

November 2026



We gathered for a special Breast Cancer Breakfast, including the Pretty N' Pink group

Friendsgiving meal + more happening this month!

There is so much to be thankful for - from fond memories created within our community to exciting new beginnings ahead.

At Cancer Support Community North Texas, we hope you'll join us in giving thanks at our **Friendsgiving** meal on Thursday, November 19. CSCNT will provide all the Thanksgiving main course favorites and sides. Members are welcome to bring additional dessert items such as cookies, cakes, or pies, should the giving spirit arise. Space is limited, so please register today!

Kicking off November, we'll celebrate culture, art, and community on Monday, November 2, for a **Día de los Muertos** event! Starting at the gates at

Crown Hill Memorial Park in Dallas, the festivities include a colorful parade, live mariachi performances, interactive children's activities, local food and vendors, and breathtaking cultural art installations.

Learn how to keep your skin healthy during the winter months, as well as throughout and after cancer treatments, with a special presentation - **Love Your Skin: Know and Glow** - by Susan Turner of the Mary Kay Ash Foundation on Friday, November 6, either in person or virtually. We're so thankful for all the support MK provides CSCNT!

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

November Event Highlights

Art Class with Sonali: Cubism Creations
Dallas Clubhouse

Wednesday, November 4, 1:00 - 2:30 pm

Love Your Skin: Know and Glow

Hybrid: Dallas Clubhouse or Virtual on Zoom

Friday, November 6, 6:00 - 7:00 pm

Friendsgiving

Dallas Clubhouse

Thursday, November 19, 6:00 - 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.



Wearing special holiday and Mary Tyler Moore outfits from Frances Valentine, Program Director Lillie Loncar and Development Manager Marissa Zabel attend the store's Sip, Shop & Give Back. Thank you FV Dallas for supporting CSCNT!



Wonderful to see everyone who came out for line dancing! Many thanks to the Latino Cultural Center for hosting this special gathering.

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.

November



CANCER SUPPORT
COMMUNITY
NORTH TEXAS

Dallas County

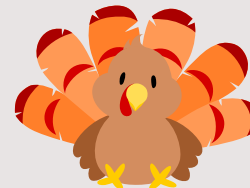
Scan the QR code to
learn more about our
events and to register



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
Day of the Dead Celebration 5:30 - 8:00 pm Crown Hill Memorial Park Living with Loss Support Group 6:00 - 8:00 pm	Art Class with Sonali: Cubism Creations 6:00 pm - 7:30 pm Living with Cancer Support Group 6:00 - 8:00 pm	Art Class with Sonali: Cubism Creations 1:00 pm - 2:30 pm		24 Form Tai Chi with Jim 10:00 - 11:00 am Love Your Skin: Know and Glow 6:00 - 7:00 pm	Closed
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	Closed 	Mahjong & Mingle 9:30 am - 12:00 pm Tea Time at the Red Door 11:00 am - 12:00 pm		 7:00 - 10:30 pm Astoria Event Venue, Irving Tickets required at RedTieDallas.org
Living with Loss Support Group 6:00 - 8:00 pm	Living with Cancer Support Group 6:00 - 8:00 pm		Art Workshop with Jane: Seasonal Clay Candle Holders 1:00 - 3:00 pm Friendsgiving 6:00 - 7:30 pm	24 Form Tai Chi with Jim 10:00 - 11:00 am	Closed
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 	Closed	Closed
30	What's Coming Up: Holiday Party (December 11), Amigos Unidos Social Special Thanks: Tamara Luce, Ginger Benedict, Jennifer Miller, Julia Anderson, Jim Williams, Jane Cornish Smith, & Sherri Jackson				



November



CANCER SUPPORT
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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
2 Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm	3 Living with Advanced Cancer Support Group 2 2:00 - 4:00 pm Gentle Yoga for the Soul 6:00 - 7:00 pm	4 Living with Cancer Support Group 6:00 - 8:00 pm	5 Qigong with Emily 1:00 - 2:00 pm Physical Therapy Webinar Series 5:00 - 6:00 pm	6 Love Your Skin: Know and Glow 6:00 pm - 7:00 pm	7 Closed
9 Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm Family and Friends Support Group 6:00 - 8:00 pm	10 Living with Advanced Cancer Support Group 2 2:00 - 4:00 pm Gentle Yoga for the Soul 6:00 - 7:00 pm Write to Heal 2:00 - 4:00 pm	11 Closed <i>Veterans Day</i> 	12 Mindfulness Drop-In Group 10:15 - 11:15 am Qigong with Emily 1:00 - 2:00 pm Grupo Amigos Unidos 6:00 - 8:00 pm	13	14 Closed
16 Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm Blood Cancer Networking Group 6:00 - 7:30 pm	17 Living with Advanced Cancer Support Group 2 2:00 - 4:00 pm Gentle Yoga for the Soul 6:00 - 7:00 pm	18 Living with Cancer Support Group 6:00 - 8:00 pm	19 Qigong with Emily 1:00 - 2:00 pm	20	21 Breast Cancer Networking Group 10:00 - 11:30 am
23 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	24 Write to Heal 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	25 Living with Cancer Support Group 6:00 - 8:00 pm	26 Closed <i>Happy Thanksgiving</i> 	27 Closed	28 Closed
30 Living with Advanced Cancer Support Group 1 2:00 - 4:00 pm	What's Coming Up: Physical Therapy Webinar Series Special Thanks: Emily Atlas, Ben Garcia, Rajani Sinha, and The Writer's Garret.  				

November

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
2 Collin County Cancer Support Group 1:00 - 3:00 pm	3	4 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:00 pm	5	6	7 Closed
9 Collin County Cancer Support Group 1:00 - 3:00 pm	10	11 Closed VETERANS DAY November 11th	12 Tarrant County Cancer Support Group with CCBD 11:00 am - 12:30 pm	13	14 Tarrant County Breast Cancer Networking Group 10:00 - 11:30 am
16 Collin County Cancer Support Group 1:00 - 3:00 pm	17	18 Collin County Breast Cancer Networking 1:00 - 2:30 pm Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:00 pm	19	20	21 Closed
23 Collin County Cancer Support Group 1:00 - 3:00 pm	24	25 Tarrant County Living with Advanced Cancer Support Group 1:30 - 3:00 pm	26 Closed HAPPY THANKSGIVING	27 Closed	28 Closed
30 Collin County Cancer Support Group 1:00 - 3:00 pm					

Noviembre



CANCER SUPPORT
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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
2 Celebración del Día de los Muertos 5:30 - 8:00 pm Crown Hill Memorial Park	3	4	5	6	7 Cerrado
9	10 "Esperanza en Movimiento" - Grupo de Caminata de Dallas 8:30 - 9:00 am	11 Cerrado DIA DE LOS VETERANOS	12 Grupo Amigos Unidos Virtual 6:00 - 8:00 pm	13	14 Cerrado
16	17	18	19 Fiesta de Acción de Gracias 6:00 - 7:30 pm	20	21 Cerrado
23	24 "Esperanza en Movimiento" - Grupo de Caminata de Dallas 8:30 - 9:00 am	25	26 Cerrado <i>Feliz Día de Acción de Gracias</i>	27 Cerrado	28 Cerrado
30	Lo que está por venir: Fiesta de Vacaciones Agradecimiento especial: Tamara Luce, Ginger Benedict, Jennifer Miller, Julia Anderson, Jim Williams, Jane Cornish Smith  