

September 2024



Linda Abramson Evans, right, with CSCNT CEO Mirchelle Louis

## Cancer survivors find camaraderie at CSCNT

Diagnosed with breast cancer in 1997, Linda Abramson Evans became an advocate for CSCNT when it first launched in 2002 as Gilda's Club North Texas. She participated in a speakers' bureau to spread the word about the club and invite others to participate.

"The clubhouse is such a beautiful, comfortable space, and I've enjoyed going to events and hanging out there," says Linda. "It's just so peaceful – a respite from a busy day or difficult medical issues."

After more than two decades, Linda still keeps information about CSCNT handy in case she meets someone who could use it. She recalls a friend she referred to CSCNT recently telling her that our services have been a blessing.

Attending CSCNT's National Cancer Survivors Day celebration, Linda says, "I still relate to others who have been through cancer and are going through it now, and I really enjoyed the camaraderie and the joy of an event purely for fun and relaxation."

Linda is grateful to be a longtime survivor. After her first cancer screening at age 41, her medical providers found breast cancer in its early stages, and the treatment was highly effective. Many of her friends have not been as fortunate. This includes her husband, who died last year from late-stage pancreatic cancer. She is currently thinking about joining CSCNT's Living with Loss support group.

Read more at [CancerSupportTexas.org/CSCNT-news](https://CancerSupportTexas.org/CSCNT-news)

## September Event Highlights

### Celebración de la Sobrevivencia

#### Casa club de Dallas

Sábado, 21 de septiembre, 10:30 am - 2:00 pm

### After Breast Cancer Treatment Exercise

#### Dallas County Clubhouse

Fridays, September 13, 20 & 27, 11:00 am

### Creating Peace of Mind

#### Collin County Clubhouse

Thursday, September 26, 12:00 pm

## RSVP for ALL Events

Register through our website calendar, call the clubhouse or email [info@cancersupporttexas.org](mailto:info@cancersupporttexas.org) in advance.

## 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.



We enjoyed each other's company at the clubhouse this summer.



We had a great turnout for our summer barbecue.

## 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.**

## North Texas Giving Day

On Thursday, September 19, Cancer Support Community North Texas is participating in Communities Foundation of Texas' North Texas Giving Day, an online giving extravaganza for our whole region.

Last year, we were part of the success that brought together 3,249 local nonprofits to raise \$63.9 million for our community.

We invite you to join the movement and help CSCNT reach or exceed our goal of \$30,000 on September 19. Early giving begins September 1 [here](#).

Together, we can provide North Texans with cancer and their families critical mental health and social support at no cost.



# 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](mailto:info@cancersupporttexas.org) for more information.

## 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.

# 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 at 214-345-8230 for more information. You are welcome to sign up for one of our scheduled clubhouse tours.



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.

# September

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
2 Clubhouse Closed	3 Clubhouse Tour 5:00-5:45 pm Support Groups 6:00-8:00 pm - Living with Cancer - Living with Loss	4 Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	5 Pilates: Chair* 10:00-10:30 am Mat* 10:30-11:00 am	6 24 Form Tai Chi with Jim 10:00-11:00 am	7 Clubhouse Closed
9 	10 Support Groups 6:00-8:00 pm - Living with Cancer - Life After Treatment	11 Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	12 Pilates: Chair* 10:00-10:30 am Mat* 10:30-11:00 am Teatime at the Red Door* 11:00 am - 12:00 pm How Clinical Trials Bring the Latest Treatments to the Community 12:00-1:00 pm	13 24 Form Tai Chi with Jim 10:00-11:00 am After Treatment Exercise: A Breast Cancer Survivor Program 11:00 am - 12:00 pm	14 Clubhouse Closed
16 Living with Loss Support Group 6:00-8:00 pm	17 Volunteer Orientation 5:00-5:45 pm Support Groups 6:00-8:00 pm - Living with Cancer	18 Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	19 Pilates: Chair* 10:00-10:30 am Mat* 10:30-11:00 am Art Workshop: Beading 1:00-3:00 pm	20 24 Form Tai Chi with Jim 10:00-11:00 am After Treatment Exercise: A Breast Cancer Survivor Program 11:00 am - 12:00 pm	21 Celebración de la Sobrevivencia 10:30 am - 2:00 pm
23 	24 Support Groups 6:00-8:00 pm - Living with Cancer - Life After Treatment NoogieVille 6:00-8:00 pm	25 Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	26 Pilates: Chair* 10:00-10:30 am Mat* 10:30-11:00 am	27 24 Form Tai Chi with Jim 10:00-11:00 am After Treatment Exercise: A Breast Cancer Survivor Program 11:00 am - 12:00 pm	28 Clubhouse Closed
30 	<p><b>What's Coming Up:</b> After Treatment Exercise: A Breast cancer Survivor Program will continue, NoogieFest</p> <p><b>Special Thanks:</b> Tamara Luce, Ginger Benedict, Tincy Samuel, Jennifer Miller, Julia Anderson, Jim Williams, Jane Cornish Smith</p> <p>Eventos con la marca de * indique su descripción se encuentra en español en el calendario del sitio web.</p>				<p>hello FALL</p>

# September


10840 Texas Health Trail, Suite 120 | Fort Worth, TX 76244 | Phone: (214) 345-8230  
 Limited operating hours. Please refer to the calendar.



## Tarrant County

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Clubhouse Closed	3 Clubhouse Closed	4 Meditation 1:30- 2:00 pm Life After Treatment Support Group 2:00-4:00 pm	5 Clubhouse Closed	6 Mindful Yoga 2:00- 3:00 pm	7 Clubhouse Closed
9 Meditation 1:30- 2:00 pm Living with Advanced Cancer Support Group 2:00- 4:00 pm	10 	11 Clubhouse Closed	12 CCBD Open Support Group 11:00- 12:30 pm (Held at CCBD's Magnolia location) Clubhouse Closed	13 Clubhouse Closed	14 Breast Cancer Networking Group 10:00-11:30 am StrongHer Yoga 11:45 am - 12:45 pm
16 Living with Advanced Cancer Support Group 2:00- 4:00 pm	17 	18 Life After Treatment Support Group 2:00-4:00 pm	19 	20 Crafting & Camaraderie 11:00-12:30 pm	21 Clubhouse Closed
23 Meditation 1:30- 2:00 pm Living with Advanced Cancer Support Group 2:00- 4:00 pm	24 	25 	26 	27 Qigong & Tai Chi with Ron 10:30- 11:30 am Game Time! 12:00 - 2:00 pm	28 Clubhouse Closed
30 Living with Advanced Cancer Support Group 2:00- 4:00 pm	<p><b>What's Coming Up:</b> Please review our online calendar for all of the latest in-person and virtual happenings.</p> <p><b>Special Thanks:</b> Ron Smith, Diane Morrow, and Stephanie Mamantov</p> 				

# September

6300 W. Parker Rd., MOB 2, Suite 129A | Plano, TX 75093 | Phone: (214) 345-8230  
 Limited operating hours. Please refer to the calendar.



## Collin County

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Clubhouse Closed	3 Clubhouse Closed	4 Clubhouse Closed	5 Clubhouse Closed	6 Clubhouse Closed	7 Clubhouse Closed
9 Living with Advanced Cancer Support Group 1:00-3:00 pm	10 Clubhouse Closed	11 Clubhouse Closed	12 24 Form Tai Chi 10:30-11:30 am Sound Bath Meditation 12:00-1:15 pm Game Time! 1:15-3:15 pm	13 Clubhouse Closed	14 Clubhouse Closed
16 Living with Advanced Cancer Support Group 1:00-3:00 pm	17 Clubhouse Closed	18 Breast Cancer Networking Group 1:00-2:30 pm	19 Clubhouse Closed	20 Clubhouse Closed	21 Clubhouse Closed
23 Living with Advanced Cancer Support Group 1:00-3:00 pm	24 Clubhouse Closed	25 Clubhouse Closed	26 24 Form Tai Chi 10:30-11:30 am Creating Peace of Mind 12:00-1:00 pm Game Time! 1:00-3:00 pm	27 Clubhouse Closed	28 Clubhouse Closed
30 Living with Advanced Cancer Support Group 1:00-3:00 pm	<p><b>What's Coming Up:</b> Please review our online calendar for all of the latest in-person and virtual happenings.</p> <p><b>Special Thanks:</b> Rajani Sinha, Lynne Patterson, Jim Williams, Ronda Miles, and Melissa Berg-Baker</p> 				

# September

All events below will be hosted virtually on Zoom

Virtual

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Clubhouse Closed	3 Living with Advanced Cancer Support Group 2 2:00-4:00 pm Gentle Yoga for the Soul 6:00-7:00 pm	4 Living with Cancer Support Group 6:00-8:00 pm	5 Qigong with Emilly 1:00-2:00 pm Colorectal Cancer Networking Group 1:00-2:30 pm Decodificando el cancer: el rol de la genética y los estudios clínicos 6:00-8:00 pm	6 	7 Clubhouse Closed
9 Living with Advanced Cancer Support Group 1 2:00-4:00 pm Family & Friends Support Group 1 6:00-8:00 pm	10 Write to Heal 2:00-4:00 pm Living with Advanced Cancer Support Group 2 2:00-4:00 pm Gentle Yoga for the Soul 6:00-7:00 pm Family & Friends Support Group 2 6:00-8:00 pm	11 Young Adult Support Group 12:00-1:00 pm Creating Peace of Mind 12:00-1:00 pm Living with Cancer Support Group 6:00-8:00 pm	12 Mindfulness Drop-In Group 10:15-11:15 am How Clinical Trials Bring the Latest Treatments to the Community 12:00-1:00 pm Qigong with Emilly 1:00-2:00 pm	13 	14 Clubhouse Closed
16 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	17 Living with Advanced Cancer Support Group 2 2:00-4:00 pm Gentle Yoga for the Soul 6:00-7:00 pm	18 Breast Cancer Networking Group 3:00-4:30 pm Living with Cancer Support Group 6:00-8:00 pm	19 Qigong with Emilly 1:00-2:00 pm Clinical Trials Support Group 1:00-2:30 pm	20 Herbals, Supplements, and Cancer Treatment Harmony 12:00-1:00 pm	21 Clubhouse Closed
23 Living with Advanced Cancer Support Group 1 2:00-4:00 pm Family & Friends Support Group 1 6:00-8:00 pm	24 Write to Heal 2:00-4:00 pm Living with Advanced Cancer Support Group 2 2:00-4:00 pm Gentle Yoga for the Soul 6:00-7:00 pm Family & Friends Support Group 2 6:00-8:00 pm	25 Neuroendocrine Networking Group 12:00-1:30 pm Virtual Book Club 2:00-3:30 pm Living with Cancer Support Group 6:00-8:00 pm	26 Mindfulness Drop-In Group 10:15-11:15 am Qigong with Emilly 1:00-2:00 pm	27 	28 Clubhouse Closed
30 Living with Advanced Cancer Support Group 1 2:00-4:00 pm	<p><b>What's Coming Up:</b> Frankly Speaking About Cancer: Liver Cancer Hybrid Presentation</p> <p><b>Special Thanks:</b> Emily Atlas, Ben Garcia, and The Writer's Garret</p> <p>Eventos con la marca de * indique su descripción se encuentra en español en el calendario del sitio web.</p>				

