

August 2026



We used objects from nature to create art pieces during a Crafty Thursday

Mindfulness and Living with Cancer

A cancer diagnosis can take a heavy emotional and mental toll. Fear, uncertainty, and the stress of treatment can feel overwhelming, even on days when things seem stable. If your mind feels constantly busy or unsettled, you are not alone.

Mindfulness is a gentle practice that focuses on staying present and grounding yourself in the moment you are in right now. It does not require clearing your mind or forcing calm. Instead, it invites awareness of your thoughts, emotions, and physical sensations with compassion. Research shows that mindfulness-based practices can reduce emotional distress, fear, and feelings of overwhelm in people living with cancer. Studies also suggest that mindfulness can help individuals cope more

effectively with uncertainty and improve overall well-being during treatment and survivorship.

Mindfulness may also help with physical symptoms. Evidence indicates that mindfulness-based interventions can reduce fatigue and sleep disturbances, which are common challenges during cancer treatment. These improvements can support daily functioning and quality of life.

In addition, mindfulness practices have been shown to help manage pain, anxiety, and treatment-related stress, offering both emotional and physical relief during difficult moments. ***Read more of this story [here](#) or go to the “CSCNT News” tab at CancerSupportTexas.org.***

August Event Highlights

Kids Camp Noogie

Dallas Clubhouse & North Texas Performing Arts

Friday, August 7, 8:30 am - 3:30 pm

Saturday, August 8, 7:00 - 8:30 pm

Member Dinner

Dallas Clubhouse

Monday, August 17, 5:00 - 6:30 pm

Frankly Speaking About Cancer: “Push the Pause Button” (for those supporting someone with cancer) Virtual on Zoom

Thursday, August 27, 12:00 - 1:00 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 meets with community members during the annual Survivorship Celebration.



Our annual Community Is Stronger Than Cancer Survivorship Celebration was a great success, featuring a comedy troupe and meeting with friends old and new.

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.

Win a MacBook Pro!

Become a Changemaker monthly donor between now and Changemakers Day on August 4 for a chance to win a MacBook Pro!

How to enter:

1. Become a Changemaker monthly donor by entering an amount (\$5 or more counts!) and checking the “make my donation recurring” box [here](#) or at CancerSupportTexas.org/Donate
2. Guess the dollar amount of coins in the jar shown [here](#) (also available to view in person at our Dallas Clubhouse) and email your guess to info@CancerSupportTexas.org

Complete these steps by August 4. A winner will be announced on August 5.

Our Changemakers make such a difference in the lives of North Texans impacted by cancer!

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.

August

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

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: Celebracion de la Sobrevivencia, Member Social Special Thanks: Tamara Luce, Ginger Benedict, Jennifer Miller, Jim Williams, Nishi Soni					1 Closed
3 Living with Loss Support Group 6:00 - 8:00 pm	4 "Hope In Motion"- Dallas Walking Group 8:30 - 9:00 am Clinical Trial Focus Group 12:00 - 1:30 pm Living with Cancer Support Group 6:00 - 8:00 pm	5	6	7 24 Form Tai Chi with Jim 10:00 - 11:00 am Kids Camp Noogie 8:30 am - 3:30 pm	8 Kids Camp Noogie Field Trip 7:00 pm - 8:30 pm
10 Legacy of Love Support Group 6:00 - 7:30 pm	11 Volunteer Orientation 5:15 - 6:00 pm Living with Cancer Support Group 6:00 - 8:00 pm Life After Treatment Support Group 6:00 - 8:00 pm	12	13 Tea Time at the Red Door 11:00 am - 12:00 pm Mahjong & Mingle 12:00 - 2:30 pm Grupo Amigos Unidos / Evento Social de Verano 6:00 - 8:30 pm	14	15 Closed
17 Living with Loss Support Group 6:00 - 8:00 pm Member Dinner 5:00 - 6:30 pm	18 "Hope In Motion"- Dallas Walking Group 8:30 - 9:00 am Living with Cancer Support Group 6:00 - 8:00 pm	19 Men's Activity Group - Golf Range Outing 6:00 - 7:30 pm	20	21 24 Form Tai Chi with Jim 10:00 - 11:00 am Kids Noogie Fridays 4:00 - 6:00 pm	22 Closed
24 Sound Bath Meditation 12:00 - 1:00 pm	25 Living with Cancer Support Group 6:00 - 8:00 pm Life After Treatment Support Group 6:00 - 8:00 pm	26	27	28	29 Closed
31					

August



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
  What's Coming Up: Virtual Educational Presentations Special Thanks: Emily Atlas, Rajani Sinha, Ben Garcia, Ron Smith and The Writer's Garret					1 Closed
3 Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm	4 Living with Advanced Cancer Support Group 2 2:00 - 4:00 pm Gentle Yoga for the Soul 6:00 - 7:00 pm	5 All Stages Cancer Support Group 2:00 - 4:00 pm Living with Cancer Support Group 6:00 - 8:00 pm	6 Qigong with Emily 1:00 - 2:00 pm	7	8 Closed
10 Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm Family and Friends Support Group 6:00 - 8:00 pm	11 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	12 All Stages Cancer Support Group 2:00 - 4:00 pm Sexual Dysfunction After Cancer Treatment Presentation 5:00 - 6:00 pm Living with Cancer Support Group 6:00 - 8:00 pm	13 Mindfulness Drop-In Group 10:15 - 11:15 am Qigong with Emily 1:00 - 2:00 pm	14	15 Breast Cancer Networking Group 10:00 - 11:30 am
17 Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm Blood Cancer Networking Group 6:00 - 7:30 pm	18 Living with Advanced Cancer Support Group 2 2:00 - 4:00 pm Gentle Yoga for the Soul 6:00 - 7:00 pm	19 All Stages Cancer Support Group 2:00 - 4:00 pm Living with Cancer Support Group 6:00 - 8:00 pm	20 Qigong with Emily 1:00 - 2:00 pm	21	22 Closed
Volunteer Orientation 12:00 - 12:45 pm 24 Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm Family and Friends Support Group 6:00 - 8:00 pm	25 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	26 All Stages Cancer Support Group 2:00 - 4:00 pm Living with Cancer Support Group 6:00 - 8:00 pm	27 Mindfulness Drop-In Group 10:15 - 11:15 am Frankly Speaking About Cancer: "Push the Pause Button" 12:00 - 1:00 PM Qigong with Emily 1:00 - 2:00 pm	28	29 Closed
31 Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm					

August

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

Offsite Programs in Collin and Tarrant counties



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



CancerSupportTexas.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Closed
3 Collin County Cancer Support Group 1:00 - 3:00 pm	4	5 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:30 pm	6	7	8 Tarrant County Breast Cancer Networking Group 10:00 - 11:30 am
10 Collin County Cancer Support Group 1:00 - 3:00 pm	11	12 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:30 pm	13 Open Adult Support Group with CCBD 11:00 am - 12:30 pm	14	15 Closed
17 Collin County Cancer Support Group 1:00 - 3:00 pm	18	19 Collin County Breast Cancer Networking 1:00 - 2:30 pm Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:30 pm	20 Craft Your Head Covering with Ricardo Fisas 6:00 - 7:00 pm	21	22 Closed
24 Collin County Cancer Support Group 1:00 - 3:00 pm	25	26 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:30 pm	27	28	29
31 Collin County Cancer Support Group 1:00 - 3:00 pm					

Agosto



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
		Lo que está por venir: Demostración de Nutrición Agradecimiento especial: Tamara Luce, Ginger Benedict, Jennifer Miller, Julia Anderson, Jim Williams, Jane Cornish Smith			1 Cerrado
3	4 "Esperanza en Movimiento" - Grupo de Caminata de Dallas 9:30 - 10:00 am	5	6	7 Grupo Amigos Unidos / Evento Social de Verano 6:00 - 8:30 pm	8 Cerrado
10	11	12	13	14	15 Cerrado
17 Cena de miembros 5:00 - 6:00 pm	18 "Esperanza en Movimiento" - Grupo de Caminata de Dallas 9:30 - 10:00 am	19	20	21	22 Cerrado
24	25	26	27	28	29 Cerrado
31					