

December 2024



Primrose School of Westlake at Entrada delivered holiday meal bags for our participants

CSCNT is ‘critical piece’ of mental health

Barbara Long says fellow CSCNT participants have a deeper understanding of what living with cancer means than her family and friends.

“They don’t have to have the same kind of cancer, but they just understand the side effects you’re dealing with and the worries you have,” says Barbara, who has been coming to Cancer Support Community North Texas since 2018.

While she has great support from her husband, Barbara considers those in her CSCNT Living with Advanced Cancer support group as an integral part of her life.

“When I went from stage 1 to stage 4 breast cancer, family members said, ‘Just be positive. You can beat

this.’ But no, there’s not a cure, so the understanding isn’t there, and they don’t really want to understand because it’s scary,” Barbara says. “That’s why having a place (CSCNT) where you are brought together with others who are walking a similar journey is a critical piece that brings comfort that I’m not alone.”

Barbara adds, “I have up to seven people in my support group that if I’m having a hard time, I can call.”

Along with the support group, Barbara has benefited from CSCNT’s individual counseling, yoga, tai chi, art classes and more. She also is active in the Member Advisory Council.

Read more at CancerSupportTexas.org/CSCNT-news

December Event Highlights

Holiday Party: A Winter Wonderland
Dallas County Clubhouse
Tuesday, Dec. 17, 5:30 - 7:30 pm

Holiday Party
Collin County Clubhouse
Thursday, December 5, 12:00 - 1:30 pm

Holly Jolly Holiday Party
Tarrant County Clubhouse
Tuesday, December 10, 5:30 - 7:30 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.



Barbara Long is featured in the spotlight on the first page.



We had a great turnout at our Friendsgiving dinner in Dallas.

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.**

Be a Guiding Light

Give the gift of hope this holiday season by being a guiding light for those affected by cancer in North Texas.

We kindly ask that you please consider a year-end gift. Your gift will directly support our vital programs that are truly changing the lives of thousands of people in our community.

Did you know that \$75 provides a counseling session, and \$150 helps support a group session? Any donation amount you can give is greatly appreciated.

Help us continue to provide a guiding light for North Texans with cancer and their families by making a contribution at CancerSupportTexas.org/donate

Thank you for your support!

About the Calendar

Events on each 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 your clubhouse via phone 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. That includes men, women, and children living with any type of cancer, as well as their family and friends. Cancer Support Community 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

Get in Touch

Fill out our contact form online using the QR code or give us a call at 214-345-8230 for more information. You are welcome to sign up for one of our scheduled clubhouse tours.



2

Create Your Plan

After completing the new member paperwork, we will schedule you for an individual planning meeting with a licensed staff member. You'll learn more about our program and discuss how you would like to participate at the clubhouse. Once you have completed this process, you'll have the full benefit of membership and can attend all of our great offerings.

December

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
2 Living with Loss Support Group 6:00-8:00 pm	3 Volunteer Orientation 5:00-5:45 pm Living with Cancer Support Group 6:00-8:00 pm	4 Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	5	6 24 Form Tai Chi with Jim 10:00-11:00 am	7 Clubhouse Closed
9 Living with Cancer Support Group 6:00-8:00 pm Life After Treatment Support Group 6:00-8:00 pm	10	11 Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	12 Pilates: Chair* 10:00-10:30 am Mat* 10:30-11:00 am	13 24 Form Tai Chi with Jim 10:00-11:00 am	14 Clubhouse Closed
16 Living with Loss Support Group 6:00-8:00 pm	17 Young Adult Mocktail Meet Up 4:30-5:30 pm Holiday Party- A Winter Wonderland 5:30-7:30 pm	18 Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	19	20	21 Clubhouse Closed
23 Clubhouse Closed	24 Clubhouse Closed	25 Clubhouse Closed	26 Clubhouse Closed	27 Clubhouse Closed	28 Clubhouse Closed
30 Clubhouse Closed	31 Clubhouse Closed	<p>Special Thanks: Tamara Luce, Ginger Benedict, Tincy Samuel, 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> <p>What's Coming Up: Friday Night Funnies January 17</p>			

December

10840 Texas Health Trail, Suite 120 | Fort Worth, TX 76244 | Phone: (214) 345-8230
 Limited operating hours. Please refer to the calendar.



Tarrant County

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Meditation 1:30- 2:00 pm Living with Advanced Cancer Support Group 2:00- 4:00 pm	3 	4 Life After Treatment Support Group 10:00-12:00 pm	5 	6 Crafting & Camaraderie 11:00 am -12:30 pm Acupressure for your journey 12:30-2:00 pm Mindful Yoga 2:00- 3:00 pm	7 Clubhouse Closed
9 Meditation 1:30- 2:00 pm Living with Advanced Cancer Support Group 2:00- 4:00 pm	10 Holly Jolly Holiday Party 5:30pm -7:30 pm	11 	12 CCBD Open Support Group 11:00 am - 12:30 pm (Held at CCBD's Magnolia location)	13 Clubhouse Closed	14 Clubhouse Closed
16 Living with Advanced Cancer Support Group 2:00- 4:00 pm	17 Clubhouse Closed	18 Clubhouse Closed	19 Clubhouse Closed	20 Clubhouse Closed	21 Clubhouse Closed
23 Clubhouse Closed	24 Clubhouse Closed	25 Clubhouse Closed	26 Clubhouse Closed	27 Clubhouse Closed	28 Clubhouse Closed
30 Clubhouse Closed	31 Clubhouse Closed	<p>What's Coming Up: Please review our online calendar for all of the latest in-person and virtual happenings.</p> <p>Special Thanks: Ron Smith, Diane Morrow, and Stephanie Mamantov</p>			

December

Collin County

6300 W. Parker Rd., MOB 2, Suite 129A | Plano, TX 75093 | Phone: (214) 345-8230
 Limited operating hours. Please refer to the calendar.



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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Living with Advanced Cancer Support Group 1:00-3:00 pm	3 Clubhouse Closed	4 Clubhouse Closed	5 Holiday Party 12:00-1:30 pm	6 Clubhouse Closed	7 Clubhouse Closed
9 Living with Advanced Cancer Support Group 1:00-3:00 pm	10 Clubhouse Closed	11 Clubhouse Closed	12 24 Form Tai Chi 10:30-11:30 am	13 Clubhouse Closed	14 Clubhouse Closed
16 Living with Advanced Cancer Support Group 1:00-3:00 pm	17 Clubhouse Closed	18 Breast Cancer Networking Group 1:00-2:30 pm	19 Clubhouse Closed	20 Clubhouse Closed	21 Clubhouse Closed
23 Clubhouse Closed	24 Clubhouse Closed	25 Clubhouse Closed	26 Clubhouse Closed	27 Clubhouse Closed	28 Clubhouse Closed
30 Clubhouse Closed	31 Clubhouse Closed	<p>What's Coming Up: Please review our online calendar for all of the latest in-person and virtual happenings.</p> <p>Special Thanks: Lynne Patterson, Jim Williams, Ronda Miles, and Melissa Berg-Baker</p>			

December

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>2</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>3</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>4</p> <p>Living with Cancer Support Group 6:00-8:00 pm</p>	<p>5</p> <p>Colorectal Cancer Networking 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>	<p>6</p> 	<p>7</p> <p>Clubhouse Closed</p>
<p>9</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>10</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>11</p> <p>Neuroendocrine Networking Group 12:00-1:30 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>12</p> <p>Mindfulness Drop-In Group 10:15-11:15 am</p> <p>Clinical Trials Support Group 1:00-2:30 pm</p> <p>Qigong with Emilly 1:00-2:00 pm</p>	<p>13</p> 	<p>14</p> <p>Clubhouse Closed</p>
<p>16</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>17</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>18</p> <p>Breast Cancer Networking Group 12:00-1:30 pm</p> <p>Living with Cancer Support Group 6:00-8:00 pm</p>	<p>19</p>	<p>20</p> 	<p>21</p> <p>Clubhouse Closed</p>
<p>23</p> <p>Clubhouse Closed</p>	<p>24</p> <p>Clubhouse Closed</p>	<p>25</p> <p>Clubhouse Closed</p>	<p>26</p> <p>Clubhouse Closed</p>	<p>27</p> <p>Clubhouse Closed</p>	<p>28</p> <p>Clubhouse Closed</p>
<p>30</p> <p>Clubhouse Closed</p>	<p>31</p> <p>Clubhouse Closed</p>	<p>What's Coming Up: Energize Your Life: Herbal Health Solutions presentation January 29</p> <p>Special Thanks: Emily Atlas, Rajani Sinha, 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>			

