RWJBarnabas Health Oncology Support Program – December 2026

RWJBarnabas Health Oncology Support Program provides support for the physical and emotional concerns of individuals affected by cancer. From diagnosis through treatment, recovery, and survivorship, we provide members with support, education, hope, and encouragement as part of a community of others facing treatment and survivorship together. All programs are free and open to all RWJBarnabas Health and Rutgers Cancer Institute patients. Registration is required for each program. For additional information, please call 732-272-6938 or email debra.mcgivney@rwjbh.org.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Women's Cancer Support Group 2-3 pm Virtual	2 All Cancers Support Group 2-3 pm In-person *Community Medical Center* *99 Rt. 37 West* *Toms River, NJ*	3 Advanced Directive and POLST Overview 11am-12pm Virtual Lung Cancer Support Group 2-3 pm Virtual	4 Afternoon Mindfulness & Watercolor Painting 12-1 pm Virtual
7 Seated Gentle Yoga 11 am-12 pm Virtual	8 Men's Cancer Support Group 2-3 pm Virtual	9 Seated Tai Chi Easy 11 am-12 pm Virtual	10 Family & Friends Caregiver Support Group 2-3 pm Virtual	11 *No program today.*
14 Morning Mindfulness 11 am-12 pm Virtual	15 All Cancers Support Group 2-3 pm Virtual	16 Seated Gentle Movement & Stretch 6-7 pm Virtual	17 All Cancers Support Group 2-3 pm In-person *Anne Vogel Family Care & Wellness Center* *200 Wyckoff Rd.* *Eatontown, NJ*	18 Seated Gentle Yoga 11 am-12 pm Virtual
21 Evening Mindfulness for Relaxation 6-7 pm Virtual	22 Living Through Loss Support Group 2-3 pm Virtual	23 Seated Gentle Movement & Acupressure 12-1 pm Virtual Breast Cancer Support Group 2-3 pm Virtual	24 *No program today.*	25 *No program today.*

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