



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

# JUNE PROGRAMS

Monday

Tuesday

Wednesday

Thursday

Friday

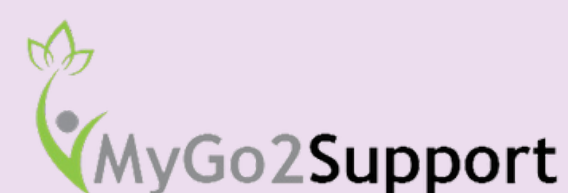


## National Cancer Survivors Month



### 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/>

<b>3</b>	Wellness Workout 6:00pm - 7:00pm	<b>4</b>	Peaceful Practices For Life 11:00am - 12:00pm <b>Men's Cancer Support Group (In-Person)</b> at Steeplechase Cancer Center 30 Rehill Ave Somerville, NJ, 08876 11:00am - 12:30pm T'ai Chi Chih 12:30pm - 1:30pm Yoga 6:30pm - 7:30pm	<b>5</b>	Yoga, Breathe & Balance 9:30am - 10:30am <b>Advanced Breast Cancer Support Group</b> 11:30am - 1:00pm Reiki (Virtual) 7:00pm - 8:30pm Tinsel Painting (In Person) Center for Contemporary Arts at 2020 Burnt Mills Rd. Bedminster, NJ 07921 4pm-5:30pm	<b>6</b>	Move and Tone 9:00am - 10:00am <b>Caregiver Support Group</b> 12:00pm - 1:30pm	<b>7</b>	<b>Culinary Crossroads (In Person)</b> Pluckemin Presbyterian Church in the Covenant Room: 279 US- 202 Pluckemin, NJ 07978 11:00am - 12:30pm
<b>10</b>	Wellness Workout 6:00pm - 7:00pm <b>Building an Understanding Virtual Webinar</b> 12pm-1pm	<b>11</b>	Balance, Harmony, Flow: Jin Shin Jyutsu 9:30am - 10:30am Peaceful Practices For Life 11:00am - 12:00pm T'ai Chi Chih 12:30 - 1:30pm Yoga 6:30pm - 7:30pm <b>Living with Cancer Support Group (In Person)</b> 3 Crossroads Dr, Bedminster NJ, 07921 12pm - 1:30pm	<b>12</b>	Yoga, Breathe & Balance 9:30am - 10:30am <b>Men's Cancer Support Group</b> 6:30pm - 8:00pm	<b>13</b>	Move and Tone 9:00am - 10:00am <b>LaBlast (In Person)</b> Pluckemin Presbyterian Church in the Trinity Room: 279 US-202 Pluckemin, NJ 07978 11:00am - 12:00pm <b>Bereavement Support Group</b> 11:00am - 12:30pm <b>Latino Support Group</b> 7:00pm - 8:30pm	<b>14</b>	
<b>17</b>	Wellness Workout 6:00pm - 7:00pm	<b>18</b>	Peaceful Practices For Life 11:00am - 12:00pm T'ai Chi Chih 12:30pm - 1:30pm Yoga 6:30pm - 7:30pm	<b>19</b>	Yoga, Breathe & Balance 9:30am - 10:30am <b>Advanced Breast Cancer Support Group</b> 11:30am - 1:00pm Reiki (Virtual) 7:00pm - 8:30pm	<b>20</b>	Move and Tone 9:00am - 10:00am <b>Caregiver Support Group</b> 12:00pm - 1:30pm	<b>21</b>	
<b>24</b>	Wellness Workout 6:00pm - 7:00pm	<b>25</b>	Balance, Harmony, Flow: Jin Shin Jyutsu 9:30am - 10:30am Peaceful Practices For Life 11:00am - 12:00pm T'ai Chi Chih 12:30 - 1:30pm Yoga 6:30pm - 7:30pm <b>Living with Cancer Support Group (In Person)</b> 3 Crossroads Dr, Bedminster NJ, 07921 12pm - 1:30pm	<b>26</b>	Yoga, Breathe & Balance 9:30am - 10:30am <b>Men's Cancer Support Group</b> 6:30pm - 8:00pm Una Celebración por la Sobrevivencia y Esperanza, Virtual 6:30pm-8pm	<b>27</b>	Move and Tone 9:00am - 10:00am <b>LaBlast (In Person)</b> Pluckemin Presbyterian Church in the Trinity Room: 279 US-202 Pluckemin, NJ 07978 11:00am - 12:00pm <b>Bereavement Support Group</b> 11:00am - 12:30pm <b>Latino Support Group</b> 7:00pm - 8:30pm	<b>28</b>	
								<b>22</b>	<b>WINGS OF HOPE!</b> The Pingry School, Pottersville Campus: 51 Pottersville Road, Pottersville, NJ 07979 Saturday, June 22nd 9:00am - 1:00pm