Our mission...
Cancer Support Community North Texas’ mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.

Who we are...
Cancer Support Community is an international non-profit dedicated to providing support, education and hope to people affected by cancer. Likely the largest employer of psychosocial oncology mental health professionals in the United States, Cancer Support Community North Texas, your local clubhouse, offers a menu of personalized services and education for ALL people affected by cancer.

Membership at CSCNT is FREE. It is a simple, one step process. Call (214) 345-8230 to learn more.

Happy Birthday to the Dallas Clubhouse!

Wednesday, February 17th from 6-8pm

Join us at the Dallas clubhouse as we celebrate our first year in our new location! Reception with light bites and cupcakes will accompany remarks from our board leadership at this celebration.

RSVP to RSVP@CancerSupportTexas.org or by calling (214) 345-8230.

We are going green!

Want to join us in the paper-free movement?! To RSVP to events, view the newsletter or download the calendar, check out our interactive online newsletter at CancerSupportTexas.org!

Dallas County Clubhouse
214-345-8230

Collin County Clubhouse
972-981-7020

Tarrant County Clubhouse
682-212-5400

See page 2 for details & New Member Meeting schedule.
See page 3 for details & New Member Meeting schedule.
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February 2016

CANCER SUPPORT COMMUNITY NORTH TEXAS: SERVING DALLAS COUNTY

M | T | W | T | F | S
---|---|---|---|---|---
1 | Family & Friends Group | 6-8pm | Noogie Nights | 6-8pm | Wellness Group | 6-8pm |
2 | Yoga | 6:30-8pm | Teena Connex Group | 6-7:30pm | Noogie Nights | 6-8pm | Game Night |
3 | Biokarma Yoga | 10-11am | Wellness Group | 6-7:30pm | New Member Meeting | 10:30am-12pm |
4 | Stretch and Strength | 10-11am | Metastasis Group | 6-8pm | Noogie Nights | 6-8pm |
5 | Meditation | 11:30am-12:30pm | Pick-Your-Project | 1-3pm |
6 | Clubhouse Closed |
7 | Super Saturday Woodshop | 10am-12pm | Pretty n' Pink | 10am-12pm |
8 | El Amigos Unidos Group | 6-8pm | Family & Friends Group | 6-8pm | Noogie Nights | 6-8pm |
9 | 24 Form Tai Chi | 11am-12pm | Yoga | 6-8pm | Noogie Nights | 6-8pm | Art Studio |
10 | Biokarma Yoga | 10-11am | Wellness Group | 6-8pm | Living with Loss Group | 6-8pm |
11 | Stretch and Strength | 10-11am | Metastasis Group | 6-8pm | Noogie Nights | 6-8pm | Writer’s Garret Workshop | 6-8pm |
12 | Meditation | 11:30am-12:30pm | Pick-Your-Project | 1-3pm |
13 | Breast Cancer Networking | 9:30am-12:30pm | New Member Meet & Greet | 10:30am-12pm |
14 | Peasing the Hat | 10:15am-12pm | Family & Friends Group | 6-8pm | Noogie Nights | 6-8pm |
15 | Yoga | 6-8pm | Noogie Nights | 6-8pm | Wellness Group | 6-8pm |
16 | Biokarma Yoga | 10-11am | Wellness Group | 6-8pm | Living w/ Cancer, Painting | 12-2pm |
17 | Stretch and Strength | 10-11am | Metastasis Group | 6-8pm | Noogie Nights | 6-8pm | Writer’s Garret Workshop | 6-8pm |
18 | Meditation | 11:30am-12:30pm | Pick-Your-Project | 1-3pm |
19 | Clubhouse Closed |
20 | 24 Form Tai Chi | 9am-10am | Yoga | 6-8pm | Noogie Nights | 6-8pm |
21 | Introduction to Reiki | Tuesday, January 16th, 6:30-8pm | OPEN TO THE PUBLIC. Reiki is a healing technique based on channeling energy, and activating the body and mind’s natural healing processes. Learn about the potential benefits of Reiki and how to use this technique for yourself from Billie Sandel, Master Reiki Practitioner and owner of Lotus Mind Body and Healing Therapies. RSVP to CancerSupportTexas.org or (214) 345-8230. |
22 | Shining a Light on Light Therapy | Thursday, February 18th, 6:30-8pm | OPEN TO THE PUBLIC. Light can be used beneficially in many different ways. Brenda Spencer, Certified Holistic Health Coach and Light Therapist, will discuss how light may be used to enhance recovery and for overall wellbeing. RSVP to CancerSupportTexas.org or (214) 345-8230. |
23 | Home is where the Healing is. | Wednesdays, February 3rd, 10th, 17th, 24th, 11am-12pm | OPEN TO THE PUBLIC. The most healing and relaxed place to heal is in the comfort of our own home. Durable medical equipment may enhance the healing. Jim Waldorf, founding member of DME Exchange of Dallas is just the person to tell us how we can do this easily and affordably. Come hear more about this great resource! RSVP to cancersupporttexas.org or (214) 345-8230. |
24 | Living with Cancer Through Painting | Wednesday, February 24th, 4-6pm | OPEN TO THE PUBLIC. Ready to consider some truly meaningful health and lifestyle changes? Yes? Then this could be the just the presentation for you! Candace Stone, Certified Health Coach and owner of Smart Forks will focus simply and directly on five key inter-related areas: diet, exercise, spirituality/mindfulness, sleep and connection. RSVP to CancerSupportTexas.org or (214) 345-8230. |
25 | Detoxifying Your Life | Thursday, February 25th, 6-8pm | OPEN TO THE PUBLIC. Easily one of the most important things you can do to support your body’s ability to heal is to remove toxic chemicals and substances from your system. RSVP to CancerSupportTexas.org or (214) 345-8230. |
26 | meditation | Thursday, February 5th, 12th, 19th, 26th, 1-2pm | Meditation can reduce stress, increase brain function, focus, and peace of mind. Facilitator, Francisco Casabel teaches from the heart. Wear comfortable clothes! RSVP to CancerSupportTexas.org or (214) 345-8230. |
27 | Pick Your Project | Friday, February 5th, 12th, 19th, 26th, 1-2pm | This adapted Pilates workshop helps strengthen core muscles and enhance flexibility. Facilitator Ethel LaFrance is a cancer survivor and has been teaching Pilates for 35 years. Wear comfortable clothes! RSVP to cancersupporttexas.org or (214) 345-8230. |
28 | Meditation | Thursday, February 2nd, 9th, 16th, 23rd, 5-6pm | Practicing yoga can alleviate fatigue, intrusive thoughts, sleep disturbances, depressive feelings, anxiety, joint stiffness, and ache and pain. Wear comfortable clothes! RSVP to cancersupporttexas.org or (214) 345-8230. |
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We’d love to hear from you!

Have a story about CSCNT that you would like to share?

Feedback on our services?

Email it to Info@CancerSupportTexas.org
### February 2016

#### New Member Meeting:

**Monday, February 15th, 12:15-3:00pm**

New Member Meet & Greet: 4:30-6:00pm

**New Member Meet & Greet:**

**February 2nd, 3rd, 8th, 11th, 18th, 22nd, 29th, 10am-12pm**

MEMBERS ONLY. New to CSC? Come meet other new members, enjoy a great meal and hear more about all of the rest! RSVP to (972) 981-7020.

**Open Art Workshop**

**Wednesday, February 3rd, 10am-12pm**

MEMBERS ONLY. Join your favorite art project on work to enjoy the company of the other CSC members. Materials available. RSVP to 972-981-7020.

**Chair Yoga**

**Wednesday, February 3rd, 10am-12pm**

Gentle and soothing chair yoga that engages your body and mind. Douglas Reynolds, RYT 200, helps you identify sensations and feelings and sooth your soul. Suitable for all levels.

**Gentle Yoga and Vinyasa yoga, utilizing a range of postures and breathing techniques to promote overall health, wellness, and happiness.  Accommodations can be made to work on while enjoying the company of other members. Materials available.

**RSVP to (682) 212-5400.**

**Enjoy the company of other members while you learn new skills or work on your own projects. Rita Bauer, CSC NT member/volunteer shows you how. All levels welcome. RSVP to 972-981-7020.**

#### March 2016

#### New Member Meeting:

**Wednesday, February 24th, 12:30-3:00pm**

OPEN TO THE PUBLIC. Physical disorders definitely take their toll, but they are the body’s voice and may offer greater opportunities for deeper self-awareness. Laura Sarria from Healing Directions, with 20 years of experience in the mind-body arena, will present on transforming physical symptoms through Mind-Body healing methods to arrive at a deep level of support with greater independence from disruptive pain. RSVP to (972) 981-7020.

**New Member Dinner**

**Thursday, February 25th, 6-8pm**

MEMBERS ONLY. New to CSCNT? Come meet other new members, enjoy a great meal and hear more about all of the rest! RSVP to (972) 981-7020.

**Breast Cancer Networking Group**

**Wednesday, February 24th, 6:30-8pm**

Nicki Castille, MS, RN, ACNP, BSN, Nurse Practitioner at Mary Crowley Cancer Research Center, Med City Dallas Hospital, will frankly discuss this important topic. RSVP to (682) 212-5400.

**New Member Dinner**

**Wednesday, February 25th, 6-8pm**

MEMBERS ONLY. Join your friends and come play Scavenger Hunt - a fun, fast paced word game & food challenges! All materials provided. RSVP to (682) 212-5400.

**Scrapbooking & Card Making**

**Monday, February 8th & 15th, 10am-12pm**

Preserve your precious memories with style. Interested in making your own cards? Join us! Free for CSC members and $10 for non-members.

RSVP to (682) 212-5400.

**Yoga with Douglas**

**Wednesday, February 3rd, 10th, 17th & 24th, 6-11am**

Douglas Reynolds, RYT 200, helps you identify sensations and feelings and sooth your soul. Suitable for all levels. Materials provided. RSVP to 972-981-7020.

**Ayurvedic Coffee Crochet & More**

**Thursday, February 4th, 11th, 18th, 25th, 10:30am-12:30pm**

Join the ladies from the Met Church in Keller for a fun afternoon of coffee, crocheting and more. RSVP to (682) 212-5400.

**Smoothes!**

**February 1st, 8th, 15th & 22nd, 6-7pm**

Inspired in exploring you inner Picasso or just finishing a crafting project? Come in and pick your project or bring your own! We have all the supplies you need, just bring your creativity. RSVP to (682) 212-5400.

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Thank you for your order...
Carol Wood, The ladies from the Met, Douglas Reynolds, Christy Doughty, and Brian Brisdorf.

Upcoming Events
FEBRUARY 2016

Thank you's are in order...
If you are newly diagnosed or facing a new treatment decision, we can help. Open to Options is designed to help you identify important questions about your treatment options based upon your personal needs. Available at no cost to anyone in the community, this service will help you to:
• Communicate more clearly with your medical teams.
• Ask critical questions about your options.
• Work with your health care team to make treatment decisions that best fit your personal needs and goals.
Call us today if you have any questions or to schedule an Open to Options appointment please call 214-345-8230.

Support Groups
Networking Groups
• Colorectal Cancer Awareness Presentation, Advanced Planning/Funeral Services, Movie: Rethinking Cancer
• Breast Cancer Retreat, March 26th
• Living with Cancer Through Painting, March 23rd

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