

Cancer Resource Center Groups, Classes, & Events

In-Person Support Groups

Men's Breakfast Group

Meets Fridays from 8-9AM in person at the Falls Cafe in Kendal at Ithaca. 2230 N Triphammer Rd, Ithaca, NY.

A relaxed and supportive group for men with any type and at any stage of cancer.

Facilitated by Bob Riter

Colorectal Group

Meets every 1st Tuesday from 5:30-7:30PM at the 2nd Floor Conference Room at Cayuga Park 401 Cayuga Park Lane Ithaca, NY

Discussion and sharing group for anyone who has had a colorectal cancer diagnosis.

Facilitated by Bert Scholl

Caregivers Group

Meets every 2nd Tuesday from 5:30-7:00PM at the 2nd Floor Conference Room at Cayuga Park 401 Cayuga Park Lane Ithaca, NY

For family members, loved ones, and anyone caring for someone with cancer.

Facilitated by Bert Scholl

Prostate Group

Meets every 2nd Thursday from 5:30-7PM at the 2nd Floor Conference Room at Cayuga Park 401 Cayuga Park Lane Ithaca, NY

Discussion and sharing group for anyone who has had prostate cancer.

Facilitated by Bert Scholl

Women's Group

Meets Wednesdays from 1- 2:30PM. Meetings will be at the YMCA Community Room, 50 Graham Rd W, Ithaca, 2nd floor.

Discussion and sharing group for women who have ever had a cancer diagnosis. *Facilitated by Cynthia Davis*

Multiple Myeloma Group

Meets 3rd Tuesday of each month from 1- 2:30PM. Meetings will be at the YMCA

Community Room, 50 Graham Rd W, Ithaca, 2nd floor.

Zoom Peer Support Groups

Bladder Group

Meets every 3rd Thursday from 5:30-7PM

Discussion and resource peer group for anyone who has had bladder cancer.

Facilitated by Bert Scholl

Open Group

Meets Fridays from 1-2:30PM

Non-discriminating peer group for anyone who has ever had any type of cancer.

Facilitated by Bert Scholl

Gentle Yoga

Meets Tuesdays from 10-11AM on Zoom

Restorative yoga with chair & bed-based options, open to anyone affected by cancer.

Facilitated by Nick Boyar

To join Zoom meetings, visit: crcfl.net/calendar and click on the specific day and meeting.

For more details, contact us at: info@crcfl.net