

October 2021 - 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 10:30am-12:00pm Healing Through Drama (4-week series)</p>	<p>2 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español)</p> <p>1:00-2:30pm Virtual Walk-n-Talk with 2Unstoppable</p>
3	4	<p>5 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>6:30-7:30pm Healing Circle for Moms with Cancer</p>	6	<p>7 10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p>	<p>8 9:30-10:30am House Calls with Kiersten</p> <p>11:00am-12:00pm Radical Writing Space</p> <p>12:30-1:30pm Therapeutic Creative Dance</p>	<p>9 10:00-11:30am Writing Through the Seasons: The Healing Power of Nature (Autumn)</p>
10	11	<p>12 12:00-1:00pm Chair Yoga</p> <p>12:30-1:30pm Prostate Cancer Support Group</p> <p>6:00-7:15pm Gentle PM Yoga</p> <p>6:00-7:30pm An Invitation to Healing</p> <p>6:30-8:00pm Survivorship Support Group</p>	13	<p>14 10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p> <p>6:00-8:00pm Healing Circle for Young Adults with Metastatic Breast Cancer</p> <p>7:00-8:15pm Experiencing Awe Workshop (2-part series)</p>	<p>15 10:30am-12:00pm Healing Through Drama (4-part series)</p> <p>12:30-1:30pm Therapeutic Creative Dance</p>	<p>16 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español)</p> <p>9:00-10:30am Walk-n-Talk in Vienna, VA with 2Unstoppable</p>
17	18	<p>19 12:00-1:00pm Chair Yoga</p> <p>12:30-1:30pm Multiple Myeloma 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>8:00-9:00pm Healing Circle for Moms with Cancer</p>	20	<p>21 10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p> <p>5:30-7:00pm Art Lab</p>	<p>22 12:30-1:30pm Therapeutic Creative Dance</p>	<p>23 9:00am-12:00pm DC Young Adult Cancer Survivors Hiking in the City</p> <p>9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español)</p> <p>1:30-3:00pm Yoga4Cancer with 2Unstoppable</p>
24	25	<p>26 12:00-1:00pm</p>	27	<p>28 10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p> <p>6:00-7:00pm Healing Circle for Lymphedema</p> <p>7:00-8:15pm Experiencing Awe Workshop (2-part series)</p>	<p>29 12:30-1:30pm Therapeutic Creative Dance</p>	<p>30 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español)</p> <p>10:00-11:15am Tools for Living Authentically with Cancer (2-part series)</p>