 3:30pm</p>		<p><b>2</b></p> <p>Move and Tone 9:00am - 10:00am</p> <p>Caregiver Support Group 12:00pm - 1:30pm</p>		<p><b>3</b></p>			
		<p><b>6</b></p> <p>Wellness Workout 6:00pm - 7:00pm</p>		<p><b>7</b></p> <p>Peaceful Practices For Life 11:00am - 12:00pm</p> <p>Men's Cancer Support Group (In-Person) at Steeplechase Cancer Center 30 Rehill Ave Somerville, NJ, 08876 11:00am - 12:30pm</p> <p>T'ai Chi Chih 12:30pm - 1:30pm</p> <p>Yoga 6:30pm - 7:30pm</p>		<p><b>8</b></p> <p>Yoga, Breathe &amp; Balance 9:30am - 10:30am</p> <p>Men's Cancer Support Group 6:30pm - 8:00pm</p>		<p><b>9</b></p> <p>Move and Tone 9:00am - 10:00am</p> <p>LaBlast (In Person) at Crossroads4Hope 3 Crossroads Dr Bedminster, NJ, 07921 11:00am - 12:00pm</p> <p>Bereavement Support Group 11:00am - 12:30pm</p> <p>Latino Support Group 7:00pm - 8:30pm</p>	
<p><b>13</b></p> <p>Wellness Workout 6:00pm - 7:00pm</p>		<p><b>14</b></p> <p>Balance, Harmony, Flow: Jin Shin Jyutsu 9:30am - 10:30am</p> <p>Peaceful Practices For Life 11:00am - 12:00pm</p> <p>T'ai Chi Chih 12:30 - 1:30pm</p> <p>Yoga 6:30pm - 7:30pm</p>		<p><b>15</b></p> <p>Yoga, Breathe &amp; Balance 9:30am - 10:30am</p> <p>Advanced Breast Cancer Support Group 11:30am - 1:00pm</p> <p>Reiki (In Person) at Crossroads4Hope 3 Crossroads Dr Bedminster, NJ, 07921 2:00pm - 3:30pm</p>		<p><b>16</b></p> <p>Move and Tone 9:00am - 10:00am</p> <p>Caregiver Support Group 12:00pm - 1:30pm</p>		<p><b>17</b></p>	
<p><b>20</b></p> <p>Wellness Workout 6:00pm - 7:00pm</p>		<p><b>21</b></p> <p>Peaceful Practices For Life 11:00am - 12:00pm</p> <p>T'ai Chi Chih 12:30pm - 1:30pm</p> <p>Yoga 6:30pm - 7:30pm</p>		<p><b>22</b></p> <p>Yoga, Breathe &amp; Balance 9:30am - 10:30am</p> <p>Men's Cancer Support Group 6:30pm - 8:00pm</p>		<p><b>23</b></p> <p>Move and Tone 9:00am - 10:00am</p> <p>LaBlast (In Person) at Crossroads4Hope 3 Crossroads Dr Bedminster, NJ, 07921 11:00am - 12:00pm</p> <p>Bereavement Support Group 11:00am - 12:30pm</p> <p>Latino Support Group 7:00pm - 8:30pm</p>		<p><b>24</b></p>	
<p><b>27</b></p> <p><i>Memorial Day</i></p>		<p><b>28</b></p> <p>Balance, Harmony, Flow: Jin Shin Jyutsu 9:30am - 10:30am</p> <p>Peaceful Practices For Life 11:00am - 12:00pm</p> <p>T'ai Chi Chih 12:30 - 1:30pm</p> <p>Yoga 6:30pm - 7:30pm</p>		<p><b>29</b></p> <p>Yoga, Breathe &amp; Balance 9:30am - 10:30am</p>		<p><b>30</b></p> <p>Move and Tone 9:00am - 10:00am</p>		<p><b>31</b></p>	

