



# Cancer Bridges

Every cancer journey is unique.  
We are here for you.

To participate in the following programs/groups, visit: [www.cancerbridges.org](http://www.cancerbridges.org) → become a member.  
Membership is free to anyone impacted by cancer.

## Adult Support Groups

**African American Women's Cancer:** for those diagnosed with any type or stage of cancer, focusing on emotional support and educational topics.

- ❖ 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month from 6 to 8 PM, hosted by Cheryl Harris.

**Brain Tumor:** for those diagnosed with all stages, focusing on emotional support and educational topics.

- ❖ 3<sup>rd</sup> Thursday of the month from 4:30 to 5:30 PM, hosted by Elizabeth Schandelmeier

**Breast Cancer:** for those diagnosed with all stages, focusing on emotional support and educational topics.

- ❖ 2<sup>nd</sup> Wednesday of the month from 6 to 7 PM, hosted by Karen Schwaderer and Lauren Frank

**Caregiver:** for all caregivers who have a loved one with cancer focusing on emotional support and educational topics.

- ❖ 3<sup>rd</sup> Tuesday of the month from 6 to 7 PM, hosted by Joni Staff Stamford

**Chronic Lymphocytic Leukemia:** for those diagnosed with all stages, focusing on emotional support and educational topics, open to the diagnosed and their supporters.

- ❖ 2<sup>nd</sup> Tuesday of the month from 6 to 7 PM, hosted by Sara Orndorf and Gina Quinlan

**Gastrointestinal (GI) Cancer:** for those diagnosed with all stages, focusing on emotional support and educational topics, including but not limited to gall bladder, liver, small bowel, anal, rectal, colon, stomach, cholangiocarcinoma - any cancer in the GI tract.

- ❖ 3<sup>rd</sup> Tuesday of the month from 6:30 to 7:30 PM, hosted by Jill McCullough-Squire, Heather Santone, and Jennifer Kehm

**General Cancer:** for all stages and cancers, open to the diagnosed and their supporters.

- ❖ Weekly, every Wednesday from 6 to 7 PM, hosted by Wendy Myers and Marla Caplan

**General Metastatic Cancer:** for those diagnosed with stage 4 and/or recurrent cancers focusing on emotional support and educational topics.

- ❖ 1<sup>st</sup> Thursday of the month from 5 to 6 PM, hosted by Wendy Myers and Peg Rosenzweig

**Grief:** for those who have lost a loved one to cancer, this group offers a safe space to share.

- ❖ 1<sup>st</sup> Wednesday of the month from 7 to 8 PM, hosted by Trish Campbell

## Cancer Bridges' Adult Support Groups, continued

**Head and Neck Cancer:** for those diagnosed with all stages, focusing on emotional support and educational topics.

- ❖ 1<sup>st</sup> Wednesday of the month from 6 to 7 PM, hosted by Marci Nilsen

**Johnstown Area Women's Cancer:** for those diagnosed with any type or stage of cancer living in the Johnstown area, focusing on emotional support and educational topics.

- ❖ 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month from 6 to 8 PM, hosted by Carol Harding

**Metastatic Breast Cancer:** for those diagnosed with Stage 4 (metastatic) breast cancer, focusing on emotional support and educational topics.

- ❖ 3<sup>rd</sup> Tuesday of the month from 6 to 7:30 PM, hosted by Christine Lee-Zirkle and Janette Poppenberg

**Multiple Myeloma:** for those diagnosed with all stages and their supporters, focusing on emotional support and educational topics.

- ❖ 2<sup>nd</sup> Tuesday of the month from 6 to 8 PM, hosted by Yvonne Yaksic and Lynda Germano

**Ovarian Cancer:** for those diagnosed with all stages and their supporters, focusing on emotional support and educational topics.

- ❖ 1<sup>st</sup> Tuesday of the month from 6 to 7:45PM, hosted by Denise Stenzel

**Pancreatic Cancer:** for those diagnosed with all stages, focusing on emotional support and educational topics, open to the diagnosed and their supporters.

- ❖ 2<sup>nd</sup> Thursday of the month from 6:30 to 7:30 PM, hosted by Colleen Dwyer Diehl and Christine Lee-Zirkle

**Post Treatment After Cancer:** for individuals who have completed cancer treatment (surgery, chemotherapy, radiation) who want to learn more about moving forward.

- ❖ Last Monday of the month from 6 to 7 PM, hosted by Colleen Dwyer Diehl, Nicole Kalusa, and Dr. Josie van Londen

**Prostate Cancer:** for those diagnosed with all stages, focusing on emotional support and educational topics.

- ❖ 1<sup>st</sup> Tuesday of the month from 6 to 7 PM, hosted by Tony Harris

**South Hills Area General Cancer:** for those diagnosed with any type or stage of cancer, focusing on emotional support and educational topics.

- ❖ 3<sup>rd</sup> Thursday of the month from 2 to 3:30 PM, hosted by Lori McKown and Megan See

**Women's Cancer:** for those diagnosed with any type or stage of cancer, focusing on emotional support and educational topics.

- ❖ 2<sup>nd</sup> Tuesday of the month from 5:30 to 6:30 PM, hosted by Beverly Gaetano

## Family and Youth Support Groups

**CLIMB (Children's Lives Include Moments of Bravery):** a support group for children ages six to eleven who have an adult family member diagnosed with cancer. Children engage in therapeutic art and play to discover basic information about cancer, along with coping skills and emotional expression. A concurrent parent group is offered to assist adults in helping their children to cope and increasing communication about cancer.

- ❖ Program offered based on need throughout the year, hosted by Abby Ziegler

**Pediatric Cancer Bereavement Group:** for families who have experienced the death of a child or adolescent to pediatric cancer. A concurrent sibling group is offered as requested.

- ❖ Once per month, two-hour group, hosted by Abby Ziegler and Denise Esposto

**Teen's Turn:** for teens aged 13 - 17 in active treatment for a cancer diagnosis, all stages, or newly post-treatment. This group is specific to teens to meet their unique developmental needs. The group incorporates a combination of education and socialization to empower teens and decrease isolation.

- ❖ 1<sup>st</sup> Saturday of the month from 10:30 to 11:30 AM, hosted by Lindsey Thompson

## Specialized Programs

**Living Life Post Cancer Treatment (LLPCT):** a nine-week program for adults who have completed cancer treatment in the last two years. Participants will learn strategies for regaining energy and motivation through exercise and diet, talking with their medical team, and communication with others. The program covers separate topics that help bridge the gap between cancer treatment and life following cancer.

- ❖ Program offered on an ongoing basis throughout the year, hosted by Colleen Dwyer Diehl

**Moving Through Grief Series:** a ten-week educational and emotional support program for adults who have lost a loved one to cancer.

- ❖ Program offered twice per year, hosted by Wendy Myers and Trish Campbell

**Happy Feet:** a seven-week series focusing on the Pillars of Wellness, featuring a wide variety of medical professionals, and encouraging movement and exercise. Open to all adult members.

- ❖ Program offered twice per year, hosted by Jen Kehm

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