CINJ's Circle of Support program provides support, education, and hope to patients in active cancer treatment through multiple diagnosis-specific and general support groups, mindfulness meditation and relaxation programs, educational programs, and occasional experiential workshops. The goal is to support patients through their cancer journey by providing a safe and non-judgmental space to talk about their specific challenges and experiences, and join with others who are in similar situations. Please call 732-235-6792 for information and to register.

**Vision Board Workshop, May 31, 2024, 2-3:30PM, Auditorium A, CINJ.**
Facilitated by Gabrielle Stander, MSW, LSW, MAS
Join in person or virtually through Zoom.

All supplies provided, but you are encouraged to bring your own pictures.

Please **RSVP by 5-17-24** by calling the Social Work Dept. at 732-235-6792

**VIRTUAL SUPPORT GROUPS – ONGOING MONTHLY**
Programs are held virtually, are open and free to patients, and may be open to family members.

<table>
<thead>
<tr>
<th>Support Group</th>
<th>Time &amp; Day</th>
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</thead>
<tbody>
<tr>
<td>Time to Talk Breast Cancer Support Group</td>
<td>First Tuesday of the month at 5PM</td>
</tr>
<tr>
<td>Living with Cancer Support Group</td>
<td>Second &amp; Fourth Wednesday of the month at 5PM</td>
</tr>
<tr>
<td>Guided Imagery</td>
<td>Second &amp; Fourth Tuesday of the month at 2PM</td>
</tr>
<tr>
<td>GI Support Group</td>
<td>Third Wednesday of the month at 5PM</td>
</tr>
<tr>
<td>Gynecologic Support Group</td>
<td>Fourth Thursday of the month at 5PM</td>
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</tbody>
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**NUTRITIONAL & DELICIOUS**

**BAKED FALAFEL WITH GINGER TZATZIKI**

**Ingredients:**
- 1 can drained chickpeas
- ½ cup fresh parsley
- ½ cup fresh cilantro
- ¼ cup fresh mint
- 1 clove garlic (minced)
- 1 Tbsp. lemon juice
- 2/2 Tsp. salt
- 1 Tsp. cumin
- ½ Tsp. baking powder
- 2 Tbsp. flour
- ¾ cup plain Greek yogurt
- ½ cucumber (grated)
- 1 Tbsp. lemon juice
- 2 Tbsp. grated ginger

Preheat oven to 375 °F. Spray baking sheet with preferred cooking spray. Combine 1 can drained chickpeas, 1/2 cup fresh parsley, 1/2 cup fresh cilantro, 1/4 cup fresh mint, 1 clove garlic (minced), 1 Tbsp. lemon juice, 2/2 tsp salt, 1 tsp cumin, 1/2 tsp baking powder, and 2 Tbsp. flour in large food processor or blender. Blend until combined. Form into small patties and place on prepared baking sheet. Bake for 20-25 minutes, flipping halfway, until browned on both sides. While falafel patties are cooking, make Tzatziki dip. Combine 3/4 cup plain Greek yogurt, 1/2 cucumber (grated), 1 Tbsp. lemon juice, and 2 Tbsp. grated ginger in a small bowl. Place in refrigerator until ready to eat, dip falafel in Tzatziki sauce and enjoy!