

October 2026



We celebrated Hispanic Heritage Month and Sobrevivencia (survivorship) at the Dallas Arboretum

Fall Bash and Smash + more coming this month!

We're hoping for cooler temperatures as we enter October, a time filled with football, the State Fair of Texas, Breast Cancer Awareness Month and spooky fun surrounding Halloween.

At Cancer Support Community North Texas, the **Fall Bash and Smash** is returning by popular demand for a second year on Saturday, October 24. This Halloween-themed party features costumes, community and catharsis for the whole family. The Smash Zone gives you a chance to decorate and smash pumpkins. Challenge your pop culture knowledge by playing Halloween Trivia. Try your luck by guessing how many candies are in our Candy Count Jar, and indulge in our selection of spooky-themed snacks. Come dressed in your best costume

for a chance to win a grand prize!

For Breast Cancer Awareness Month, we're hosting a **Frankly Speaking About Cancer: Breast Cancer Breakfast** on Saturday, October 10. Attend virtually or in person at our Dallas Clubhouse, where we will serve coffee and breakfast. Karen Bryant, Breast Health Nurse Navigator from Sue A. de Mille Women's Diagnostic Center, will educate patients and their loved ones on the types and stages of breast cancer, treatment options and side effects, clinical trials, caregiver support, and the emotional concerns of a breast cancer diagnosis.

Register for upcoming programs via the calendar at CancerSupportTexas.org. See you there!

October Event Highlights

Fall Bash and Smash

Dallas Clubhouse

Saturday, October 24, 11:30 am - 1:00 pm

Physical Therapy Webinar Series

Virtual on Zoom

Second Thursdays, October through December,
5:00 - 6:00 pm

Frankly Speaking About Cancer: Breast Cancer Breakfast

Hybrid: Dallas Clubhouse or Virtual on Zoom

Saturday, October 10, 10:30 - 11:30 am

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.



We had a large turnout of our members for the Hispanic Heritage Celebration at the Dallas Arboretum, where we also recognized Sobrevivencia (survivorship).



We welcomed Phillip Foreman, Cancer Resource Coordinator at Medical City Dallas, and his colleagues for a tour of our Dallas Clubhouse. Pictured here with CSCNT's Development Director Tracie Owen, Development Manager Marissa Zabel and CEO Mirchelle Louis.

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.

Red Tie Gala: Act fast to join!

The sun will come out as we defy gravity at "Nights on Broadway" – our 6th Annual Red Tie Gala on November 14 at the Astoria Event Venue (near Dallas Love Field)!

LIMITED tickets and sponsorships are available at RedTieDallas.org, so act today to join in the fun!

Expect a sweeping night of Broadway-worthy surprises, stunning themed attire, exceptional dining, thrilling auction packages, and unforgettable experiences that will linger long after the final curtain call.

Proceeds will benefit Cancer Support Community North Texas' critical mental health and social support programs – all while having a great time!

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.

October



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
	What's Coming Up: Day of the Dead Party Friendsgiving (November 19) Special Thanks: Tamara Luce, Ginger Benedict, Jennifer Miller, Jim Williams, Jane Cornish Smith, & Nicole Hollaender		1	2	3
				24 Form Tai Chi with Jim 10:00 - 11:00 am	Closed
5	6	7	8	9	10
Living with Loss Support Group 6:00 - 8:00 pm	Living with Cancer Support Group 6:00 - 8:00 pm		Mahjong & Mingle 9:30 am - 12:00 pm Tea Time at the Red Door 11:00 am - 12:00 pm		Frankly Speaking About Cancer: Breast Cancer Breakfast 10:30 - 11:30 am
12	13	14	15	16	17
Legacy of Love Support Group 6:00 - 7:30 pm	"Hope In Motion"- Dallas Walking Group 8:30 - 9:00 am 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	Line Dancing Social Event / Noche de Baile en Línea Latino Cultural Center 6:30 - 9:00 pm	Art Workshop with Jane: Yarn Art 1:00 - 3:00 pm	24 Form Tai Chi with Jim 10:00 - 11:00 am	Closed
19	20	21	22	23	24
Living with Loss Support Group 6:00 - 8:00 pm	Living with Cancer Support Group 6:00 - 8:00 pm				Fall Bash & Smash 11:30 am - 1:00 pm
26	27	28	29	30	31
Sound Bath Meditation 12:00 - 1:00 pm	"Hope In Motion"- Dallas Walking Group 8:30 - 9:00 am Living with Cancer Support Group 6:00 - 8:00 pm Life After Treatment Support Group 6:00 - 8:00 pm				Closed 

October



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: Phsyical Therapy Webinar Series Special Thanks: Emily Atlas, Rajani Sinha, Ben Garcia, Ron Smith & The Writer's Garret		1	2	3
			Qigong with Emily 1:00 - 2:00 pm		Closed
5	6	7	8	9	10
Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm	Living with Advanced Cancer Support Group 2 2:00 - 4:00 pm Gentle Yoga for the Soul 6:00 - 7:00 pm	Living with Cancer Support Group 6:00 - 8:00 pm	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		Closed
12	13	14	15	16	17
Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm Family and Friends Support Group 6:00 - 8:00 pm	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	Living with Cancer Support Group 6:00 - 8:00 pm	Qigong with Emily 1:00 - 2:00 pm		Breast Cancer Networking Group 10:00 - 11:30 am
19	20	21	22	23	24
Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm Blood Cancer Networking Group 6:00 - 7:30 pm	Living with Advanced Cancer Support Group 2 2:00 - 4:00 pm Gentle Yoga for the Soul 6:00 - 7:00 pm	Living with Cancer Support Group 6:00 - 8:00 pm	Mindfulness Drop-In Group 10:15 - 11:15 am Qigong with Emily 1:00 - 2:00 pm		Frankly Speaking About Cancer: Breast Cancer Presentation 10:30- 11:30 am
26	27	28	29	30	31
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	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	Living with Cancer Support Group 6:00 - 8:00 pm	Qigong with Emily 1:00 - 2:00 pm		Closed HAPPY HALLOWEEN

October

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	2	3 Closed
5 Collin County Cancer Support Group 1:00 - 3:00 pm	6 Collin County: Cancer Transitions Series 12:00 - 1:30 pm	7 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:00 pm	8 Tarrant County Cancer Support Group with CCBD 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 Collin County: Cancer Transitions Series 12:00 - 1:30 pm	14 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:00 pm	15	16	17 Closed
19 Collin County Cancer Support Group 1:00 - 3:00 pm	20 Collin County: Cancer Transitions Series 12:00 - 1:30 pm	21 Collin County Breast Cancer Networking 1:00 - 2:30 pm Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:00 pm	22	23	24 Closed
26 Collin County Cancer Support Group 1:00 - 3:00 pm	27 Collin County: Cancer Transitions Series 12:00 - 1:30 pm	28 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:00 pm	29	30	31 Closed <i>Happy Halloween</i>

Octubre



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: Celebración del Día de los Muertos Agradecimiento especial: Tamara Luce, Ginger Benedict, Jennifer Miller, Julia Anderson, Jim Williams, Jane Cornish Smith		1	2	3 Cerrado
5	6	7	8 Grupo Amigos Unidos Virtual 6:00 - 8:00 pm	9	10
12	13 "Esperanza en Movimiento" - Grupo de Caminata de Dallas 8:30 - 9:00 am	14 Noche de Baile en Línea Latino Cultural Center 6:30 - 9:00 pm	15	16	17 Cerrado
19	20	21	22	23	24 Fall Bash & Smash / Festival de Otoño 11:30 am - 1:00 pm
26	27 "Esperanza en Movimiento" - Grupo de Caminata de Dallas 8:30 - 9:00 am	28	29	30	31 Cerrado  ¡FELIZ HALLOWEEN!