

January 2026



One Run 5K returns March 28 in Dallas

Our members and community spoke, and we listened! One Run, the fan-favorite 5K walk/run, is returning bigger, bolder, and more fun than ever! One Run isn't just a race ... it's a high-energy celebration of hope, courage, and community where every mile matters for North Texans impacted by cancer.

- 📍 When: Saturday, March 28, from 8:00 am-1:00 pm
- 📍 Where: Anderson Bonner Park in Dallas

One Run, which originally began in 2011, was created as an all-inclusive answer to other runs with a singular focus, allowing for the more rare or

lesser-known diagnoses to also have a platform. At the One Run, survivors, caregivers, families, and friends, plus supporters like you, come together around one powerful belief: no one should face cancer alone. Every step you take helps ensure that local individuals and families can access social and emotional support at absolutely no cost to them.

Register today at [OneRunTexas.org](https://www.oneruntexas.org), form a team, and bring the excitement in March! Sponsorships are also available on the registration website. Questions? Contact Development Manager Courtney Lyons [here](#).

January Event Highlights

Town Hall Meetings: Clubhouse Move + More Hybrid: Virtual on Zoom or Dallas Clubhouse
(8196 Walnut Hill Lane, LL10)

Thursday, January 8, 12:00 - 1:00 pm

Monday, January 12, 5:00 - 6:00 pm

Art Workshop with Jane: Bookbinding Class
Dallas Clubhouse

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

“What Do I Tell the Kids” Presentation
Virtual on Zoom

Friday, January 16, 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.



Thanks to Mary Kay for donating care bags for our members! Pictured are CSCNT Program Director Sarah Baldwin and Molly Henriquez of Mary Kay.



Participants learned the craft of loom knitting during a recent art workshop led by the wonderful Jane Cornish Smith, CSCNT member and local artist.

Clubhouse Relocation

In 2026, we're excited to move into our new Dallas Clubhouse location at Hidden Grove, 12404 Park Central Drive, Suite 275S, to better serve our members and potential members.

We hope you'll attend the Town Hall meetings in January (specific dates in the event highlights section on this page), where we will share more details about the move. Also, stay tuned for new clubhouse opening dates coming soon via our email communications.

In January, we will operate out of the current clubhouse at 8196 Walnut Hill Lane, LL10, Dallas, until further notice about the relocation.

Looking forward to sharing this new space with you in 2026!

Become a Changemaker

You are invited to join our Changemakers initiative, a 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](#) and check the “Make my donation recurring” box.

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.

January

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

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: Valentine's Day Party Special Thanks: Tamara Luce, Ginger Benedict, Jennifer Miller, Julia Anderson, Jim Williams, Jane Cornish Smith		1 Closed	2 Closed	3 Closed
5 Living with Loss Support Group 6:00 - 8:00 pm	6 Living with Cancer Support Group 6:00 - 8:00 pm	7	8 Teatime at the Red Door 11:00 am - 12:00 pm Town Hall Meeting 12:00 - 1:00 pm	9 24 Form Tai Chi with Jim 10:00 - 11:00 am Creating Peace of Mind 11:00 am - 12:00 pm	10 Closed
Sound Bath Meditation 12:00 - 1:00 pm Town Hall Meeting 5:00 - 6:00 pm Legacy of Love Support Group 6:00 - 7:30 pm	12 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	13 14	15 Art Workshop with Jane: Bookbinding Class 1:00 - 3:00pm	16 24 Form Tai Chi with Jim 10:00 - 11:00 am	17 Closed
Closed 	19 Living with Cancer Support Group 6:00 - 8:00 pm	20 Living with Advanced Cancer Support Group 2:00 - 4:00 pm Yoga, Breath, & Sound with Jenn 3:00 - 4:00 pm	21 22	23 Closed	24 Closed
26	27 Living with Cancer Support Group 6:00 - 8:00 pm Life After Treatment Support Group 6:00 - 8:00 pm	28 Living with Advanced Cancer Support Group 2:00 - 4:00 pm Teen Support Group 6:00 - 7:30 pm	29 Wellness in Action: An Occupational Therapy Based Program 12:00- 1:00 pm	30 24 Form Tai Chi with Jim 10:00 - 11:00 am	31 Closed

January



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	2 Closed	3 Closed
5 Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm	6 Living with Advanced Cancer Support Group 2 2:00 - 4:00 pm Gentle Yoga for the Soul 6:00 - 7:00 pm	7 Living with Cancer Support Group 6:00 - 8:00 pm	8 Mindfulness Drop-In Group 10:15 - 11:15 am Town Hall Meeting 12:00 - 1:00 pm Qigong with Emily 1:00 - 2:00 pm Grupo Amigos Unidos 6:00 - 8:00 pm	9 Closed	10 Closed
12 Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm Town Hall Meeting 5:00 - 6:00 pm Family and Friends Support Group 6:00 - 8:00 pm	13 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	14 Living with Cancer Support Group 6:00 - 8:00 pm	15 Qigong with Emily 1:00 - 2:00 pm	16 "What Do I Tell the Kids" Presentation 12:00 - 1:00 pm	17 Breast Cancer Networking Group 10:00 - 11:30 am
19 Closed 	20 Living with Advanced Cancer Support Group 2 2:00 - 4:00 pm Gentle Yoga for the Soul 6:00 - 7:00 pm	21 Living with Cancer Support Group 6:00 - 8:00 pm Blood Cancer Networking Group 6:00 - 7:30 pm	22 Mindfulness Drop-In Group 10:15 - 11:15 am Qigong with Emily 1:00 - 2:00 pm	23 DART Transportation English Presentation 11:00 am - 12:00 pm	24 Closed
26 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	27 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	28 Living with Cancer Support Group 6:00 - 8:00 pm	29 Qigong with Emily 1:00 - 2:00 pm	30 Closed	31 Closed

January

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 Closed	2 Closed	3 Closed
5 Collin County Cancer Support Group 1:00 - 3:00 pm	6	7 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:30 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 Cancer Support Group 1:00 - 3:00 pm	13	14 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:30 pm	15	16	17 Closed
19 Closed 	20	21 Breast Cancer Networking Collin County 1:00 - 2:30 pm Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:30 pm	22	23	24 Closed
26 Collin County Cancer Support Group 1:00 - 3:00 pm	27	28 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:30 pm	29	30	31 Closed

Enero

8196 Walnut Hill Lane, LL10, Dallas, TX 75231 | Teléfono: (214) 345-8230

Horario: lunes a viernes, de 9:00 a 5:00 p. m. con noches selectas y sábados



**CANCER SUPPORT
COMMUNITY
NORTH TEXAS**

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



CancerSupportTexas.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Agradecimiento especial: Tamara Luce, Ginger Benedict, Jennifer Miller, Julia Anderson, Jim Williams, Jane Cornish Smith		1	2	3
			Cerrado	Cerrado	Cerrado
5	6	7	8	9	10
			La hora del té en la puerta roja 11:00 am - 12:00 pm Grupo Amigos Unidos 6:00 - 8:00 pm Virtual		Cerrado
12	13	14	15	16	17
Meditación de baño de sonido 12:00 - 1:00 pm					Cerrado
19	20	21	22	23	24
Cerrado 		Yoga, respiración y sonido con Jenn 3:00 - 4:00 pm		Cerrado	Cerrado
26	27	28	29	30	31
					Cerrado