



CANCER SUPPORT COMMUNITY

GREATER NY & CT AT GILDA'S CLUB

The mission of Cancer Support Community Greater NY & CT at Gilda's Club is to uplift and strengthen people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care. We create welcoming communities of FREE support for everyone living with cancer- men, women, children, and teens, as well as their families.

Core Program Components

1 Emotional Support

- Short-Term and individual counseling
- Support groups

2 Education

- Educational lectures and time-limited programs including topics such as stress management, managing side effects of treatment, talking to kids about cancer, and many more.

3 Healthy Lifestyle Programs

- Mind-Body & Exercise classes
- Expressive Arts Workshops
- Healthy Living Programs

4 Social and Networking Opportunities

Opportunities for **interaction** and **networking** with others going through similar situations

5 Resources and Referrals

Community resources and **referrals**, Cancer Support Hotline & Online resources



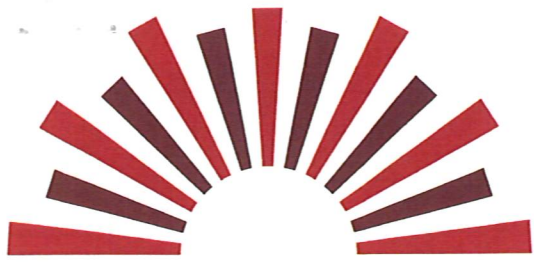
How to get started...

Membership is free; you do not need a referral. Just visit our website: www.cscnyct.org or call 914.644.8844 to sign up for a New Member Orientation.

Everything offered at CSC NY & CT is free of charge.

80 Maple Avenue, White Plains, New York 10601
914.644.8844/www.cancersupportcommunitynyct.org





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Cancer affects the entire family...

Children, Teens and Families Program

Cancer Support Community Greater NY & CT at Gilda's Club offers the area's only ongoing support for children and teens who are impacted cancer – **their own diagnosis** or **that of a loved one**, or **are bereaved**. Our FREE program is designed to be a place for children and teens to learn, have fun, care and share, while being supported by our professional staff and trained volunteers.

Our programs include:

- Family events
- Educational workshops
- Healthy Lifestyle events
- Individual Counseling
- Group Support



School-based Program

Cancer Support Community Greater NY & CT at Gilda's Club offers free support to students, families, and school professionals impacted by cancer through Gilda's CLASS (*cancer learning and social/emotional support*).

Gilda's CLASS enables school professionals to address a difficult topic in a way that is non-threatening and supportive. So whether you have a student with a cancer diagnosis, a child who is bereaved, or a colleague in the school district diagnosed with cancer, Gilda's CLASS is here to provide support.

Gilda's CLASS offers support through:

- Consultations
- Interactive presentations/workshops
- Annual Cancer in the Classroom Symposium
- 1:1 support for faculty and families

**For more information on CSC NY & CT Children, Teens and Families program, please contact Jennifer Ricca, MS, CCLS, RWWP
JRicca@CSCNYCT.org / 914.644.8844**

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