



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:** Providing emotional support and education for individuals at any stage of a cancer diagnosis

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

**Altoona General Cancer:** Providing emotional support and education for individuals at any stage of a cancer diagnosis and their supporters

- ❖ 2<sup>nd</sup> Thursday of the month from 6 to 7 PM, facilitated by Aaron Goldwasser and Tammy Hurley

**Brain Tumor:** Providing emotional support and education for individuals diagnosed at any stage of a cancer diagnosis

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

**Breast Cancer:** Providing emotional support and education for individuals diagnosed, up to and including stage 3

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

**Caregiver:** Providing emotional support and education for those caring for a loved one with cancer

- ❖ 3<sup>rd</sup> Tuesday of the month from 6 to 7 PM, facilitated by Ashley Cross

**Chronic Lymphocytic Leukemia:** Providing emotional support and education for individuals at any stage of a cancer diagnosis and their supporters

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

**Gastrointestinal (GI) Cancer:** Providing emotional support and education for individuals at any stage of a cancer diagnosis, including but not limited to gallbladder, 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, facilitated by Heather Santone,

**General Cancer:** Providing emotional support and education for individuals at any stage of a cancer diagnosis and their supporters

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

**General Metastatic Cancer:** Providing emotional support and education for individuals diagnosed with stage 4 and/or recurrent cancers

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

## Cancer Bridges' Adult Support Groups, continued

Grief: Providing emotional support and education for individuals who have lost a loved one to cancer

- ❖ 1<sup>st</sup> Wednesday of the month from 7 to 8 PM, facilitated by Amy Drangine

Head and Neck Cancer: Providing emotional support and education for individuals at any stage of a cancer diagnosis and their supporters

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

Johnstown Area Women's Cancer: Providing emotional support and education for individuals at any stage of a cancer diagnosis

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

Lung Cancer: Providing emotional support and education for individuals at any stage of a cancer diagnosis and their supporters

- ❖ Coming soon, facilitated by Emma Genser

Metastatic Breast Cancer: Providing emotional support and education for individuals diagnosed with stage 4 metastatic breast cancer

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

Multiple Myeloma: Providing emotional support and education for individuals at any stage of a cancer diagnosis and their supporters

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

Ovarian Cancer: Providing emotional support and education for individuals at any stage of a cancer diagnosis

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

Pancreatic Cancer: Providing emotional support and education for individuals at any stage of a cancer diagnosis and their supporters

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

Post Treatment After Cancer: Providing emotional support and education for individuals who have completed cancer treatment (surgery, chemotherapy, radiation) and who want to learn more about moving forward

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

Prostate Cancer: Providing emotional support and education for individuals at any stage of a cancer diagnosis

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

Sarcoma: Providing emotional support and education for individuals at any stage of a cancer diagnosis and their supporters

- ❖ Coming soon, facilitated by Melissa Potter and Alethea Carr

South Hills Area General Cancer: Providing emotional support and education for individuals at any stage of a cancer diagnosis and their supporters

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

Women's Cancer: Providing emotional support and education for individuals at any stage of a cancer diagnosis

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

### Specialized Adult 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, facilitated by Colleen 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, facilitated by Wendy Myers and Jamie Ciotti

Happy Feet: a seven-week series focusing on the Pillars of Wellness, featuring various medical professionals and encouraging movement and exercise

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

Let's Get Moving: 1:1 movement and nutrition consultations with ACSM/ACS Certified Cancer Exercise Trainer and group class for participants who have completed individual sessions

- ❖ Program offered on an ongoing basis throughout the year, provided by Janette Poppenberg