

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.

1

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



2

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

8196 Walnut Hill Lane, LL10 | Dallas, TX 75231 | Phone: (214) 345-8230
Hours: Monday - Friday, 9:00-5:00 pm with select evenings and Saturdays



Dallas County

Scan the QR code to learn more about our events and to register



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What's Coming Up: Mark your calendars: Sunday, June 2, 2:00-4:00 pm, National Cancer Survivors Day: It's a Sweet Life! and Camp Noogie, July 8-12, 9:00-12:00 pm Special Thanks: Dr. Jairo Olivares, Julia Anderson, Jennifer Miller, Jane Cornish Smith, and Jim Williams. Eventos con la marca de★indique su descripción se encuentra en español en el calendario del sitio web.					
		1	2	3	4
		Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	Pilates: Chair* 10:00-10:30 am Mat* 10:30-11:00 am	24 Form Tai Chi 10:00-11:00 am	Clubhouse Closed
6	7	8	9	10	11
Clubhouse Tour 4:00-5:00 pm Living with Loss Support Group 6:00-8:00 pm	Support Groups 6:00-8:00 pm - Living with Cancer - Living with Advanced Cancer	Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	Pilates: Chair* 10:00-10:30 am Mat* 10:30-11:00 am Teatime at the Red Door* 11:00-12:00 pm	24 Form Tai Chi 10:00-11:00 am	Clubhouse Closed
13	14	15	16	17	18
	Support Groups 6:00-8:00 pm - Living with Cancer - Living with Advanced Cancer - Life After Treatment	Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm Visita a la casa club* 4:00-5:00 pm	Pilates: Chair* 10:00-10:30 am Mat* 10:30-11:00 am Art Workshop: Coaster Making 1:00-3:00 pm	24 Form Tai Chi 10:00-11:00 am	Celebrando la Investigación del Cáncer: Desalmuerzo & Aprendizaje 10:00-12:00pm Noogie Super Saturday* 10:00-12:00 pm
20	21	22	23	24	25
Living with Loss Support Group 6:00-8:00 pm	Volunteer Orientation 5:00-5:45 pm Support Groups 6:00-8:00 pm - Living with Cancer - Living with Advanced Cancer	Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	Pilates: Chair* 10:00-10:30 am Mat* 10:30-11:00 am	24 Form Tai Chi 10:00-11:00 am Bingo Night!* 6:00-7:00 pm Sound Bath Meditation* 7:30-8:15 pm	Clubhouse Closed
27	28	29	30	31	
Clubhouse Closed	Support Groups 6:00-8:00 pm - Living with Cancer - Living with Advanced Cancer - Life After Treatment	Paint & Sip: HOPE* 1:00-3:00 pm Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	Pilates: Chair* 10:00-10:30 am Mat* 10:30-11:00 am	24 Form Tai Chi 10:00-11:00 am	

May

10840 Texas Health Trail, Suite 120 | Fort Worth, TX 76244 | Phone: (682) 212-5400
Hours: Monday - Friday, 9:00-5:00 pm with select evenings and Saturdays



Tarrant County

Scan the QR code to learn more about our events and to register



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What's Coming Up: Camp Noogie Superheroes Week!! June 24-28, 9:00-12:00 pm Special Thanks: Ron, Diane, and Stephanie for your dedication to our members!					
		1	2	3	4
		Gentle Yoga with Mindful Meditation 10:30-11:30 am Life After Treatment Support Group 2:00-4:00 pm	Clubhouse Tour 10:00-11:00 am Card Making: Nurses Day and Teachers Day 4:30-6:00 pm	Cinco De Mayo Celebration Tacos and Trivia 11:00-1:00 pm	Clubhouse Closed
6	7	8	9	10	11
Living with Advanced Cancer Support Group 2:00-4:00 pm			CCBD Open Support Group 11:00- 12:30 pm Mother's Day Celebration 4:00-5:30 pm		Breast Cancer Networking Group 10:00-11:30 am Neuroendocrine Networking Group 1:00-12:30 pm StrongHer Yoga 11:45- 12:45 pm
13	14	15	16	17	18
Qigong & Tai Chi with Ron 1:00-2:00 pm Living with Advanced Cancer Support Group 2:00-4:00 pm	Game Time 3:00-5:00 pm	Gentle Yoga with Mindful Meditation 10:30-11:30 am Life After Treatment Support Group 2:00-4:00 pm		Crafting and Camaraderie 10:30-12:30 pm May Flowers and Pizza Power! 1:00-3:00 pm	Clubhouse Closed
20	21	22	23	24	25
Living with Advanced Cancer Support Group 2:00-4:00 pm		Family Paper Airplane Day! 4:00-5:30 pm	Volunteer Orientation 4:00-5:00 pm Bereavement Social 5:30-6:30 pm		Clubhouse Closed
27	28	29	30	31	
Clubhouse Closed		Loom Knitting! 3:00-5:00 pm		Diamond Dots 2:00-4:00 pm	

May

6300 W. Parker Rd., MOB 2, Suite 129A | Plano, TX 75093 | Phone: (972) 981-7020
Hours: Monday - Friday, 9:00-5:00 pm with select evenings and Saturdays

Collin County

Scan the QR code to learn more about our events and to register



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
What's Coming Up: Cancer Survivors Education June 1, and Camp Noogie July 22-26					
Special Thanks: Rajani Sinha, Lynne Patterson, Jim Williams, Ronda Miles, and Melissa Berg-Baker				Game Time! 2:00-4:00 pm	Star Wars Day: May the 4th Be with You 11:00-1:00 pm
6	7	8	9	10	11
Living with Advanced Cancer Support Group 1 1:00-3:00 pm	24 Form Tai Chi 10:00-11:00 am Living with Advanced Cancer Support Group 2 1:00-3:00 pm	Volunteer Orientation 12:00-1:00 pm			Clubhouse Closed
13	14	15	16	17	18
Living with Advanced Cancer Support Group 1 1:00-3:00 pm	24 Form Tai Chi 10:00-11:00 am Living with Advanced Cancer Support Group 2 1:00-3:00 pm	Breast Cancer Networking Group 1:00-2:30 pm Painting Along with Bob 2:30-4:00 pm	Sound Bath Meditation 12:00-1:15 pm	Kourage Health Stretch Band Class 1:00-2:00 pm Game Time! 2:00-4:00 pm Clubhouse Tour 13:30-4:30 pm	Clubhouse Closed
20	21	22	23	24	25
Living with Advanced Cancer Support Group 1 1:00-3:00 pm	24 Form Tai Chi 10:00-11:00 am Living with Advanced Cancer Support Group 2 1:00-3:00 pm		Creating Peace of Mind 12:00-1:00 pm Crafternoon 1:30-3:30 pm Bereavement Art Hour 3:30-4:30 pm		Clubhouse Closed
27	28	29	30	31	
Clubhouse Closed	24 Form Tai Chi 10:00-11:00 am Living with Advanced Cancer Support Group 2 1:00-3:00 pm	A Novel Idea Book Club 10:00-11:30 am New Member Social Hour 4:00-5:00 pm	Trivia Thursday 1:30-2:30 Volunteer Orientation 4:00-5:00 pm		

May

All events below will be hosted virtually on Zoom
Hours: Monday - Friday, 9:00-5:00 pm with select evenings and Saturdays

Virtual

Scan the QR code to learn more about our events and to register



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
What's Coming Up: "Que les digo a los niños" Presentación Virtual, jueves, 6 de junio, 6:00-8:00 pm					
Special Thanks: Rick Watts, Emily Atlas, Ben Garcia, and The Writer's Garret					
Eventos con la marca de *indique su descripción se encuentra en español en el calendario del sitio web.					
6	7	8	9	10	11
Living with Advanced Cancer Support Group 1 2:00-4:00 pm Living with Loss Support Group 6:00-8:00 pm	Living with Advanced Cancer Support Group 2 2:00-4:00 pm Gentle Yoga for the Soul 6:00-7:00 pm	FSAC: Non-Melanoma Skin Cancer Presentation 1:30-2:30 pm Young Adult Support Group 12:00-1:00 pm Living with Cancer Support Group 6:00-8:00 pm	Qigong with Emilly 1:00-2:00 pm Colorectal Cancer Networking Group 1:00-2:30 pm Grupo Amigos Unidos Virtual* 6:00-8:00 pm		Clubhouse Closed
13	14	15	16	17	18
Living with Advanced Cancer Support Group 1 2:00-4:00 pm Family and Friends Support Group 6:00-8:00 pm	Write to Heal 2:00-4:00 pm Living with Advanced Cancer Group 2 2:00-4:00 pm Gentle Yoga for the Soul 6:00-7:00 pm Family and Friends Support Group 2 6:00-8:00 pm	Living with Cancer Support Group 6:00-8:00 pm	Qigong with Emilly 1:00-2:00 pm Clinical Trials Support Group 1:00-2:30 pm		Breast Cancer Networking Group 10:00-11:30 am
20	21	22	23	24	25
Living with Advanced Cancer Support Group 1 2:00-4:00 pm Living with Loss Support Group 6:00-8:00 pm Blood Cancer Networking Group 6:00-8:00 pm	Living with Advanced Cancer Support Group 2 2:00-4:00 pm Gentle Yoga for the Soul 6:00-7:00 pm	Living with Cancer Support Group 6:00-8:00 pm	Mindfulness Group 10:15-11:15 am Qigong with Emilly 1:00-2:00 pm		Clubhouse Closed
27	28	29	30	31	
Clubhouse Closed	Write to Heal 2:00-4:00 pm Living with Advanced Cancer Group 2 2:00-4:00 pm Gentle Yoga for the Soul 6:00-7:00 pm Family and Friends Support Group 2 6:00-8:00 pm	Living with Cancer Support Group 6:00-8:00 pm	Qigong with Emilly 1:00-2:00 pm		

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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				9				1
6						9		4



Calendar sponsored by: **JUNIOR LEAGUE OF DALLAS**