



To participate in the following programs/groups, visit: 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

- ❖ 1st and 3rd Thursday of the month from 6 to 7 PM, facilitated by Cheryl Harris.

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

- ❖ 3rd 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

- ❖ 2nd 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

- ❖ 1st and 3rd Tuesday of the month from 6 to 7 PM, facilitated by Marla Caplan

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

- ❖ 2nd 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

- ❖ 3rd 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

- ❖ 4th Wednesday of each month from 1 to 2 PM, facilitated by Marla Caplan

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

- ❖ 1st Thursday of the month from 5 to 6 PM, facilitated by Amanda Erlain

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

- ❖ 1st 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

- ❖ 1st 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

- ❖ 1st and 3rd 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

- ❖ 1st Monday of the month from 7 to 8 PM, facilitated by Emma Genser

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

- ❖ 3rd Thursday of the month from 6 to 7 PM, facilitated by Tony Harris.

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

- ❖ 3rd 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

- ❖ 2nd Tuesday of the month from 6 to 7:45 PM, facilitated by Yvonne Yaksic, Lynda Germano, Melissa Dunn

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

- ❖ 1st 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

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

Pediatric Caregiver: Providing emotional support and education for parents, guardians, and caregivers who are actively caring for a child with cancer.

- ❖ 2nd Wednesday of the month from 6 to 7 PM, facilitated by Bre Regan, Christina Cafro, and Alivia Jacobs

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 Dwyer Diehl, Nicole Kalusa, and Dr. Josie van Londen

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Cancer Bridges' Adult Support Groups, continued

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

- ❖ 1st 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

- ❖ 3rd Wednesday of the month from 6 to 7 PM, 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

- ❖ 3rd Thursday of the month from 2 to 3:30 PM, facilitated by Lori McKown

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

- ❖ 2nd 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 communicating 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