

JULY 2025

Circle of Support Program

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.

VIRTUAL SUPPORT GROUPS – Ongoing Monthly

Programs are held virtually, are open and free to patients, and may be open to family members.

Time To Talk Breast Cancer Support Group	1st Tuesday of each month at 5pm
Living with Cancer Support Group	2nd & 4th Wednesday of each month at 5pm
Guided Imagery	2nd & 4th Tuesday of each month at 2pm
Gynecologic Support Group	4th Thursday of each month at 5pm
Brain Tumor Support Group	3rd Tuesday of each month at 2pm
Metastatic Brain & Spine Cancer Support Group	1st and 3rd Friday of each month at 11am
Head & Neck Cancer Support Group	3rd Monday of each month at 4pm

Healthy and Delicious

Breakfast Toast with Cottage Cheese & Berry Salsa

diet.mayoclinic.org/us/motivational-tips/recipe-collections/summer-meals/breakfast-toast-with-cottage-cheese-berry-salsa/



Ingredients

- Frozen berries, any type, 1 cup
- Vanilla extract, 1 tsp
- Basil, fresh, 4 leaves
- Low-fat cottage cheese, 5.3 Oz
- Whole-wheat bread, 1 slice, toasted
- Pistachios, unsalted, 24 pistachios
- Latte, plain, nonfat milk
- 1 small cup

Directions

Slice larger berries in smaller pieces. Place all the berries into a small non-stick frying pan with 2 teaspoons water. Place over medium-high heat, cook, shaking pan often for 1 to 2 minutes until berries are warm. Remove from the heat, spoon the vanilla on top. Let stand for 5 minutes.

Combine the basil and cottage cheese. Spoon the mixture onto the toast. Top with berries and their juices. Sprinkle with nuts and extra basil leaves if you like.