

April 2025



We hope to see you at our next
Tea Time at the Red Door

Cancer survivor sees CSCNT as an emotionally safe space

When Becki Galloway was having a low period, a fellow member of the CSCNT Living with Cancer support group told her, “I’m really glad you’re here. Even though you feel this way, we’re lucky to have you.”

“It resonated with me so much, and because of what he said, I ended up working through those emotions more and kept coming back to the support group,” says Becki, who is in remission from leukemia. “I’m really glad I did.”

Becki has been participating in support groups, tai chi, community dinners, nutrition presentations and other CSCNT activities since 2018. “It’s knowing I’m not alone, even though everyone’s experience with treatment is different,” she says. “It’s knowing you have someone to turn to, and as time went on, I was able to give

encouraging advice to others. It’s a very safe space emotionally and isn’t a place to be embarrassed.”

Along with connecting in the support group sessions, Becki and other participants interact outside of meetings and have become a network of support for each other. “We provide helpful information on where to turn if a treatment isn’t working,” she says. “We encourage one another to advocate for yourself in the healthcare system.”

After receiving support at CSCNT, Becki wanted to do more, so she joined the Member Advisory Council. It’s her mission to spread the word about our programs as much as she can and share feedback with staff.

April Event Highlights

Minority Cancer Awareness Brunch Dallas Clubhouse

Saturday, April 26, 10:00 - 11:30 am

Member Dinner Dallas Clubhouse

Tuesday, April 15, 5:30 - 6:30 pm

Art Workshop: Lavender Sachets Dallas Clubhouse

Thursday, April 17, 1:00 - 3:00 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.



Cancer survivor Becki Galloway is featured in the story on the first page.



CSCNT Program Manager Sarah Baldwin (center) and Program Coordinator Lillie Loncar (right) met with Sara Rothschild of The Life Raft Group, which helps people living with a form of cancer — GIST (gastrointestinal stromal tumors).

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 Update

Learn more about the greatest show in DFW - the 2025 Red Tie Gala on November 15 - including how to become a sponsor and purchase tickets - on our [updated website here.](#)

This is our largest fundraising event to provide critical mental health and social support for North Texans with cancer and their families.

Get ready for exciting new auction packages. Elevated circus theme attire encouraged.

Many thanks to our returning Presenting Sponsor Woot!

More details to come!

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.

April

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



**CANCER SUPPORT
COMMUNITY
NORTH TEXAS**

Dallas County

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>MINORITY CANCER AWARENESS MONTH</p>	<p>1</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>2</p>	<p>3</p>	<p>4</p> <p>24 Form Tai Chi with Jim 10:00-11:00 am</p>	<p>5</p> <p>Closed</p>
<p>7</p> <p>Living with Loss Support Group 6:00-8:00 pm</p>	<p>8</p> <p>Member Interest Meeting 5:15-6:00 pm</p> <p>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>9</p>	<p>10</p> <p>Teatime at the Red Door 11:00 am - 12:00 pm</p>	<p>11</p> <p>24 Form Tai Chi with Jim 10:00-11:00 am</p>	<p>12</p> <p>Closed</p>
<p>14</p>	<p>15</p> <p>Member Dinner 5:30-6:30 pm</p> <p>Life After Treatment Support Group 1 6:30-8:00 pm</p> <p>Living with Cancer Support Group 6:30-8:00 pm</p>	<p>16</p> <p>Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm</p>	<p>17</p> <p>Art Workshop: Lavender Sachets 1:00-3:00 pm</p>	<p>18</p> <p>24 Form Tai Chi with Jim 10:00-11:00 am</p>	<p>19</p> <p>Closed</p>
<p>21</p> <p>Living with Loss Support Group 6:00-8:00 pm</p>	<p>22</p> <p>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>23</p> <p>Gynecologic Cancer Networking Group 6:00-7:30 pm</p>	<p>24</p>	<p>25</p> <p>24 Form Tai Chi with Jim 10:00-11:00 am</p> <p>Creating Peace of Mind 11:00-12:00 pm</p>	<p>26</p> <p>Minority Cancer Awareness Brunch 10:00-11:30 am</p> <p>Book Club 11:30am - 12:30 pm</p> <p>Member Interest Meeting 11:30 am - 12:15 pm</p>
<p>28</p> <p>Sound Bath Meditation 12:00-1:00 pm</p> <p>Open Art Session 1:30-3:30 pm</p>	<p>29</p> <p>Volunteer Appreciation Happy Hour 4:30-6:00 pm</p> <p>Living with Cancer Support Group 6:00-8:00 pm</p>	<p>30</p>	<p>What's Coming Up: Family Game Day, May 31</p> <p>Special Thanks: 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>		

April

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>1 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>2 Living with Cancer Support Group 6:00-8:00 pm</p>	<p>3 Colorectal Cancer Networking Group 1:00-2:30 pm</p> <p>Qigong with Emily 1:00-2:00 pm</p> <p>Grupo Amigos Unidos 6:00-8:00 pm</p>	<p>4</p>	<p>5 Closed</p>
<p>7 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>8 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>9 Potter's Farewell Messages 12:00-1:00 pm</p> <p>Living with Cancer Support Group 6:00-8:00 pm</p>	<p>10 Mindfulness Drop-In Group 10:15-11:15 am</p> <p>Qigong with Emily 1:00-2:00 pm</p>	<p>11</p>	<p>12 Closed</p>
<p>14 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>15 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>16 Living with Cancer Support Group 6:00-8:00 pm</p>	<p>17 Clinical Trials Support Group 1:00-2:30 pm</p> <p>Qigong with Emily 1:00-2:00 pm</p>	<p>18</p>	<p>19 Breast Cancer Networking Group 12:00-1:30 pm</p>
<p>21 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>22 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>23 Neuroendocrine Networking Group 12:00-1:30 pm</p> <p>Living with Cancer Support Group 6:00-8:00 pm</p>	<p>24 Mindfulness Drop-In Group 10:15-11:15 am</p> <p>Qigong with Emily 1:00-2:00 pm</p>	<p>25</p>	<p>26 Closed</p>
<p>Volunteer Orientation 12:00-12:45 pm 28</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>29 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>30 Living with Cancer Support Group 6:00-8:00 pm</p>	<p>What's Coming Up: Clinical Trials Support Group, May 21</p> <p>Special Thanks: Emily Atlas, Rajani Sinha, Ron Smith 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>		

April

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

Offsite Programs in Collin and Tarrant counties



**CANCER SUPPORT
COMMUNITY
NORTH TEXAS**

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Tarrant County Living with Advanced Cancer Support Group 2:00-4:00 pm	3	4	5 Closed
7 Collin County Living with Advanced Cancer Support Group 1:00-3:00 pm	8	9 Tarrant County Living with Advanced Cancer Support Group 2:00-4:00 pm	10 Open Adult Support Group with CCBD at Cancer Care Services 11:00 am - 12:30 pm	11	12 Tarrant County Breast Cancer Networking Group 10:00-11:30 am
14 Collin County Living with Advanced Cancer Support Group 1:00-3:00 pm	15	16 Collin County Breast Cancer Networking Group 1:00-2:30 pm Tarrant County Living with Advanced Cancer Support Group 2:00-4:00 pm	17	18	19 Closed
21 Collin County Living with Advanced Cancer Support Group 1:00-3:00 pm	22	23 Tarrant County Living with Advanced Cancer Support Group 2:00-4:00 pm	24	25	26 Closed
28 Collin County Living with Advanced Cancer Support Group 1:00-3:00 pm	29	30 Tarrant County Living with Advanced Cancer Support Group 2:00-4:00 pm			