

May 2024



Finding Myself Again at CSCNT

Next to a conspicuous red door in letters at least two feet high are the words, “If you are living with cancer, you are not alone.” I often pause at those words on my way into the Cancer Support Community North Texas Dallas clubhouse and reflect on how much this community has changed my life.

When I first walked through that beautiful red door, I was a hot mess. I was hot, well ... because August in Texas. I was a mess because my diagnosis of metastatic prostate cancer had shifted the very foundations upon which my entire “sense of self” rested. I felt traumatized, anxious, discouraged, alone. Worst of all, I could not stop crying!

After an initial interview with the clubhouse manager (while clutching a box of tissue of course), a counselor

strongly encouraged me to attend some of the activities they offered. I decided to attend the weekly yoga classes. These inspirational yoga classes have helped me to remember my sense of self-worth and spirituality again. I feel less isolated, less anxious, more patient, more hopeful. I feel like I am more engaged in life as well as my own personal belief systems again. In summation, I am now able to see beyond my self-induced “shell shock” and “tunnel vision” (to mix metaphors).

I look forward to my weekly visits to the clubhouse not just for the yoga, but for the welcoming space. The staff truly make you feel welcome, appreciated and understood.

Aubrey Craft Jr. shares his perspective. Read the full story at CancerSupportTexas.org/CSCNT-news.

May Event Highlights

Teatime at the Red Door
Dallas County Clubhouse
Thursday, May 9, 11:00 - 12:00 pm

New Member Social Hour
Collin County Clubhouse
Wednesday, May 29, 4:00 - 5:00 pm

Mother's Day Celebration
Tarrant County Clubhouse
Thursday, May 9, 4:00 - 5:30 pm

Please register via our website calendar so we can adequately prepare.

Mission

CSCNT uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

Vision

Everyone impacted by cancer receives the support they want and need throughout their experience.



Our art project at the Tarrant County clubhouse was a diamond dots craft.



Welcome to Morgan Boone, our new Clinical Trials Program Coordinator



We gathered at the Collin County clubhouse for dinner and to meet new friends.

A Warm Welcome

Cancer is overwhelming and disrupts lives. Community gives a sense of hopefulness. We are a relentless ally for anyone who is managing the realities of this disruptive disease. Through support groups, individual counseling, healthy lifestyle activities, social events, resources, and children's programs, you'll find the community to help you navigate your cancer experience.

Nothing takes the place of the power, inspiration, companionship, and connection that comes from community. We provide relevant and highly personalized support when and where it is needed most because **Community is Stronger than Cancer.**

Thanks for Sharing

We appreciate all of the members who submitted their member survey earlier this year.

In addition to helping us improve programming, your feedback helps us raise much-needed funding by showing the impact CSCNT makes in the community.

This spring, we invite you to continue sharing the impact CSCNT is making in your life.

Liking or sharing CSCNT's social media posts is a great way to tell others about the resources available. Find links to our Facebook, Instagram and LinkedIn pages on the homepage of CancerSupportTexas.org.

About the Calendar

Events on each calendar are color coded as seen below. To view the full calendar of events and to register, please visit our website calendar online or by scanning the QR code on the calendar page using a mobile device.

Support & Networking Group

Healthy Lifestyle Class

Educational Presentation

Social Event

Clubhouse Tours & Volunteer Orientations

Noogieland Event (Children's Programming)

To join a support group, you must be added to the roster by a member of our team. Please reach out to your clubhouse via phone or email info@cancersupporttexas.org for more information.

How to Become a Member

Anyone who has been touched by cancer can join Cancer Support Community North Texas. That includes men, women, and children living with any type of cancer, as well as their family and friends. Cancer Support Community brings people together who are experiencing similar situations. Whether you're looking for an understanding ear, a chance to laugh, or an informational resource, this is the place to learn how to live with cancer, whatever the outcome. All programs and services are provided at no cost to participants.

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Get in Touch

Fill out our contact form online or give us a call for more information. You are welcome to sign up for one of our scheduled clubhouse tours.

Dallas County Clubhouse: 214-345-8230
Collin County Clubhouse: 972-981-7020
Tarrant County Clubhouse: 682-212-5400



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Create Your Plan

After completing the new member paperwork, we will schedule you for an individual planning meeting with a licensed staff member. You'll learn more about our program and discuss how you would like to participate at the clubhouse. Once you have completed this process, you'll have the full benefit of membership and can attend all of our great offerings.

May 2024 Calendar & Newsletter

Member Information

Location and Colors

Be sure to note the color coding on the calendar indicating the type of event. Members are welcome to attend programming at any of our in-person locations or virtually. You must be added to our support group and networking group rosters by a member of our team.

Please Be Considerate

If you are ill, we ask that you be considerate of fellow members whose immune systems may be compromised and visit the clubhouse when you are feeling better. Thank you!

No Cologne, Perfume, or Tobacco

Due to members' strong reactions to smells during treatment, please do not wear cologne or perfume when at CSCNT. CSCNT is also a tobacco free environment.

RSVP For ALL Events

Please remember to RSVP for all events by registering through the website calendar, calling the clubhouse, or emailing info@cancersupporttexas.org in advance. Activities without sufficient enrollment will be canceled.

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