

May 2025



We appreciate our volunteers!

May is Mental Health Awareness Month

By **Mirchelle Louis, CSCNT CEO**

The pendulum has shifted positively on mental health, and that's a good thing! More of us are paying attention to both our mental and physical health, and understanding how that impacts our overall sense of well-being.

One of my graduate professors, Dr. Norman Cobb, said something that has stuck with me: "On any given day, your mental health is directly impacted by what is on your plate that day. Each day you move along a continuum of mental health." Some days are better, and others are more challenging.

This is true for all of us. We all have responsibilities, cares and concerns; our jobs, managing finances, our children and family members, school, the economy, our

health, and uncertainty about the future, etc.

But, if you're a cancer patient or someone who cares for and about the patient, when you hear that diagnosis, your world is turned upside down. Now, in addition to your usual stressors, you've just added a mountain of additional concern, stress and anxiety - and I don't know anyone who is prepared for any of it!

My own personal experience with breast cancer gave me a new perspective on the importance of focusing on my mental well-being. This helps me not to feel swamped or out of control. Awareness and acknowledgement of how I am feeling is the key for me. I feel grounded and able to move forward.

This May, bring a renewed focus to your health, both mental and physical, for overall great well-being!

May Event Highlights

Family Game Day Dallas Clubhouse

Saturday, May 31, 10:00 am - 12:00 pm

Art Workshop: Painting Rocks Dallas Clubhouse

Thursday, May 15, 1:00 - 3:00 pm

Clinical Trials Brunch and Learn Dallas Clubhouse

Friday, May 23, 11:00 am - 12:00 pm

RSVP for ALL Events

Register through our website calendar, call the clubhouse or email 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.



Our CEO Mirchelle Louis wrote the article on the first page.



Our participants enjoyed painting planting pots after a presentation from David Gary, Certified Master Gardener, about his garden design influenced by the Dallas Arboretum and Botanical Gardens.

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.**

Become a Changemaker

You are invited to join our Changemakers initiative, a new monthly giving community. As a Changemaker, you are a part of a dedicated group of supporters who work to ensure that no one in North Texas has to go without the care and connection they need during their cancer journey.

Becoming a Changemaker is easy! Simply visit our [donate page here](#) to set up your recurring gift today.

This initiative reflects the heart of our mission and reinforces our belief that *community is the currency of change*. Whether it's \$10, \$25, or \$100, your monthly gift creates a ripple effect of support that sustains our vital social-emotional support programs and helps grow our reach throughout North Texas.

About the Calendar

Events on our 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 via phone at 214-345-8230 or email 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. We are open for all cancer types, all ages, those with a diagnosis as well as for loved ones and support people. CSCNT 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

Membership Forms

Fill out our contact form online using the QR code or give us a call at 214-345-8230 for more information. After you complete the contact form, you will be sent a customized membership plan form. If you are an adult living with cancer or supporting someone with cancer, you also will receive a wellness screener.



2

Meet Our Team

After completing the new member paperwork, we will schedule a one-on-one meeting with you and a member of our team to review the paperwork and make recommendations about which support options might be a best fit for you. Once you have completed this process, you'll have the full benefit of membership and can attend 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

CancerSupportTexas.org



**CANCER SUPPORT
COMMUNITY
NORTH TEXAS**

Dallas County

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>What's Coming Up: Community is Stronger than Cancer, June 28</p> <p>Special Thanks: Tamara Luce, Ginger Benedict, 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>			1	2	3
				24 Form Tai Chi with Jim 10:00-11:00 am	Closed
5	6	7	8	9	10
Living with Loss Support Group 6:00-8:00 pm	Volunteer Orientation 5:00-5:45 pm Life After Treatment Support Group 1 6:00-8:00 pm Living with Cancer Support Group 6:00-8:00 pm		Teatime at the Red Door 11:00 am - 12:00 pm	24 Form Tai Chi with Jim 10:00-11:00 am	Closed
12	13	14	15	16	17
	Member Interest Meeting 5:15-6:00 pm Life After Treatment Support Group 2 6:00-8:00 pm Living with Cancer Support Group 6:30-8:00 pm	Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	Art Workshop: Painting Rocks 1:00-3:00 pm	24 Form Tai Chi with Jim 10:00-11:00 am Creating Peace of Mind 11:00-12:00 pm	Closed
19	20	21	22	23	24
Living with Loss Support Group 6:00-8:00 pm	Life After Treatment Support Group 1 6:00-8:00 pm Living with Cancer Support Group 6:00-8:00 pm			24 Form Tai Chi with Jim 10:00-11:00 am Brunch and Learn: Clinical Trials 11:00 am - 12:00 pm Open Art Session 12:00-2:00 pm	Closed
Closed	26	27	28	29	30
MEMORIAL DAY	Sound Bath Meditation 12:00-1:15 pm Life After Treatment Support Group 2 6:00-8:00 pm Living with Cancer Support Group 6:00-8:00 pm	Gynecologic Cancer Networking Group 6:00-7:30 pm		24 Form Tai Chi with Jim 10:00-11:00 am	Family Game Day 10:00 am - 12:00 pm Member Interest Meeting 12:00-12:45 pm Yoga with Deanna 12:00-1:00 pm

May

All events below will be hosted virtually on Zoom

CancerSupportTexas.org



**CANCER SUPPORT
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NORTH TEXAS**

Virtual

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>What's Coming Up: Estate planning presentation (date TBD)</p> <p>Special Thanks: Emily Atlas, Rajani Sinha, Ron Smith 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>			<p>1</p> <p>Qigong with Emily 1:00-2:00 pm</p> <p>Grupo Amigos Unidos 6:00-8:00 pm</p>	<p>2</p>	<p>3</p> <p>Closed</p>
<p>5</p> <p>Living with Advanced Cancer Support Group 1 2:00-4:00 pm</p> <p>Young Adult Support Group 6:00-7:30 pm</p> <p>Living with Loss Support Group 6:00-8:00 pm</p>	<p>6</p> <p>Living with Advanced Cancer Support Group 2 2:00-4:00 pm</p> <p>Gentle Yoga for the Soul 6:00-7:00 pm</p>	<p>7</p> <p>Living with Cancer Support Group 6:00-8:00 pm</p>	<p>8</p> <p>Mindfulness Drop-In Group 10:15-11:15 am</p> <p>Qigong with Emily 1:00-2:00 pm</p>	<p>9</p>	<p>10</p> <p>Closed</p>
<p>12</p> <p>Living with Advanced Cancer Support Group 1 2:00-4:00 pm</p> <p>Family & Friends Support Group 6:00-8:00 pm</p>	<p>13</p> <p>Write to Heal 2:00-4:00 pm</p> <p>Living with Advanced Cancer Support Group 2 2:00-4:00 pm</p> <p>Gentle Yoga for the Soul 6:00-7:00 pm</p>	<p>14</p> <p>Living with Cancer Support Group 6:00-8:00 pm</p>	<p>15</p> <p>Qigong with Emily 1:00-2:00 pm</p> <p>Clinical Trials Support Group 1:00-2:30 pm</p>	<p>16</p>	<p>17</p> <p>Breast Cancer Networking Group 12:00-1:30 pm</p>
<p>19</p> <p>Living with Advanced Cancer Support Group 1 2:00-4:00 pm</p> <p>Living with Loss Support Group 6:00-8:00 pm</p> <p>Blood Cancer Networking Group 6:00-8:00 pm</p>	<p>20</p> <p>Living with Advanced Cancer Support Group 2 2:00-4:00 pm</p> <p>Gentle Yoga for the Soul 6:00-7:00 pm</p>	<p>21</p> <p>Living with Cancer Support Group 6:00-8:00 pm</p>	<p>22</p> <p>Mindfulness Drop-In Group 10:15-11:15 am</p> <p>Qigong with Emily 1:00-2:00 pm</p>	<p>23</p>	<p>24</p> <p>Closed</p>
<p>Closed</p> <p>26</p>	<p>27</p> <p>Volunteer Orientation 1:00-1:45 pm</p> <p>Write to Heal 2:00-4:00 pm</p> <p>Living with Advanced Cancer Support Group 2 2:00-4:00 pm</p> <p>Gentle Yoga for the Soul 6:00-7:00 pm</p>	<p>28</p> <p>Neuroendocrine Networking Group 12:00-1:30 pm</p> <p>Living with Cancer Support Group 6:00-8:00 pm</p>	<p>29</p> <p>Qigong with Emily 1:00-2:00 pm</p>	<p>30</p>	<p>31</p>



May

Offsite Programs in Collin and Tarrant counties

Specific addresses for each support group will be shared with group members.

CancerSupportTexas.org



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NORTH TEXAS**

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>MENTAL HEALTH AWARENESS MONTH</p>		1	2	3 Closed
5 Collin County Living with Advanced Cancer Support Group 1:00-3:00 pm	6	7 Tarrant County Living with Advanced Cancer Support Group 2:00-4:00 pm	8 Open Adult Support Group with CCBD at Cancer Care Services 11:00 am - 12:30 pm	9	10 Tarrant County Breast Cancer Networking Group 10:00-11:30 am
12 Collin County Living with Advanced Cancer Support Group 1:00-3:00 pm	13	14 Tarrant County Living with Advanced Cancer Support Group 2:00-4:00 pm	15	16	17 Closed
19 Collin County Living with Advanced Cancer Support Group 1:00-3:00 pm	20	21 Collin County Breast Cancer Networking Group 1:00-2:30 pm Tarrant County Living with Advanced Cancer Support Group 2:00-4:00 pm	22	23	24 Closed
Closed	26	27	28	29	30
<p>MEMORIAL DAY</p>		31 Tarrant County Living with Advanced Cancer Support Group 2:00-4:00 pm			