

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:30am Expressive Art (In-person) 5pm Caregiver Support Group (In-person & Zoom) 6:30pm Colorectal Cancer Support Group (Zoom)	3 1:30pm Poetry of Wellness (Zoom)	4 8am Walking Warriors (Rehoboth Beach) 2pm Chair Yoga with Rita (FB Live) 5pm The New You (In-person & Zoom)	5 10am Chair Yoga with Reber (In-person & Zoom) 11am Beginner's Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 5pm Meditation w/ Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom) 6:30pm Nutrition During Treatment (Zoom & FB Live)	6  Scan QR code to visit calendar on website
9 5pm Caregiver Support Group (In-person & Zoom)	10 1:30pm Poetry of Wellness (Zoom)	11 8am Walking Warriors (Rehoboth Beach) 11am Tai Chi with Linda (In-person) 12n Cooking with Chef Dave In-person & Zoom) 12n T'ai Chi Chih with Jessica (FB Live) 5pm South Coastal Workshop: Vagus Nerve & Breathwork (In-person at Beebe's South Coastal Cancer Center)	12 10am Welcome Meeting (Zoom) 10am Chair Yoga w/ Reber (In-person & Zoom) 11am Beginner's Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 4pm Sound Meditation (In-person Metta Studio) 6pm Spirituality, Uncertainty and Cancer (Zoom) 6:30pm Nutrition During Treatment (Zoom & FB Live) 7pm Young Adult Survivors Support Group (Zoom)	
16 5pm Caregiver Support Group (In-person & Zoom) 6:30pm Prostate Cancer Support Group (Hybrid - New Castle)	17 1:30pm Poetry of Wellness (Zoom) 2:30pm GYN Cancer Support Group (Zoom)	18 8am Walking Warriors (Rehoboth Beach) 2pm Chair Yoga with Rita (FB Live) 5pm The New You (In-person & Zoom)	19 10am Chair Yoga with Reber (In-person & Zoom) 11am Beginner's Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 5pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom) 6:30pm Lung Cancer Support Group (Zoom)	20
23 4:30pm Nutrition with Elena: Phytochemicals (Zoom) 5pm Caregiver Support Group (In-person & Zoom) 6:00pm Blood Cancer Support Group (Zoom)	24 1pm Metastatic Breast Cancer Support Group (Hybrid - New Castle) 1:30pm Poetry of Wellness (Zoom)	25 8a Walking Warriors (Rehoboth Beach) 12n T'ai Chi Chih with Jessica (FB Live) 3:30pm Doing Death Differently: A Conversation with a Death Doula (Zoom & FB Live)	26 10am Chair Yoga with Reber (In-person & Zoom) 11am Beginner's Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 4pm Sound Meditation with Mary (Zoom & FB Live) 6pm Spirituality, Uncertainty and Cancer (Zoom)	
30 5pm Caregiver Support Group (In-person & Zoom) 7pm Welcome Meeting (Zoom)	<div>  <p>CANCER SUPPORT COMMUNITY DELAWARE</p> <p>www.cancersupportdelaware.org</p> </div> <div> <h2>June 2025</h2> <p>Program Calendar—Sussex County</p> <p>302-645-9150</p> <p>18947 John J Williams Hwy Ste 312 Rehoboth Beach DE 19971</p> <div> <p><u>Types of Programs:</u></p> <p>Zoom/FB Live: Program is fully virtual</p> <p>Hybrid: Program is at another location but you can join virtually</p> <p>In-Person: Program is happening in-person in Sussex County (will specify if virtual option is also available)</p> </div> </div>			