

NOW IN ANTIOCH!

3505 LONE TREE WAY, SUITE 3, ANTIOCH, CA 94509
WWW.CANCERSUPPORT.NET/SERVICES/EASTCOUNTY



SAN FRANCISCO BAY AREA

EAST COUNTY

ABOUT US:

Cancer Support Community is a non-profit organization that provides support groups, educational workshops, mind/body programs, social connections and resources to people with cancer and their loved ones. Participation in our programs enhances quality of life and can help people deal as effectively as possible with cancer treatment and survivorship.

**ALL SERVICES ARE PROVIDED
FREE OF CHARGE**

Learn more about Cancer Support Community by coming to an individual welcome session. Call Zenaida Burgos, East County Program Manager at 925.951.7279 or email her at zburgos@cancersupport.net

WELCOME

925.951.7279

Nosotros hablamos español.

AUGUST 2021
VIRTUAL SPECIAL PROGRAMS

NOTICE

All our programs will continue virtually through August. Please visit our website at www.cancersupport.net for FAQs regarding our reopening plan.

**Register for virtual programs online at
www.cancersupport.net**

If you are new to Cancer Support Community, or for more information, please call Zenaida Burgos at 925.951.7279.

STRESS MANAGEMENT DURING CANCER TREATMENT

Saturday, August 14

10:30 am - 12:30 pm, Online via Zoom

With the Family Caregiver Alliance. Learn how to use effective coping strategies to deal with stress. These techniques can help reduce depression, anxiety and symptoms related to cancer and treatment.

PERFECT HEALTH—AYURVEDIC LIFESTYLE

Saturday, August 28

10:30 am - 12:30 pm, Online via Zoom

With Mirtha Carballo, Certified Yoga Instructor/Ayurvedic Lifestyle Teacher. Learn the Ayurvedic daily routine, mindful movement and restful sleep along with basic meditation practices, breathing awareness techniques and gentle yoga poses. You will need a yoga mat, belt, and blanket.

WEEKLY CANCER SUPPORT GROUP

Tuesdays

1 - 3 pm, Online via Zoom

Support groups have been shown to decrease distress and improve quality of life. Adult group members of different ages and with different types of cancer, or those supporting a loved one with cancer, come together each week to get support and learn from each other. Facilitated by Jill Stewart, LMFT.

AUGUST 2021

Tuesday	Thursday	Saturday
3	5	7
11:30 am – 12:45 pm Arts from the Heart 1 – 3 pm Cancer Support Group 3 – 4 pm Feel the Rhythm	11:30 am – 12:45 pm Wake Up from Within Gentle Healing Yoga 1 – 2:30 pm Cooking with Chef Chandra	
10	12	14
11:30 am – 12:45 pm Arts from the Heart 1 – 3 pm Cancer Support Group 3 – 4 pm Feel the Rhythm	11:30 am – 12:45 pm Wake Up from Within Gentle Healing Yoga 1 – 2:30 pm Cooking with Chef Chandra	10:30 am – 12:30 pm Stress Management During Cancer Treatment
17	19	21
11:30 am – 12:45 pm Arts from the Heart 1 – 3 pm Cancer Support Group 3 – 4 pm Feel the Rhythm	11:30 am – 12:45 pm Wake Up from Within Gentle Healing Yoga 1 – 2:30 pm Cooking with Chef Chandra	
24	26	28
11:30 am – 12:45 pm Arts from the Heart 1 – 3 pm Cancer Support Group 3 – 4 pm Feel the Rhythm	11:30 am – 12:45 pm Wake Up from Within Gentle Healing Yoga	10:30 am – 12:30 pm Perfect Health— Ayurvedic Lifestyle
31		
11:30 am – 12:45 pm Arts from the Heart 1 – 3 pm Cancer Support Group 3 – 4 pm Feel the Rhythm		

To register go to www.cancersupport.net.

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UPCOMING VIRTUAL PROGRAMS

Arts from the Heart

Unleash your creativity in this experiential class. Get free, get playful, and get messy! With Paula Oesterling, Arts teacher.

Feel the Rhythm

Learn to feel our emotions through the rhythm of music. Get carried away by the sounds of Latin American music, while dancing Salsa, bachata, etc. With Dawn Sapp.

Cancer Support Group

For patients and loved ones.
Facilitator: Jill Stewart, LMFT

Cooking with Chef Chandra

With Chef Chandra. Explore different plant-based recipes and learn tips and techniques. Healing foods to maintain strength and boost immunity will be discussed. (No class 8/26).

Wake Up from Within Gentle Healing Yoga

Designed to help improve range of motion, strength, balance, and well-being.
Instructor: Mirtha Carballo

Stress Management During Cancer Treatment

With the Family Caregiver Alliance. Learn how to use effective coping strategies to deal with stress. These techniques can help reduce depression, anxiety and symptoms related to cancer and treatment.

Perfect Health—Ayurvedic Lifestyle

Tap into the healing power of the five senses: sound, touch, sight, taste and smell. Experience basic meditation practices, breathing awareness techniques and gentle yoga poses. You will need a yoga mat, belt, and blanket.

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Questions? Please contact Zenaida Burgos, East County Program Manager, at 925.951.7279 or zburger@cancersupport.net

Please call 925.951.7279 to register. *Nosotros hablamos español.*

NOTICE: We will continue to provide our programs virtually while our center remains closed.