

**NOW IN ANTIOCH!**



**CANCER SUPPORT  
COMMUNITY**  
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 [zburgos@cancersupport.net](mailto:zburgos@cancersupport.net).

**WELCOME**

**925.951.7279**

**Nosotros hablamos español.**

3505 LONE TREE WAY, SUITE 3, ANTIOCH, CA 94509  
[WWW.CANCERSUPPORT.NET/SERVICES/EASTCOUNTY](http://WWW.CANCERSUPPORT.NET/SERVICES/EASTCOUNTY)

**JANUARY 2022**  
**VIRTUAL SPECIAL PROGRAMS**

**NOTICE**

Please visit our website for updates regarding our reopening plans.

**Register for virtual programs online at**  
**[www.cancersupport.net](http://www.cancersupport.net)**

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

**BEYOND THE MIND**

**Saturday, January 15**

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

With Mirtha Carballo, Certified Yoga Instructor/Ayurvedic Lifestyle Teacher. Learn a powerful stress- busting breath and primordial sound meditation practice which can quickly calm anxiety, release stress, balance the nervous system, lower blood pressure, improve sleep, boost the immune system and increase tranquility.

**THE SPIRITUALITY IN YOUR JOURNEY**

**Thursday, January 20**

10:30 am - 11:30 am, Online via Zoom

With Zenaida Burgos, CSC Program Manager. We will explore our own life experiences as spiritual beings. The workshop will provide the tools to structure your own spirituality journey.

**KEEPING YOU AND YOUR LOVED ONES SAFE  
FROM ELDER ABUSE**

**Saturday, January 29**

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

With Emily Milstein, Attorney, Contra Costa Legal Services.

Learn about the signs and types of elder abuse, how the pandemic may have increased abuse, how to identify perpetrators of the abuse, and how to keep it from happening.

**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.

# JANUARY 2022

Tuesday	Thursday	Saturday
4	6	8
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	
11	13	15
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 Beyond the Mind
18	20	22
11:30 am – 12:45 pm Arts from the Heart  1 – 3 pm Cancer Support Group  3 – 4 pm Feel the Rhythm	10:30 am – 11:30 am The Spirituality in Your Journey  11:30 am – 12:45 pm Wake Up from Within Gentle Healing Yoga  1 – 2:30 pm Cooking with Chef Chandra	
25	27	29
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 Keeping You and Your Loved Ones Safe from Elder Abuse

To register go to [www.cancersupport.net](http://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 1/27.

### Wake Up from Within Gentle Healing Yoga

Designed to help improve range of motion, strength, balance, and well-being.  
Instructor: Mirtha Carballo, Certified Yoga Instructor/Ayurvedic Lifestyle Teacher.

### Beyond the Mind

With Mirtha Carballo, Certified Yoga Instructor/Ayurvedic Lifestyle Teacher. Learn a powerful stress-busting breath and primordial sound meditation practice which can quickly calm anxiety, release stress, balance the nervous system, lower blood pressure, improve sleep, boost the immune system and increase tranquility.

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Questions? Please contact Zenaida Burgos,  
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or [zburger@cancersupport.net](mailto:zburger@cancersupport.net)

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

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regarding our reopening plans.**