

September 2026



Our Amigos Unidos support group gathered for a Lotería (bingo) game

Finding Connection, Support and Understanding

Living with advanced, metastatic, or chronic cancer can feel isolating in ways that are hard to explain. While treatment may continue for months or years, life often becomes shaped by uncertainty, ongoing side effects, and constant adjustment. Friends and family may care deeply but still struggle to understand what it's like to live with cancer that doesn't simply "end."

Research shows that peer support plays an important role in emotional well-being for people living with cancer. The **National Cancer Institute** notes that support groups can help people feel less alone, cope with uncertainty, and share strategies for managing both physical and emotional challenges.

The **American Psychological Association** also highlights that social connection and emotional support can reduce stress and improve quality of life during long-term illness.

That's why Cancer Support Community North Texas offers the Living With Advanced Cancer Support Group, both virtually and **in person in Tarrant County**, for individuals with a metastatic, advanced, or chronic cancer diagnosis. These groups provide a safe, supportive space to connect with others who understand what it means to live with cancer over time.

Read more of this story [here](#) or go to the "CSCNT News" tab at CancerSupportTexas.org.

September Event Highlights

Physical Therapy Webinar Series Virtual on Zoom

Thursday, September 10, 5:00 - 6:00 pm

Celebración de la Sobrevivencia / Hispanic Heritage Month Survivors Celebration

Dallas Arboretum, 8625 Garland Road

Sábado 12 de septiembre / Saturday, September 12
10:00 am - 9:00 pm

Skin Care Day at CSCNT - Ricardo Fisas Foundation Dallas Clubhouse

Thursday, September 17, 9:00 am - 4:30 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.



Program Director Sarah Raps meets at Hope Lodge with Vrushali Thakkar, who will offer a physical therapy virtual course to CSCNT participants starting in September.



The Creature Teacher brought a snake and other animals to show participants in our Kids Camp Noogie.

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.

North Texas Giving Day

You can help us open new "red" doors of cancer support in the lives of so many affected by cancer throughout our North Texas community.

North Texas Giving Day is happening on September 17, and giving begins August 27.

Cancer Support Community North Texas' goal this year is \$30,000. To continue providing vital cancer support services, we need your help to reach this goal.

To make your gift, visit NorthTexasGivingDay.org and search for "Cancer Support Community North Texas."

Thanks so much for your support!

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.

September



**CANCER SUPPORT
COMMUNITY
NORTH TEXAS**

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
	1 Living with Cancer Support Group 6:00 - 8:00 pm	2	3	4 24 Form Tai Chi with Jim 10:00 - 11:00 am	5 Closed
Closed 7 	8 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	9	10 Mahjong & Mingle 9:30 am - 12:00 pm Tea Time at the Red Door 11:00 am - 12:00 pm	11	12 Celebración de la Sobrevivencia / Hispanic Heritage Month Survivors Celebration 10:00 am - 9:00 pm Dallas Arboretum
14 Legacy of Love Support Group 6:00 - 7:30 pm	15 "Hope In Motion"- Dallas Walking Group 8:30 - 9:00 am Living with Cancer Support Group 6:00 - 8:00 pm	16	17 Ricardo Fisas Foundation- A Skin Care Day at CSCNT 9:00 am - 4:30 pm Art Workshop with Jane: Acrylic Paint Pouring 1:00 -3:00 pm	18 24 Form Tai Chi with Jim 10:00 - 11:00 am	19 Closed
21 Living with Loss Support Group 6:00 - 8:00 pm	22 Living with Cancer Support Group 6:00 - 8:00 pm Life After Treatment Support Group 6:00 - 8:00 pm	23	24	25	26 Closed
28 Sound Bath Meditation 12:00 - 1:00 pm	29 "Hope In Motion"- Dallas Walking Group 8:30 - 9:00 am Living with Cancer Support Group 6:00 - 8:00 pm	30	 What's Coming Up: October Bash & Smash, Day of the Dead Party Special Thanks: Tamara Luce, Ginger Benedict, Jennifer Miller, Jim Williams, Jane Cornish Smith, Nicole Hollaender, & Ricardo Fisas Foundation		

September



**CANCER SUPPORT
COMMUNITY
NORTH TEXAS**

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 Living with Advanced Cancer Support Group 2 2:00 - 4:00 pm Gentle Yoga for the Soul 6:00 - 7:00 pm	2 Living with Cancer Support Group 6:00 - 8:00 pm	3 Qigong with Emily 1:00 - 2:00 pm	4	5 Closed
Closed 	7 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	8 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 Physical Therapy Webinar Series 5:00 - 6:00 pm Grupo Amigos Unidos 6:00 - 8:00 pm	10	11 Closed
14 Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm Family and Friends Support Group 6:00 - 8:00 pm	15 Living with Advanced Cancer Support Group 2 2:00 - 4:00 pm Gentle Yoga for the Soul 6:00 - 7:00 pm	16 Living with Cancer Support Group 6:00 - 8:00 pm	17 Qigong with Emily 1:00 - 2:00 pm	18	19 Breast Cancer Networking Group 10:00 - 11:30 am
21 Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm Blood Cancer Networking Group 6:00 - 7:30 pm	22 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	23 Living with Cancer Support Group 6:00 - 8:00 pm	24 Mindfulness Drop-In Group 10:15 - 11:15 am Qigong with Emily 1:00 - 2:00 pm	25	26 Closed
28 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	29 Living with Advanced Cancer Support Group 2 2:00 - 4:00 pm Gentle Yoga for the Soul 6:00 - 7:00 pm	30 Living with Cancer Support Group 6:00 - 8:00 pm	 What's Coming Up: Virtual Educational Presentations Special Thanks: Emily Atlas, Rajani Sinha, Ben Garcia, Ron Smith, & The Writer's Garret		

September

Offsite Programs in Collin and Tarrant counties



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NORTH TEXAS

Scan the QR code to
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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	2 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:30 pm	3	4	5 Closed
Closed 7 * HAPPY * LABOR DAY	8	9 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:00 pm	10 Open Adult Support Group with CCBD 11:00 am - 12:30 pm	11	12 Tarrant County Breast Cancer Networking Group 10:00 - 11:30 am
14 Collin County Cancer Support Group 1:00 - 3:00 pm	15	16 Collin County Breast Cancer Networking 1:00 - 2:30 pm Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:00 pm	17	18	19 Closed
21 Collin County Cancer Support Group 1:00 - 3:00 pm	22	23 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:00 pm	24	25	26 Closed
28 Collin County Cancer Support Group 1:00 - 3:00 pm	29	30 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:00 pm			

Septiembre



CANCER SUPPORT
COMMUNITY
NORTH TEXAS

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
	1	2	3	4	5 Cerrado
Cerrado 7 	8	9	10 Grupo Amigos Unidos Virtual 6:00 - 8:00 pm	11	12 Celebración de la Sobrevivencia Dallas Arboretum 10:00 am - 9:00 pm
14	15 "Esperanza en Movimiento" - Grupo de Caminata de Dallas 8:30 - 9:00 am	16	17	18	19 Cerrado
21	22	23	24	25	26 Cerrado
28	29 "Esperanza en Movimiento" - Grupo de Caminata de Dallas 8:30 - 9:00 am	30	 Lo que está por venir: Celebración del Día de los Muertos Agradecimiento especial: Tamara Luce, Ginger Benedict, Jennifer Miller, Julia Anderson, Jim Williams, Jane Cornish Smith		