



Cancer Support Community Greater NY & CT Member Packet

At Cancer Support Community Greater NY & CT, we understand how overwhelming a cancer diagnosis or loss can be and we are here to support you throughout your cancer journey.

Community is stronger than cancer is more than a motto to us – it means that we believe in the power of community and that when we all come together, we can face cancer, stronger, and together.

Our staff, program facilitators, and clinical oncology support team members, made up of licensed mental health professionals, are here to provide support to you and your loved ones. We are always just a call or email away.

Membership

Membership at CSCNYCT is free – there will never be a charge for any of the services that you receive here. Membership just means that you are a member of our community and have access to the programs that we provide.

Your involvement at CSCNYCT depends on *you* and where you are in your cancer journey. Some members come to us right after a diagnosis or a loss while others come to us later in their journey. The primary purpose of CSCNYCT's services is to provide support to members throughout their cancer journey. This journey looks different for everyone and can be through active treatment, maintenance treatment, remission for a period of up to 18 months, or after the loss of a loved one to cancer. If you are looking for support during your cancer journey, CSCNYCT has a variety of active treatment, post-treatment, and bereavement programs that can support you.

Getting to Know CSCNYCT

Support Planning Meetings are an opportunity to share about your personal cancer journey and learn more about the free programs and services that we offer at CSCNYCT. While these meetings are intended for new members, we invite long-time or returning members to attend if they experience a change in their situation, become interested in participating in group or individual counseling, or to get a refresher on offerings at CSCNYCT. The Support Planning Meetings are individual meetings with one of our CSCNYCT Oncology Clinicians via Zoom or in-person at our Clubhouse and are approximately 45 minutes in length. You will learn how to use our calendar to sign up for lectures, workshops, and wellness programs and learn more about how to participate in our support groups or short-term counseling support services. Together, you and the oncology social worker will create an Individualized Care Plan that recommends the support services that best fit your needs.

Overview of Programs and Services

Adults

- **Support:** Counseling and support groups
- **Education:** Workshops/lectures around a specific topic (i.e. Managing Anxiety, Communicating with Your Medical Team, Nutrition through Cancer Treatments)
- **Healthy Lifestyles:** Exercise and wellness classes (i.e. yoga, creative arts, journaling, meditation)
- **Social:** Opportunities for camaraderie and connection, such as dinner or book club
- **Resource/Referrals:** Cancer, caregiver and bereavement resources

Children, Teens, and Families

- **Support:** Individual/family counseling, support groups
- **Education:** Workshops such as “Cancer 101” or “Talking to Kids About Cancer”
- **Healthy Lifestyle:** Art, meditation, yoga
- **Social:** Themed social events
- **Resources/Referrals:** Cancer, caregiver and bereavement resources

Attending CSCNYCT Programs

Registration

- Once you have attended a Support Planning Meeting, you are now eligible to sign up and attend any of our lectures, workshops and wellness programs.
- Refer to our online calendar or our eblasts for the program offerings.
- On the website calendar, click on a program you are interested in attending and click on the box that says “register now” – you may need to sign into your account if you are not already.
- Once you are registered, you will receive a confirmation email. You will also receive a reminder email the day of the event with instructions for attendance.
- Please note, support groups and short-term counseling cannot be registered for. You must attend a Support Planning Meeting and be placed in these support services to receive them.

Attendance

- When it is time for a virtual event, click on the Zoom link in your email. We ask that you sign on a few minutes early to get situated. When it is time for an in-person event, please come to the Clubhouse 10 minutes prior to the start of the event. We will ask you to sign in at kiosk at the front desk.
- If you register for a program and can no longer attend, kindly advise us. If you frequently register for programs and do not attend them without advising us, you may receive a call from one of our staff members to help assist you.
- If CSCNYCT has to cancel a program for any reason, you will be contacted by a staff member ASAP. We apologize for any inconvenience.
- Unless otherwise stated, registration is required to attend all of our programs. You may not attend a program without registration.
- As an organization that values community, we expect that you will be shown and show respect at all of CSCNYCT’s programs. Any issues of disrespect will be addressed.

If you would like to speak to a staff member at any time, please call our Clubhouse at 914-644-8844