

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|----------|--|----------|
| 1 Reiki-In Person 10:00am - 12:00 pm Reiki Healing Circle 3:00-3:30pm | 2 Expressive Writing Workshop 9:00am to 10:00 am Self-Help Energy Techniques 12:00pm-1:00pm | 3 Guided Meditation 12:00pm-12:30pm I CAN-CER Vive Grad Group 3:00pm-4:00pm | 4 Reiki Available by appointment Please call to schedule 973-971-6182 | 5 | 6 | 7 |
| 8 Reiki-In Person 10:00am - 12:00 pm Survivors Post Treatment Group 10:30am-11:30am Art Therapy Group 11:00am-12:00pm | 9 Expressive Writing Workshop 9:00am to 10:00 am Integrative Lecture Discussion of the Yamas of Yoga 12:00pm-1:00pm Jin Shin Jyutsu Available by appointment Please call to schedule 973-971-6182 | 10 Guided Meditation 12:00pm-12:30pm Writing as a Way of Healing 5:00pm-6:30pm | 11 Reiki Available by appointment Please call to schedule 973-971-6182 | 12 | 13 | 14 |
| 15 Reiki-In Person 10:00am - 12:00 pm Art Therapy Group 11:00am-12:00pm Reiki Healing Circle 3:00-3:30pm | 16 Expressive Writing Workshop 9:00am to 10:00 am Self-Help Energy Techniques 12:00pm-1:00pm | 17 Guided Meditation 12:00pm-12:30pm Morris County Ostomy Association Support Group 7:00pm-9:00pm I CAN-CER Vive Grad Group 3:00pm-4:00pm | 18 Reiki Available by appointment Please call to schedule 973-971-6182 Head & Neck Support Group 3:00pm-4:30PM | 19 | 20 Forest Bathing Loantanka 11:00pm-1:00pm | 21 |
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Carol G. Simon Cancer Center
September 2024

Virtual Services for Morristown Medical Center

Ongoing Support and Educational Groups:

I CAN-CER Vive Grad Group Virtual

This monthly graduate group is open to any past I CAN-CER Vive attendee
This Group will meet **Wednesday, September 4th & 17th 3:00pm-4:00pm**
Group will be facilitated by Jean Marie Rosone, LCSW

Zoom meeting link:

<https://atlanticealth.zoom.us/j/81418692325?pwd=QVBrbEVCMmZGSE5iWkwxaG5URC9WQT09>

Meeting ID: 814 1869 2325 **Passcode:** 170117

If you have any questions, please call 973-971-6514

Survivors Post Treatment Group

Open to patients who have completed cancer treatment. Also open to caregivers.
This group will meet **Monday, September 9th from 10:30am-11:30am**
Group will be facilitated by Jean Marie Rosone, LCSW

Zoom Meeting Link:

<https://atlanticealth.zoom.us/j/84193622126?pwd=Z0UwSEILaGt5R3RUZHp3K20xOUZMz09>

Meeting ID: 841 9362 2126 **Passcode:** 540174

If you have any questions, please call 973-971-6514

Head and Neck Support Group

This group will meet **Thursday, September 19th from 3:00pm-4:30pm**
Group will be facilitated by Christian Hong, MDiv, LCSW, OSW-C

Zoom meeting link:

<https://atlanticealth.zoom.us/j/83451972820?pwd=ZWlhYkpYMUIUU0xaRFIib0FvY0FoZz09>

Meeting ID: 834 5197 2820 **Passcode:** 708012

If you have any questions, please call 973-971-5169

Smoking Cessation

6-week virtual group providing support and tools to help you quit.
Nicotine replacement products provided at no cost.

Group will be facilitated by Lisa Picciuti, LCSW, OSW-C, NCTTP

You must pre-register and have a tobacco dependence assessment to join.

Call 973-971-7971 to register.

Morris County Ostomy Association Support Group

The Morris County Ostomy Association (MCOA) is a volunteer-based health organization dedicated to providing education, information and support for people who have had, or will have, an intestinal or urinary diversion. MCOA membership is open to all individuals with ostomies.

Membership includes monthly meetings as well as a quarterly newsletter.

This group will meet **Wednesday, September 18th 7:00pm-9:00pm**

Pre-registration required please email dgregorythomas@gmail.com

Ongoing Support and Educational Groups:

Blood Cancer Support Group

Open to patients in active and/or completed treatment for leukemia, lymphoma, and myeloma.

This group will meet **WILL RETURN IN OCTOBER**

Group will be co-facilitated by Erin Rinaldi MSW, LSW, MT-BC and Grace Miller BSN, RN, OCN

If you have any questions, please call 973-971-6656

Zoom Meeting Link:

<https://atlanticealth.zoom.us/j/88517749665?pwd=YitXUHVjN2pvbWp0Y2tkN2RHbkIMZz09>

Meeting ID: 885 1774 9665

Passcode: 917434

Living and coping with gynecological cancer

Open to patients in active treatment for cervical, endometrial, ovarian, uterine, and vaginal cancer.

Join us for our monthly group and meet other individuals who have been diagnosed with gynecological cancer.

This group will meet **WILL RETURN IN OCTOBER**

Group will be facilitated by Erin Rinaldi MSW, LSW, MT-BC

Pre-registration required please email Erin.Rinaldi@atlanticealth.org

Young Adult Cancer Survivor: Discussion Series

Open to young adult cancer survivors age 21-35 who have completed active treatment.

Each month we'll explore and dive into the unique concerns and needs of young adult cancer survivors.

This series will provide a supportive space to connect with others to gain practical information and resources.

This group will meet **WILL RETURN IN OCTOBER**

Group will be facilitated by Erin Rinaldi MSW, LSW, MT-BC

Pre-registration required please email Erin.Rinaldi@atlanticealth.org

Forest Bathing

Please join us on **Friday, September 20th from 11:00-1:00pm**

at Loantaka Brook Park in Morristown

468 South Street

Morris Township, NJ 07960

Registration is limited to 15 people.

Please email Jean Marie Rosone, LCSW at Jeanmarie.rosone@atlanticealth.org to register.

What is a Forest Bathing?

Forest Bathing (aka Forest Therapy or Nature Therapy) is a well-being practice which allows participants to slow down, use their senses and connect to the natural world and each other. Forest Bathing is inspired by the Japanese tradition of Shinrin Yoku and has been influenced by mindfulness, embodiment, and meditation practices.

Forest Bathing is led by a Certified Forest Therapy Guide and last about 2 hours. They take place outside, in a local park, with some walking and frequent stops. Forest Bathing begins with a guided meditation and progresses to a series of invitations which are open ended prompts, a gentle framework from which to explore the natural world. The invitations allow you to experience nature in a way you may not have done before.

Each session is unique with different invitations being offered depending on the season and setting.

Carol G. Simon Cancer Center
September 2024

Virtual Services for Morristown Medical Center

Ongoing Integrative Lectures

Self Help Energy Techniques

You will be guided through easy-to-follow hand positions, which assist in opening the energetic pathways of your body. Enhancing the energetic flow will assist your physical, mental and emotional health and leave you feeling restored and refreshed.

This group will meet **Tuesday, September 3rd from 12:00pm-1:00pm**

Group will be facilitated by Lynn Pridmore, Holistic Health Practitioner & Health Educator

Zoom meeting link:

<https://atlanticealth.zoom.us/j/89574671944?pwd=aFpHMTJvV0FaTTExUThwL3FhRFAYZz09>

Meeting ID: 895 7467 1944 **Passcode:** 102733

If you have any questions, please call 973-971-6514

Integrative Lectures

Topic: Discussion of the Yamas of Yoga

The Yamas of Yoga are known as the "Laws of Life." Join us for a discussion of the 3rd Yama, the virtue of Asteya, and learn how to cultivate a balanced, harmonious, loving life. **NOTE:** This is a conversational class, not a physical practice of yoga.

and more. **Tuesday, September 10th from 12:00pm-1:00pm**

Group will be facilitated by Lynn Pridmore, Holistic Health Practitioner & Health Educator

Zoom meeting link:

<https://atlanticealth.zoom.us/j/89574671944?pwd=aFpHMTJvV0FaTTExUThwL3FhRFAYZz09>

Meeting ID: 895 7467 1944 **Passcode:** 102733

If you have any questions, please call 973-971-6514

Self Help Energy Techniques

You will be guided through easy-to-follow hand positions, which assist in opening the energetic pathways of your body. Enhancing the energetic flow will assist your physical, mental and emotional health and leave you feeling restored and refreshed.

This group will meet **Tuesday, September 17th from 12:00pm-1:00pm**

Group will be facilitated by Lynn Pridmore, Holistic Health Practitioner & Health Educator

Zoom meeting link:

<https://atlanticealth.zoom.us/j/89574671944?pwd=aFpHMTJvV0FaTTExUThwL3FhRFAYZz09>

Meeting ID: 895 7467 1944 **Passcode:** 102733

If you have any questions, please call 973-971-6514

Integrative Lectures

Topic: Mindfulness

Join us in a discussion to bring mindfulness into your life.

This group will meet **Tuesday, September 24th from 12:00pm-1:00pm**

Group will be facilitated by Lynn Pridmore, Holistic Health Practitioner & Health Educator

Zoom meeting link:

<https://atlanticealth.zoom.us/j/89574671944?pwd=aFpHMTJvV0FaTTExUThwL3FhRFAYZz09>

Meeting ID: 895 7467 1944 **Passcode:** 102733

If you have any questions, please call 973-971-6514

Call 973-971-7971 to register.

Ongoing Integrative Groups:

Guided Meditation

Take some time to step back and go within.

This group will meet every **Wednesday from 12:00pm-12:30pm.**

Group will be co-facilitated by Jean Marie Rosone, LCSW and Lauren Curtis, MA, LMT

Zoom meeting link:

<https://atlanticealth.zoom.us/j/95764540276?pwd=UDgwSlD0cXBtAFU5UzdXWnd1T0l0dz09>

Meeting ID: 957 6454 0276

Passcode: 542074

If you have any questions, please call 973-971-6514

Writing as a Way of Healing

Tap into your writer's voice, discover how writing heals, connect with yourself though writing and engage in guided writing exercise.

This group will meet **September 11th and 25th from 5:00pm-6:30pm**

Group will be facilitated by Julie Maloney Author and Poet

Zoom meeting link:

<https://atlanticealth.zoom.us/j/82901971125?pwd=YTczaytxKzA5SDZhQlIHUkNTOTgVQT09>

Meeting ID: 829 0197 1125

Passcode: 618745

If you have any questions, please call 973-971-6514

Reiki Healing Circle

Join us for a weekly group Reiki session

This group will meet **Monday, September 2nd and 16th from 3:00pm-3:30pm**

Zoom meeting link:

<https://atlanticealth.zoom.us/j/89846014860?pwd=dGZSNWpVbDQwOW4yekTXbHQ3WWVVSQT09>

Meeting ID: 898 4601 4860

Passcode: 508586

Registration is not required

If you have any questions, please call 973-971-6514

Expressive Writing Workshop:

When we write, we look inside to find the words and images that clarify and give shape to our thoughts and feelings. In the workshop, we will read a poem, do some writing, and share our work with the group, if we would like.

This Group will meet every **Tuesday from 9:00am-10:00am**

This program is funded by The Overlook Foundation and offered to patients within the Atlantic Health System.

Group will be facilitated by Thomas Dooley, Poet-in-Residence at Overlook Medical Center.

Zoom meeting link:

<https://atlanticealth.zoom.us/j/89121746933?pwd=eVZDTWduMFY0ekVSbUpvWw3cGJnUT09>

Meeting ID: 934 0008 9192

Passcode: 311112

Reiki-In Person & Virtual

Reiki is an energy healing technique in which a Reiki practitioner, who has undergone formal training in this healing art, uses gentle hand movements with the intention to guide the flow of healthy energy (what's known in Reiki as life force energy) through the client's body to reduce stress and anxiety and promote healing. This gentle technique can be done in person or virtually where the practitioner can tune into the patient's energy field.

It does not treat conditions on its own but can be used to support traditional treatment you may receive.

This service will be available every **Monday from 10:00am –12:00pm-In Person and**

Thursdays from 10:00am –12:00pm-Virtual

Please call Integrative Therapies to book an appointment 973-971-6182

Jin Shin Jyutsu-Virtual

An Art of Gentle Touch that can be applied to oneself and to others.

This service will be available **Tuesday, September 10th and 24th 10:00am - 12:00 pm**

Art Therapy Group

This art therapy group for adults in active cancer treatment will focus on positive healing themes, including art experiences that explore inner strength, hope, and support.

No artistic experience required. All material supplied.

This group will meet **Monday, September 9th and 16th 11:00am - 12:00pm**

Morristown Medical Center, Carol G. Simon Cancer Center, Radiation Conference Room 1041

Group will be facilitated by Katrina Gauthier

To register, please email Katrina.gauthier@atlanticealth.org



Please join us for this in person eight-week art therapy group for adults in active cancer treatment.

This group will focus on positive healing themes, including art experiences that explore inner strength, hope, and support.

No artistic experience required.

All materials supplied.

Dates: Mondays, September 9 and 16

Time: 11:00am-12:00 pm

Location:
Morristown Medical Center
Carl G. Simon Cancer Center
Radiation Conference
Room 1041



Gentle foot or hand Massage

Is available to patients who are receiving chemotherapy in the Carol G. Simon Cancer Center.

Please let your nurse know during your treatment and they can arrange for a visit

To access all Cancer Center classes monthly please use link below
www.atlanticealth.org/cancerclass

If you would like to be added to our email list to receive calendar
Please email JeanMarie.Rosone@atlanticealth.org