

July 2026



Our Amigos Unidos group enjoyed line dancing at the Latino Cultural Center

Staying active during cancer treatment

Staying active during cancer treatment can feel overwhelming. Fatigue, pain, nausea, or emotional stress may make movement feel like the last thing you want to do. If that is where you are, you are not alone. Being “active” during treatment does not mean intense workouts or pushing through exhaustion. It means finding gentle ways to move that feel right for you.

Even small amounts of movement can support your physical, emotional, and mental well-being. The goal is not intensity or perfection, but listening to your body and honoring what you are capable of each day.

Research shows that physical activity can improve

physical functioning, reduce cancer-related fatigue, and enhance overall quality of life for people living with cancer.

Movement can also help reduce stiffness, support digestion, and maintain mobility. Studies suggest that exercise during cancer treatment can reduce anxiety and depression while improving mood and emotional well-being.

Additional evidence indicates that appropriate exercise may support treatment tolerance and overall recovery, even when activity levels are gentle and adapted. **Read more of this story [here](#) or go to the “CSCNT News” tab at CancerSupportTexas.org.**

July Event Highlights

Kids Noogie Friday

Dallas Clubhouse

12404 Park Central Drive, Suite 275-S
Friday, July 17, 9:00 am - 12:00 pm

July BBQ

Dallas Clubhouse

Saturday, July 18, 11:30 am - 1:00 pm

“The Mind/Body Reset” Presentation Virtual on Zoom

Wednesday, July 29, 6:00 - 7:00 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 Program Director Sarah Raps presents at the Plano Cancer Survivorship event.



We enjoyed learning about and creating neurographic art during a workshop with Jane Cornish Smith (pictured, left), local artist and longtime CSCNT volunteer.

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.

6th Annual Red Tie Gala

The sun will come out as we defy gravity at “Nights on Broadway” – our 6th Annual Red Tie Gala on November 14 at the Astoria Event Venue in Irving!

Expect a sweeping night of Broadway-worthy surprises, stunning themed attire, exceptional dining, thrilling auction packages, and unforgettable experiences that will linger long after the final curtain call.

Proceeds will benefit Cancer Support Community North Texas' critical mental health and social support programs – all while having a great time!

Become a sponsor or purchase individual tickets at

RedTieDallas.org

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 via email at 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 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.

July



Dallas County

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



12404 Park Central Drive, Suite 275-S, Dallas, TX 75251 | Phone: 972-630-6131
Hours: Monday - Friday, 9:00 am - 5:00 pm, with select evenings and Saturdays

CancerSupportTexas.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>What's Coming Up: Camp Noogie (August 7 & 8), Member Dinner (August 17), Noogie Fridays (August 21)</p> <p>Special Thanks: Tamara Luce, Ginger Benedict, Jennifer Miller, Jim Williams, Nishi Soni</p>		1	2	Closed 3	Closed 4
			Crafty Thursdays with Nishi- Clay Magnet / Keychain Workshop 12:00 - 2:00 pm		
6	7	8	9	10	11
Living with Loss Support Group 6:00 - 8:00 pm	<p>"Hope In Motion"- Dallas Walking Group 8:30 - 9:00 am</p> <p>Living with Cancer Support Group 6:00 - 8:00 pm</p>		<p>Tea Time at the Red Door 11:00 am - 12:00 pm</p> <p>Mahjong & Mingle 12:00 - 2:30 pm</p>	24 Form Tai Chi with Jim 10:00 - 11:00 am	Closed
13	14	15	16	17	18
Legacy of Love Support Group 6:00 - 7:30 pm	<p>Volunteer Orientation 5:15 - 6:00 pm</p> <p>Living with Cancer Support Group 6:00 - 8:00 pm</p> <p>Life After Treatment Support Group 6:00 - 8:00 pm</p>		<p>Crafty Thursdays with Nishi- Group Painting Project 12:00 - 2:00 pm</p>	Kids Noogie Fridays 9:00 am - 12:00 pm	July BBQ 11:30 am - 1:00 pm
20	21	22	23	24	25
Living with Loss Support Group 6:00 - 8:00 pm	<p>"Hope In Motion"- Dallas Walking Group 8:30 - 9:00 am</p> <p>Coffee and Connect 9:00 - 10:00 am</p> <p>Living with Cancer Support Group 6:00 - 8:00 pm</p>				Closed
27	28	29	30	31	
Sound Bath Meditation 12:00 - 1:00 pm	<p>Living with Cancer Support Group 6:00 - 8:00 pm</p> <p>Life After Treatment Support Group 6:00 - 8:00 pm</p>			24 Form Tai Chi with Jim 10:00 - 11:00 am	

July





Virtual

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



All events below will be hosted virtually on Zoom

CancerSupportTexas.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 All Stages Cancer Support Group 2:00 - 4:00 pm Living with Cancer Support Group 6:00 - 8:00 pm	2 Qigong with Emily 1:00 - 2:00 pm	Closed 3 	Closed 4 
6 Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm	7 Living with Advanced Cancer Support Group 2 2:00 - 4:00 pm Gentle Yoga for the Soul 6:00 - 7:00 pm	8 All Stages Cancer Support Group 2:00 - 4:00 pm Living with Cancer Support Group 6:00 - 8:00 pm	9 Mindfulness Drop-In Group 10:15 - 11:15 am Qigong with Emily 1:00 - 2:00 pm Grupo Amigos Unidos 6:00 - 8:00 pm	10	11 Closed
13 Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm Family and Friends Support Group 6:00 - 8:00 pm	14 Living with Advanced Cancer Support Group 2 2:00 - 4:00 pm Write to Heal 2:00 - 4:00 pm Gentle Yoga for the Soul 6:00 - 7:00 pm	15 All Stages Cancer Support Group 2:00 - 4:00 pm Living with Cancer Support Group 6:00 - 8:00 pm	16 Employment Rights Presentation 12:00 - 1:00 pm Qigong with Emily 1:00 - 2:00 pm	17	18 Breast Cancer Networking Group 10:00 - 11:30 am
20 Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm Blood Cancer Networking Group 6:00 - 7:30 pm	21 Living with Advanced Cancer Support Group 2 2:00 - 4:00 pm Gentle Yoga for the Soul 6:00 - 7:00 pm	22 All Stages Cancer Support Group 2:00 - 4:00 pm Living with Cancer Support Group 6:00 - 8:00 pm	23 Mindfulness Drop-In Group 10:15 - 11:15 am Qigong with Emily 1:00 - 2:00 pm	24	25 Closed
27 Volunteer Orientation 12:00 - 1:00 pm Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm Family and Friends Support Group 6:00 - 8:00 pm	28 Living with Advanced Cancer Support Group 2 2:00 - 4:00 pm Write to Heal 2:00 - 4:00 pm Gentle Yoga for the Soul 6:00 - 7:00 pm	29 All Stages Cancer Support Group 2:00 - 4:00 pm "The Mind/Body Reset" Presentation 6:00 - 7:00 pm Living with Cancer Support Group 6:00 - 8:00 pm	30 Qigong with Emily 1:00 - 2:00 pm	31	

July

Offsite Programs in Collin and Tarrant counties






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



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

CancerSupportTexas.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:30 pm	2	Closed 3 	Closed 4 <i>4th of July</i>
6 Collin County Cancer Support Group 1:00 - 3:00 pm	7	8 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:30 pm	9 Open Adult Support Group with CCBD at Cancer Care Services 11:00 am - 12:30 pm	10	11 Tarrant County Breast Cancer Networking Group 10:00 - 11:30 am
13 Collin County Cancer Support Group 1:00 - 3:00 pm	14	15 Breast Cancer Networking Collin County 1:00 - 2:30 pm Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:30 pm	16	17	18 Closed
20 Collin County Cancer Support Group 1:00 - 3:00 pm	21	22 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:30 pm	23	24	25 Closed
27 Collin County Cancer Support Group 1:00 - 3:00 pm	28	29 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:30 pm	30	31	

Julio



Escanea el código QR para conocer más sobre nuestros eventos y registrarte



12404 Park Central Drive, Suite 275-S, Dallas, TX 75251 | Teléfono: 972-630-6131
Horario: lunes a viernes, de 9:00 a 5:00 pm con noches selectas y sábados

CancerSupportTexas.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Lo que está por venir: Demostración de Nutrición</p> <p>Agradecimiento especial: Tamara Luce, Ginger Benedict, Jennifer Miller, Julia Anderson, Jim Williams, Jane Cornish Smith</p>		1	2	<p>Cerrado</p> 	<p>Cerrado</p> 
6	<p>7</p> <p>"Esperanza en Movimiento" - Grupo de Caminata de Dallas 9:30 - 10:00 am</p>	8	<p>9</p> <p>Hora del Té en la Puerta Roja 11:00 am - 12:00 pm</p> <p>Grupo Amigos Unidos 6:00 - 8:00 pm Virtual</p>	10	11
13	14	15	16	17	18
					<p>Barbacoa de julio 11:30 am - 1:00 pm</p>
20	<p>21</p> <p>"Esperanza en Movimiento" - Grupo de Caminata de Dallas 9:30 - 10:00 am</p>	22	23	24	25
					<p>Cerrado</p>
27	28	29	30	31	