



# RUTGERS

## NEWARK

### Department of Social Work

Audrey Redding-Raines partnering with Rutgers Newark Staff Council



## MISSION

**Our mission is to provide a compassionate and empowering community for the Rutgers University family: faculty, staff, and caregivers, who are facing the challenges of cancer. We believe that no one should have to face cancer alone or in silence.**

**Our group is dedicated to:**

- *Cultivating Wellness and Self-Care*, promoting practices that enhance physical, emotional, and mental well-being.
- *Building Community*, creating a supportive network where members can connect, share, and find strength in unity.
- *Comradery*, fostering a sense of solidarity and mutual encouragement among members.
- *Learning to Navigate Life-Altering Transitions*, offering guidance and resources to help members adapt to significant changes in their lives.
- *Embracing Change with Joy*, encouraging a positive and joyful approach to the transformations that come with a cancer journey.

**Together, we strive to support each other through the ups and downs, celebrating the victories and offering solace in the tougher moments. You are not alone, and you don't have to suffer in silence. Join us as we embrace this new normal with hope, resilience, and joy.**





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## VISION

**Our vision is to create a thriving, resilient, and empowered community within Rutgers University where faculty, staff, and caregivers facing cancer can find unwavering support, connection, and hope.**

**We aspire to:**

- *Foster a Culture of Compassion and Understanding*, where everyone feels seen, heard, and valued.
- *Promote Holistic Well-Being*, encouraging practices that support the mind, body, and spirit.
- *Build Lifelong Connections*, through shared experiences and mutual support, forming bonds that extend beyond the cancer journey.
- *Champion Personal Growth and Resilience*, helping each member to navigate their unique path with strength and optimism.
- *Inspire Joy and Positivity*, encouraging a mindset that embraces change and celebrates life, even in the face of adversity.

**We envision a future where no one in our community faces cancer alone, and where every individual feels empowered to thrive, find joy, and live their best life, despite the challenges they may encounter.**





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## MEETING DAYS

**Tuesday, September 24, 2024**

**4:30PM - 6:00PM**

**Tuesday, October 15, 2024**

**4:30PM - 6:00PM**

**Tuesday, October 29, 2024**

**4:30PM - 6:00PM**

**Tuesday, November 12, 2024**

**4:30PM - 6:00PM**

**Tuesday, November 26, 2024**

**4:30PM - 6:00PM**

**Tuesday, December 10, 2024**

**4:30PM - 6:00PM**

**Tuesday, October 8, 2024**

**4:30PM - 6:00PM**

**Tuesday, October 22, 2024**

**4:30PM - 6:00PM**

**Tuesday, November 5, 2024**

**4:30PM - 6:00PM**

**Tuesday, November 19, 2024**

**4:30PM - 6:00PM**

**Tuesday, December 3, 2024**

**4:30PM - 6:00PM**

**Tuesday, December 17, 2024**

**4:30PM - 6:00PM**

**Location: Rutgers-Newark  
CLJ #202**

**(Center for Law and Justice:  
123 Washington St. Newark, NJ)**



# THANK YOU TO OUR SPONSORS



**RUTGERS**

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Department of Social Work



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RU-N Staff Council



*Supporting Warriors: A Community for Faculty,  
Staff, and Caregivers Facing Cancer, Together!*

Meeting: Every other Tuesday

Time: 4:30 pm - 6:00 pm

Location: Rutgers-Newark

CLJ #202

(Center for Law and Justice:

123 Washington St. Newark, NJ)

