



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?

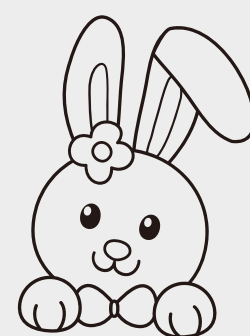
CALL:
908-658-5400

E-MAIL:
PROGRAMTEAM@
CROSSROADS
4HOPE.ORG

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*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

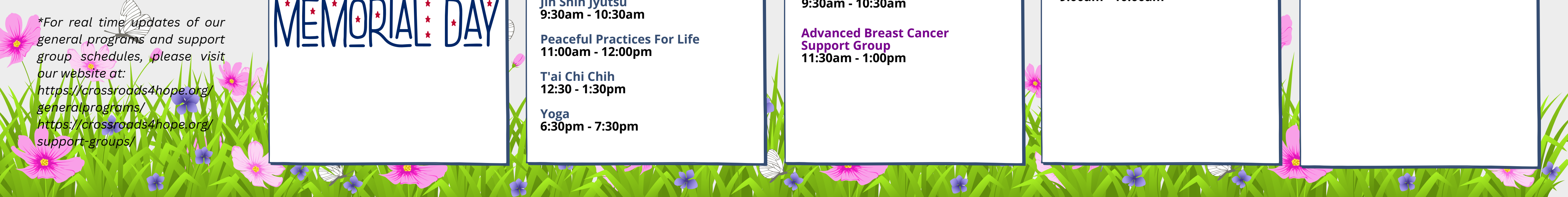
Tuesday

Wednesday

Thursday

Friday

<p><i>Happy Mother's Day</i></p>		<p>1</p> <p>Yoga, Breathe & Balance 9:30am - 10:30am</p> <p>Advanced Breast Cancer Support Group 11:30am - 1:00pm</p> <p>Reiki (In Person) in Crossroads4Hope Barn 3 Crossroads Dr Bedminster, NJ, 07921 2:00pm - 3:30pm</p>		<p>2</p> <p>Move and Tone 9:00am - 10:00am</p> <p>Caregiver Support Group 12:00pm - 1:30pm</p>		<p>3</p>			
		<p>6</p> <p>Wellness Workout 6:00pm - 7:00pm</p>		<p>7</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>8</p> <p>Yoga, Breathe & Balance 9:30am - 10:30am</p> <p>Men's Cancer Support Group 6:30pm - 8:00pm</p>		<p>9</p> <p>Move and Tone 9:00am - 10:00am</p> <p>LaBlast (In Person) Pluckemin Presbyterian Church in the Trinity Room: 279 US-202 Pluckemin, NJ 07978 11:00am - 12:00pm</p> <p>Bereavement Support Group 11:00am - 12:30pm</p> <p>Latino Support Group 7:00pm - 8:30pm</p>	
<p>13</p> <p>Wellness Workout 6:00pm - 7:00pm</p>		<p>14</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>15</p> <p>Yoga, Breathe & Balance 9:30am - 10:30am</p> <p>Advanced Breast Cancer Support Group 11:30am - 1:00pm</p> <p>Writing Workshop: Pluckemin Park 2020 Burnt Mills Rd Bedminster, NJ 07921 1:00pm-2:00pm</p> <p>Reiki (In Person) in Crossroads4Hope Barn 3 Crossroads Dr Bedminster, NJ, 07921 2:00pm - 3:30pm</p>		<p>16</p> <p>Move and Tone 9:00am - 10:00am</p> <p>Caregiver Support Group 12:00pm - 1:30pm</p>		<p>17</p>	
<p>20</p> <p>Wellness Workout 6:00pm - 7:00pm</p>		<p>21</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>22</p> <p>Yoga, Breathe & Balance 9:30am - 10:30am</p> <p>Men's Cancer Support Group 6:30pm - 8:00pm</p>		<p>23</p> <p>Move and Tone 9:00am - 10:00am</p> <p>LaBlast (In Person) Pluckemin Presbyterian Church in the Trinity Room: 279 US-202 Pluckemin, NJ 07978 11:00am - 12:00pm</p> <p>Bereavement Support Group 11:00am - 12:30pm</p> <p>Latino Support Group 7:00pm - 8:30pm</p>		<p>24</p>	
<p>27</p> <p>MEMORIAL DAY</p>		<p>28</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>29</p> <p>Yoga, Breathe & Balance 9:30am - 10:30am</p> <p>Advanced Breast Cancer Support Group 11:30am - 1:00pm</p>		<p>30</p> <p>Move and Tone 9:00am - 10:00am</p>		<p>31</p>	





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JUNE PROGRAMS

Monday

Tuesday

Wednesday

Thursday

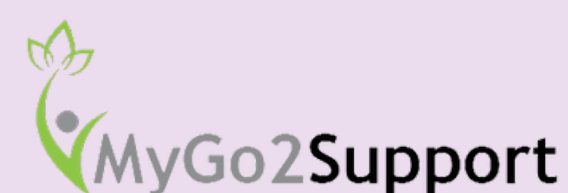
Friday



National Cancer Survivors Month

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3	Wellness Workout 6:00pm - 7:00pm	4	Peaceful Practices For Life 11:00am - 12:00pm Men's Cancer Support Group (In-Person) 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	5	Yoga, Breathe & Balance 9:30am - 10:30am Advanced Breast Cancer Support Group 11:30am - 1:00pm Reiki (In Person) in Crossroads4Hope Barn 3 Crossroads Dr Bedminster, NJ, 07921 2:00pm - 3:30pm	6	Move and Tone 9:00am - 10:00am Caregiver Support Group 12:00pm - 1:30pm	7	
10	Wellness Workout 6:00pm - 7:00pm	11	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 Living with Cancer Support Group (In Person) 3 Crossroads Dr, Bedminster NJ, 07921 12pm - 1:30pm	12	Yoga, Breathe & Balance 9:30am - 10:30am Men's Cancer Support Group 6:30pm - 8:00pm	13	Move and Tone 9:00am - 10:00am LaBlast (In Person) Pluckemin Presbyterian Church in the Trinity Room: 279 US-202 Pluckemin, NJ 07978 11:00am - 12:00pm Bereavement Support Group 11:00am - 12:30pm Latino Support Group 7:00pm - 8:30pm	14	
17	Wellness Workout 6:00pm - 7:00pm	18	Peaceful Practices For Life 11:00am - 12:00pm T'ai Chi Chih 12:30pm - 1:30pm Yoga 6:30pm - 7:30pm	19	Yoga, Breathe & Balance 9:30am - 10:30am Advanced Breast Cancer Support Group 11:30am - 1:00pm Reiki (In Person) in Crossroads4Hope Barn 3 Crossroads Dr Bedminster, NJ, 07921 2:00pm - 3:30pm	20	Move and Tone 9:00am - 10:00am Caregiver Support Group 12:00pm - 1:30pm	21	
24	Wellness Workout 6:00pm - 7:00pm	25	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 Living with Cancer Support Group (In Person) 3 Crossroads Dr, Bedminster NJ, 07921 12pm - 1:30pm	26	Yoga, Breathe & Balance 9:30am - 10:30am Men's Cancer Support Group 6:30pm - 8:00pm	27	Move and Tone 9:00am - 10:00am LaBlast (In Person) Pluckemin Presbyterian Church in the Trinity Room: 279 US-202 Pluckemin, NJ 07978 11:00am - 12:00pm Bereavement Support Group 11:00am - 12:30pm Latino Support Group 7:00pm - 8:30pm	28	
								22	WINGS OF HOPE! The Pingry School, Pottersville Campus: 51 Pottersville Road, Pottersville, NJ 07979 Saturday, June 22nd 9:00am - 1:00pm