

May 2022 - Virtual

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 5:00-6:30pm YACS Meet Up & Support Group</p>	<p>2 3:00-4:30pm Meaning-Centered Psychotherapy (Part 1/8) 6:00-7:30pm Cancer Support Group 6:00-7:30pm Caregiver Support Group</p>	<p>3 7:30-8:00am LGBTQIA+ Meditation 10:00-11:30am Grieving Together 12:00-1:00pm Chair Yoga 12:00-1:00pm Read with Smith Center 12:30-1:30pm NEW! Gynecologic Cancer Support Group 1:30-3:00pm SC Writes for YACS (Part 2/4) 6:00-7:00pm Breast Cancer Support Group 6:00-7:15pm Gentle PM Yoga</p>	<p>4 10:30-11:30am Outside the Lines: Social Hour 1:00-1:30pm Meditation & Mindfulness 3:00-4:30pm Knitting on the Couch 3:00-4:30pm Mind Over Matter (Part 1/5) 6:00-7:00pm Loss of a Loved One Support Group 6:00-7:00pm LUNgevity Coffeehouse</p>	<p>5 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing 6:00-7:00pm Previvor Support Group</p>	<p>6</p>	<p>7 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español) 10:00-11:30am Stitched Together</p>
<p>8</p>	<p>9 11:00am-12:00pm Early Stage Cancer Caregiver Support Group 11:00am-12:00pm Healing Circle for Moms with Cancer 5:30-6:30pm Unite for HER Wellness Program</p>	<p>10 7:30-8:00am LGBTQIA+ Meditation 10:00-11:30am Grieving Together 12:00-1:00pm Chair Yoga 12:30-1:30pm Prostate Cancer Support Group 6:00-7:15pm Gentle PM Yoga 6:30-8:00pm Survivorship Support Group</p>	<p>11 10:30am-12:00pm Writing Outside the Lines 3:00-4:30pm Knitting on the Couch 3:00-4:30pm Mind Over Matter (Part 2/5) 5:15-6:45pm Healing Circle for MBC Thrivers 45+ 6:30-8:00pm Comedy Writing Workshop 7:00-8:00pm Qigong</p>	<p>12 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing 6:30-8:30pm Comedic Relief (Part 1/6)</p>	<p>13 11:00am-12:30pm Radical Writing Space</p>	<p>14 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español) 9:00am-12:00pm* *In-Person YACS Hiking in the City in Potomac, MD 10:00-11:00am Healing Circle for Young Adults with MBC 10:00-11:30am Writing through the Seasons: All That's Blooming</p>
<p>15 10:00-11:00am 2Unstoppable Pilates 10:00-11:15am Sustainable Journaling (Part 1/4)</p>	<p>16 10:00-11:00am House Calls with Kiersten 3:00-4:30pm Meaning-Centered Psychotherapy (Part 2/8) 6:00-7:30pm Cancer Support Group 6:00-7:30pm Caregiver Support Group</p>	<p>17 7:30-8:00am LGBTQIA+ Meditation 10:00-11:30am Grieving Together 12:00-1:00pm Chair Yoga 12:30-1:30pm Multiple Myeloma Support Group 1:30-3:00pm SC Writes for YACS (Part 3/4) 5:30-7:30pm An Invitation to Healing (6-week Retreat begins) 6:00-7:00pm Breast Cancer Support Group</p>	<p>18 10:30am-12:00pm Outside the Lines 1:00-1:30pm Meditation & Mindfulness 3:00-4:30pm Knitting on the Couch 3:00-4:30pm Mind Over Matter (Part 3/5) 4:45-5:30pm Yoga Nidra</p>	<p>19 10:15-11:30am Gentle AM Yoga 12:00-1:00pm Healing through Drama Play Screening 1:00-3:00pm Energy Balancing 5:30-7:00pm Art Lab 6:30-8:30pm Comedic Relief (Part 2/6)</p>	<p>20 10:00-11:30am Expressive Photography and Mindfulness</p>	<p>21 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español) 10:30-11:30am Fertility Preservation: Egg and Sperm Cryoconservation</p>
<p>22 10:00-11:15am Sustainable Journaling (Part 2/4) 6:00-7:00pm 2Unstoppable Barre</p>	<p>23 11:00am-12:00pm Early Stage Cancer Caregiver Support Group 3:00-4:30pm Meaning-Centered Psychotherapy (Part 3/8) 6:00-7:30pm Loss of a Parent to Cancer Support Group 6:00-7:30pm Poetry as a Tool</p>	<p>24 7:30-8:00am Gentle PM Yoga 7:30-8:00am LGBTQIA+ Meditation 10:00-11:30am Grieving Together 1:30-3:00pm SC Writes for YACS (Part 4/4) 12:00-1:00pm Chair Yoga 6:00-7:15pm Gentle PM Yoga</p>	<p>25 10:30am-12:00pm Writing Outside the Lines 3:00-4:30pm Knitting on the Couch 3:00-4:30pm Mind Over Matter (Part 4/5) 6:00-7:00pm LGBTQ+ Cancer Support Group 7:00-8:00pm Qigong</p>	<p>26 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing 6:30-8:30pm Comedic Relief (Part 3/6) 7:00-8:30pm A Healing Circle: Gay Men with Prostate Cancer</p>	<p>27</p>	<p>28</p>
<p>29 10:00-11:15am Sustainable Journaling (Part 3/4)</p>	<p>30 CLOSED FOR THE HOLIDAY</p>	<p>31 7:30-8:00am LGBTQIA+ Meditation 10:00-11:30am Grieving Together 12:00-1:00pm Chair Yoga 6:00-7:15pm Gentle PM Yoga</p>	<p>Scheduled by Appointment: - Knitwell in the Cloud - Individual Dramatherapy Work - Spiritual Companionship</p>			