

March - Virtual

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Scheduled by Appointment:</p> <ul style="list-style-type: none"> - Knitwell in the Cloud - Individual Dramatherapy Work - Spiritual Companionship 	<p>1</p> <p>7:30-8:00am LGBTQIA+ Meditation</p> <p>12:00-1:00pm Chair Yoga</p> <p>12:00-1:00pm Read with Smith Center</p> <p>12:30-1:30pm Head & Neck Cancer Support Group</p> <p>6:00-7:00pm Breast Cancer Support Group</p> <p>6:00-7:00pm Breast Cancer Caregiver Support Group</p> <p>6:00-7:15pm Gentle PM Yoga</p>	<p>2</p> <p>10:30-11:30am Outside the Lines: Social Hour</p> <p>1:00-1:30pm Meditation & Mindfulness</p> <p>3:00-4:30pm Knitting on the Couch</p> <p>6:00-7:00pm Loss of a Loved One to Cancer Support Group</p>	<p>3</p> <p>10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p> <p>6:00-7:00pm NEW! Previvor Support Group</p> <p>6:30-7:30pm Medical Cannabis for Oncology Patients</p>	<p>4</p> <p>1:00-3:00pm Stages of Healing: Therapeutic Play-Making (Part 3/4)</p>	<p>5</p> <p>9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español)</p> <p>10:00-11:00am Zumba with 2Unstoppable</p> <p>10:00-11:15am Tools for Living Authentically with Cancer (Part 1/2)</p>
<p>6</p> <p>5:00-6:30pm YACS Meet Up and Support Group</p>	<p>7</p> <p>10:00-11:00am House Calls with Kiersten</p> <p>6:00-7:30pm Cancer Support Group</p> <p>6:00-7:30pm Caregiver Support Group</p>	<p>8</p> <p>7:30-8:00am LGBTQIA+ Meditation</p> <p>12:00-1:00pm Chair Yoga</p> <p>12:30-1:30pm Prostate Cancer Support Group</p> <p>1:30-3:00pm SC Writes for YACS (Part 1/4)</p> <p>6:00-7:15pm Gentle PM Yoga</p> <p>6:30-8:00pm Survivorship Support Group</p>	<p>9</p> <p>10:30am-12:00pm Writing Outside the Lines</p> <p>3:00-4:30pm Knitting on the Couch</p> <p>5:15-6:45pm Healing Circle for Metastatic Breast Cancer Thrivers 45+</p> <p>6:30-8:00pm Comedy Writing Workshop</p> <p>7:00-8:00pm Qigong</p>	<p>10</p> <p>10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p>	<p>11</p> <p>11:00am-12:30pm Radical Writing Space</p> <p>1:00-3:00pm Stages of Healing: Therapeutic Play-Making (Part 4/4)</p>	<p>12</p> <p>9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español)</p> <p>10:00-11:00am Healing Circle for Young Adults with Metastatic Breast Cancer</p> <p>10:00-11:15am Tools for Living Authentically with Cancer (Part 2/2)</p> <p>10:00-11:30am Stitched Together</p>
<p>13</p> <p>10:00-11:00am Pilates with 2Unstoppable</p> <p>12:00-1:00pm Cooking with Soy: The Basics of Tofu, Tempeh and Miso</p>	<p>14</p> <p>11:00am-12:00pm Healing Circle for Moms with Cancer</p>	<p>15</p> <p>7:30-8:00am LGBTQIA+ Meditation</p> <p>12:00-1:00pm Chair Yoga</p> <p>12:30-1:30pm Multiple Myeloma Support Group</p> <p>1:30-3:00pm SC Writes for YACS (Part 2/4)</p> <p>6:00-7:00pm Breast Cancer Support Group</p> <p>6:00-7:00pm Breast Cancer Caregiver Support Group</p> <p>6:00-7:15pm Gentle PM Yoga</p>	<p>16</p> <p>10:30am-12:00pm Outside the Lines</p> <p>1:00-1:30pm Meditation & Mindfulness</p> <p>3:00-4:30pm Knitting on the Couch</p> <p>4:45-5:30pm Yoga Nidra</p>	<p>17</p> <p>10:15-11:30am Gentle AM Yoga</p> <p>12:00-1:00pm Face Your Truth to Find Your Glory</p> <p>1:00-3:00pm Energy Balancing</p> <p>5:30-7:00pm Art Lab</p>	<p>18</p>	<p>19</p> <p>9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español)</p> <p>1:30-3:00pm Yoga4Cancer</p>
<p>20</p>	<p>21</p> <p>6:00-7:30pm Cancer Support Group</p> <p>6:00-7:30pm Caregiver Support Group</p>	<p>22</p> <p>7:30-8:00am LGBTQIA+ Meditation</p> <p>12:00-1:00pm Chair Yoga</p> <p>1:30-3:00pm SC Writes for YACS (Part 3/4)</p> <p>6:00-7:15pm Gentle PM Yoga</p>	<p>23</p> <p>10:30am-12:00pm Writing Outside the Lines</p> <p>3:00-4:30pm Knitting on the Couch</p> <p>6:00-7:00pm LGBTQ+ Cancer Support Group</p> <p>6:00-7:30pm Insightful Collage Watercolor Workshop</p> <p>7:00-8:00pm Qigong</p>	<p>24</p> <p>10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p> <p>7:00-8:30pm A Healing Circle: Gay Men with Prostate Cancer</p>	<p>25</p>	<p>26</p> <p>9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español)</p> <p>9:00am-12:00pm YACS Hiking in the City (In-Person)</p> <p>10:00-11:00am Joint Freeing Series</p>
<p>27</p>	<p>28</p> <p>10:00-11:30am Seeing with the Heart</p> <p>6:00-7:30pm Loss of a Parent to Cancer Support Group</p>	<p>29</p> <p>7:30-8:00am LGBTQIA+ Meditation</p> <p>12:00-1:00pm Chair Yoga</p> <p>1:30-3:00pm SC Writes for YACS (Part 3/4)</p> <p>6:00-7:15pm Gentle PM Yoga</p>	<p>30</p> <p>3:00-4:30pm Knitting on the Couch</p>	<p>31</p> <p>10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p> <p>6:00-7:30pm Poetry as a Tool for Joy, Grief and All Points in Between</p>		