

# February 2025



We painted Valentine's decorations at an art workshop.

## Lesly Cardona wants to support other cancer survivors

When Lesly Cardona was in treatment for breast cancer, she learned a lot from others in the Amigos Unidos group at Cancer Support Community North Texas. Now in remission, she stays involved in the Spanish-language support group so she can help others.

“I want people who are recently diagnosed to have hope and know there are people here to support them,” Lesly says.

Before participating at CSCNT, she didn't know much about the process of cancer treatment except that her mother died of cancer. Her family also didn't live in the country, so she was without her full support system.

In her experience, Lesly says there is a lack of information about cancer in the Hispanic community, and many women don't talk about breast cancer because they feel ashamed.

To combat this issue, another way Lesly connects with other Dallas Spanish-speakers about cancer resources and education is through a WhatsApp group called Life Warriors that includes around 90 women. They talk about nutrition, mental health, forming a team of healthcare providers and more.

“When you can hear from someone who has had cancer treatment, you know you also can get through it,” she says.

## February Event Highlights

### It's a Sweet Saturday: Chocolate Celebration Dallas County Clubhouse

Saturday, Feb. 15, 11:00 am - 1:00 pm

### When Your Parent is the Patient Dallas County Clubhouse

Tuesday, Feb. 18, 5:00 - 6:00 pm

### Routine Redesign for Cancer Survivors: An Occupational Therapy Based Program

Dallas County Clubhouse

Wednesdays, 2:00 - 3:00 pm, Feb. 5, 12, 19 & 26

### 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.



Many thanks to Plexus for donating 800 birthday kits for our participants, as well as generously giving us \$12,000!

### 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.**

### Valentines for a cause

Shop for your Valentine at glassware brand glassybaby and give back to Cancer Support Community North Texas!

A portion of proceeds from the hand-blown glass vessels purchased at the glassybaby store at NorthPark Center in Dallas will go toward CSCNT's critical mental health and social support programs for North Texans with cancer and their families. You also can shop online at [glassybaby.com](http://glassybaby.com) by using code "CSCNT" in the "discount code or gift card" box at checkout.

glassybaby founder Lee Rhodes is a three-time lung cancer survivor. Lee had the idea for glassybaby while undergoing chemotherapy when she lit a candle in a piece of art glass and felt healing from it and wanted others to feel the same.



Purchasing artisan-made glassware from glassybaby supports CSCNT. Read more to the right in "Valentines for a cause."

# 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](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. 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.

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## 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.



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## 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.

# February

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
<p><b>What's Coming Up:</b> Dallas Garden Day March 29</p> <p><b>Special Thanks:</b> 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 Closed
<p>3 Pilates: Chair* 5:00-5:30 pm Mat* 5:30-6:00 pm</p> <p>Living with Loss Support Group 6:00-8:00 pm</p>	<p>4 Yoga, Breath, &amp; Sound with Jenn* 3:00-4:00 pm</p> <p>Volunteer Orientation 5:00-5:45 pm</p> <p>Living with Cancer Support Group 6:00-8:00 pm</p> <p>Life After Treatment Support Group 1 6:00-8:00 pm</p>	<p>5 Routine Redesign for Cancer Survivors 2:00-3:00 pm</p>	<p>6</p>	<p>7 24 Form Tai Chi with Jim 10:00-11:00 am</p> <p>Routine Redesign for Cancer Survivors 11:00 am - 12:00 pm</p>	8 Closed
<p>10</p>	<p>11 Life After Treatment Support Group 2 6:00-8:00 pm</p> <p>Living with Cancer Support Group 6:00-8:00 pm</p>	<p>12 Routine Redesign for Cancer Survivors 2:00-3:00 pm</p>	<p>13 Teatime at the Red Door* 11:00 am - 12:00 pm</p>	<p><i>HAPPY Valentine's Day</i> 14 24 Form Tai Chi with Jim 10:00-11:00 am</p> <p>Routine Redesign for Cancer Survivors 11:00 am - 12:00 pm</p>	15 Book Club 10:00-11:00 am It's a Sweet Saturday: Chocolate Celebration Es Un Sábado Dulce: Celebración Del Chocolate 11:00-1:00 pm
<p>17 Pilates: Chair* 5:00-5:30 pm Mat* 5:30-6:00 pm</p> <p>Living with Loss Support Group 6:00-8:00 pm</p>	<p>18 Yoga, Breath, &amp; Sound with Jenn* 3:00-4:00 pm</p> <p>When Your Parent is the Patient 5:00-6:00 pm</p> <p>Life After Treatment Support Group 1 6:00-8:00 pm</p> <p>Living with Cancer Support Group 6:00-8:00 pm</p>	<p>19 Routine Redesign for Cancer Survivors 2:00-3:00 pm</p>	<p>20 Art Workshop: Spring Crafts 1:00-3:00 pm</p>	<p>21 24 Form Tai Chi with Jim 10:00-11:00 am</p> <p>Routine Redesign for Cancer Survivors 11:00 am - 12:00 pm</p>	22 Closed
<p>24 Sound Bath Meditation 12:00-1:00 pm</p> <p>Movie Monday: The Immortal Life of Henrietta Lacks 1:30-3:30 pm</p>	<p>25 Yoga, Breath, &amp; Sound with Jenn* 3:00-4:00 pm</p> <p>Living with Cancer Support Group 6:00-8:00 pm</p> <p>Life After Treatment Support Group 2 6:00-8:00 pm</p>	<p>26 Routine Redesign for Cancer Survivors 2:00-3:00 pm</p>	<p>27 Creating Peace of Mind 11:00 am - 12:00 pm</p>	<p>28 24 Form Tai Chi with Jim 10:00-11:00 am</p> <p>Routine Redesign for Cancer Survivors 11:00 am - 12:00 pm</p>	

# February

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
<p><b>What's Coming Up: Creating Peace of Mind March 12</b></p> <p><b>Special Thanks: Emily Atlas, Rajani Sinha and The Writer's Garret</b></p> <p>Eventos con la marca de * indique su descripción se encuentra en español en el calendario del sitio web.</p>					1
<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>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>Living with Cancer Support Group 6:00-8:00 pm</p>	<p>Colorectal Cancer Networking Group 1:00-2:30 pm</p> <p>Qigong with Emilly 1:00-2:00 pm</p> <p>Cuenta Conmigo: Apoyo Emocional para Seres Queridos Durante un Tratamiento Medico* 6:00-8:00 pm</p>		8
<p>Living with Advanced Cancer Support Group 1 2:00-4:00 pm</p> <p>Family &amp; Friends Support Group 6:00-8:00 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>Creating Peace of Mind 12:00-1:00 pm</p> <p>Living with Cancer Support Group 6:00-8:00 pm</p>	<p>Mindfulness Drop-In Group 10:15-11:15 am</p> <p>Qigong with Emilly 1:00-2:00 pm</p>	<p><b>HAPPY VALENTINE'S DAY</b> ♥</p>	15
<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>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>Group Amigos Unidos 6:00-8:00 pm</p>	<p>Neuroendocrine Networking Group 12:00-1:30 pm</p> <p>Living with Cancer Support Group 6:00-8:00 pm</p>	<p>Clinical Trials Support Group 1:00-2:30 pm</p> <p>Qigong with Emilly 1:00-2:00 pm</p> <p>Grupo Amigos Unidos 6:00-8:00 pm</p>		22
<p>Volunteer Orientation 12:00-1:00 pm</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>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>Living with Cancer Support Group 6:00-8:00 pm</p>	<p>Mindfulness Drop-In Group 10:15-11:15 am</p> <p>Qigong with Emilly 1:00-2:00 pm</p>		

# February

## Offsite Programs in Collin and Tarrant counties

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



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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Closed
3 Collin County Living with Advanced Cancer Support Group 1:00-3:00 pm	4	5 Tarrant County Living with Advanced Cancer Support Group 2:00-4:00 pm	6	7	8 Tarrant County Breast Cancer Networking Group 10:00-11:30 am
10 Collin County Living with Advanced Cancer Support Group 1:00-3:00 pm	11	12 Tarrant County Living with Advanced Cancer Support Group 2:00-4:00 pm	13	14 Happy Valentines Day	15 Closed
17 Collin County Living with Advanced Cancer Support Group 1:00-3:00 pm	18	19 Collin County Breast Cancer Networking Group 1:00-2:30 pm Tarrant County Living with Advanced Cancer Support Group 2:00-4:00 pm	20	21	22 Closed
24 Collin County Living with Advanced Cancer Support Group 1:00-3:00 pm	25	26 Tarrant County Living with Advanced Cancer Support Group 2:00-4:00 pm	27	28	