



CANCER SUPPORT
COMMUNITY
SAN FRANCISCO
BAY AREA

PROGRAM CALENDAR | SEPTEMBER | OCTOBER | 2022

ARE YOU NEW TO CANCER SUPPORT COMMUNITY?

Welcome! We want to connect you with our services as soon as possible.

To access our programs, please call 925.933.0107 to set up a Newcomers Meeting via Zoom or in-person.



IN-PERSON, VIRTUAL & HYBRID PROGRAMS

We now have select in-person options for some of our programs. Please check our ONLINE calendar for information on which programs are offered in person as well as virtually. For the latest updates, please visit www.cancersupport.net.

OUR SERVICES

To register for any of our programs, please visit our website at www.cancersupport.net and click on the program calendar.

Full descriptions of all Cancer Support Community programs are accessible in our online calendar.

OUR PROGRAMS

Our programs include:

- Support Groups
- Networking Groups
- Educational Workshops
- Creative Expression Classes
- Nutrition & Cooking Classes
- Children, Teen, Family Programs
- Social Connections
- Adaptive Movement Classes
- Mind/Body Classes

OUR MISSION

We support people facing cancer in our community to become healthier, live longer, and live better.

Our services are provided at no cost through the generosity of individual and private contributions.

PROGRAM CALENDAR SEPTEMBER | 2022

MONDAY

EVERY MONDAY IN SEPTEMBER

- 8:30 am Pilates
- 10 am Sunlight Chair Yoga
- 1 pm American Mah Jong
- 3:45 pm The Healing Power of Writing Series
- 5:30 pm Gentle Restorative Yoga
- 7 pm Weekly Groups (2)

SEPTEMBER 5

Closed — Labor Day Holiday

SEPTEMBER 12

- 4 pm Cancer Transitions Series Start



SEPTEMBER 19

- 4 pm Cancer Transitions Series

SEPTEMBER 26

- 4 pm Cancer Transitions Series

TUESDAY

EVERY TUESDAY IN SEPTEMBER

- 9:30 am Yoga
- 11 am Newly Diagnosed Breast Cancer Group
- 11 am Weekly Groups (3)
- 11:30 am Arts from the Heart
- 1 pm Antioch Cancer Support Group
- 1:15 pm Knitting Circle
- 1:30 pm Moving for Life
- 3 pm Feel the Rhythm
- 3:15 pm Gentle Yoga/Urban Zen

SEPTEMBER 6

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5 pm Trauma Release Exercise (for beginners)
- 5:30 pm Jin Shin Jyutsu Self-Help

SEPTEMBER 13

- 10 am Grupo de Apoyo (en Espanol)
- 1:30 pm Breast Cancer Group (stages 0–2)
- 1:30 pm Breast Cancer Group (stages 3–4)
- 6 pm Managing Menopause After Cancer

SEPTEMBER 20

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm Many Faces of Gynecologic Cancer

SEPTEMBER 27

- 10 am Grupo de Apoyo (en Espanol)
- 1:30 pm Breast Cancer Group (stages 0–2)
- 1:30 pm Breast Cancer Group (stages 3–4)
- 4 pm Youngish Adult Group
- 6 pm Self Hypnosis for Healing

WEDNESDAY

EVERY WEDNESDAY IN SEPTEMBER

- 9:15 am Yoga
- 9:30 am Contemplative Practices
- 10:30 am Weekly Groups (4)
- 3 pm Integral Tai Chi Series
- 6 pm Grief & Loss Groups (2)
- 7 pm **NEW!** Weekly Support Person Group

SEPTEMBER 7

SEPTEMBER 14

- 4 pm Colorectal Cancer Group
- 4 pm Lung Cancer Group
- 6 pm Life After Cancer Group

SEPTEMBER 21

- 1 pm Trauma Release Exercise (for returnees)
- 4 pm Monthly Long-Term Grief & Loss Group

SEPTEMBER 28

- 6 pm Cannabis & Cancer



PLEASE REGISTER for programs in brown (workshops or special programs) or black (ongoing classes) by going to www.cancersupport.net or calling (925) 933-0107. Programs in blue require a Newcomers Meeting and brief interview prior to placement in group. Programs in orange are based in Antioch when in person but open to all via Zoom by registering online.

PROGRAM CALENDAR SEPTEMBER | 2022

THURSDAY

EVERY THURSDAY IN SEPTEMBER

- 11 am Mindful Somatic Yoga
- 11:30 am **Wake Up From Within
Gentle Healing Yoga**
- 1 pm Osteo-Pilates
- 5:30 pm Yoga

SEPTEMBER 1

- 9:30 am Qigong
- 11 am A Garden of Books Book Club
- 1 pm **Cooking with Chef Chandra**
- 6 pm Brain Tumor Group

SEPTEMBER 8

- 9:30 am Qigong
- 11 am Metastatic Prostate
Cancer Group
- 1 pm **Cooking with Chef Chandra**
- 1 pm Compassionate Communi-
cation Practice Group

SEPTEMBER 15

- 9:30 am Qigong
- 10:30 am **The Spirituality in Your Journey**
- 1 pm **Cooking with Chef Chandra**
- 3 pm African Drumming
- 6 pm Directly Facing Death Group

SEPTEMBER 22

- 9:30 am Qigong
- 11 am Metastatic Prostate
Cancer Group
- Noon Workshop: Prostate Cancer
Treatment Advances
- 1 pm Prostate Cancer Group
- 1 pm **Cooking with Chef Chandra**
- 4 pm Healthy Cooking on a Budget

SEPTEMBER 29

FRIDAY

EVERY FRIDAY IN SEPTEMBER

- 10:30 am Kundalini Chanting Meditation
- 11 am Kundalini Yoga
- 12:45 pm Yoga Nidra
- 2 pm Tai Chi Chih

SEPTEMBER 2

- 11 am **Eating for Healing**

SEPTEMBER 9

- 3 pm Sing Along with
Ukes & You

SEPTEMBER 16

- 3:30 pm Sing for Life

SEPTEMBER 23

SEPTEMBER 30

SATURDAY

EVERY SATURDAY IN SEPTEMBER

- 8:30 am Yoga Flow



SEPTEMBER 3

- 10 am Lymphedema Support Group

SEPTEMBER 10

- 10 am Kids Circle & Teen Talk
- 10:30 am **Let's Talk About Hereditary
Cancers**

SEPTEMBER 17

- 11 am Nutrition & Cancer
Treatment
- 1 pm Sound Healing:
Music to Inspire Creative
Art Journaling

SEPTEMBER 24

- 10:30 am **Reconnecting the Mind and
Emotions for Well-Being**
- 1 pm Roll, Release, Relax
& Restore

SHORT-TERM COUNSELING: Counseling is available to members with cancer and their families who may be dealing with issues related to their cancer experience. Counseling is provided by doctoral students under the supervision of a psychologist. To request this service, please call us at (925) 933-0107. Attendance at a Newcomers Meeting and intake is required prior to receiving counseling.

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PROGRAM CALENDAR OCTOBER | 2022

MONDAY

EVERY MONDAY IN OCTOBER

- 8:30 am Pilates
- 10 am Sunlight Chair Yoga
- 1 pm American Mah Jong
- 3:45 pm The Healing Power of Writing Series
- 5:30 pm Gentle Restorative Yoga
- 7 pm Weekly Groups (2)

OCTOBER 3

- 4 pm Cancer Transitions Series End

OCTOBER 10

OCTOBER 17

OCTOBER 24

OCTOBER 31

TUESDAY

EVERY TUESDAY IN OCTOBER

- 9:30 am Yoga
- 11 am Newly Diagnosed Breast Cancer Group
- 11 am Weekly Groups (3)
- 11:30 am Arts from the Heart
- 1 pm Antioch Cancer Support Group
- 1:15 pm Knitting Circle
- 1:30 pm Moving for Life
- 3 pm Feel the Rhythm
- 3:15 pm Gentle Yoga/Urban Zen

OCTOBER 4

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 4 pm Grief, Mourning, Trauma: What Does It All Mean?
- 5:30 pm Jin Shin Jyutsu Self-Help

OCTOBER 11

- 10 am Grupo de Apoyo (en Espanol)
- 1:30 pm Breast Cancer Group (stages 0-2)
- 1:30 pm Breast Cancer Group (stages 3-4)
- 5 pm Trauma Release Exercise (for beginners)

OCTOBER 18

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6:30 pm Many Faces of Breast Cancer

OCTOBER 25

- 10 am Grupo de Apoyo (en Espanol)
- 1:30 pm Breast Cancer Group (stages 0-2)
- 1:30 pm Breast Cancer Group (stages 3-4)
- 4 pm Youngish Adult Group
- 6 pm Demystifying Psychedelic Integration

WEDNESDAY

EVERY WEDNESDAY IN OCTOBER

- 9:15 am Yoga
- 9:30 am Contemplative Practices
- 10:30 am Weekly Groups (4)
- 3 pm Integral Tai Chi Series
- 6 pm Grief & Loss Groups (2)
- 7 pm Weekly Support Person Group

OCTOBER 5

- 5 pm Feldendrais Awareness Through Movement

OCTOBER 12

- 1 pm Trauma Release Exercise (for returnees)
- 4 pm Colorectal Cancer Group
- 4 pm Lung Cancer Group
- 6 pm Life After Cancer Group

OCTOBER 19

- 4 pm Monthly Long-Term Grief & Loss Group

OCTOBER 26



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OCTOBER 7

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- 3 pm Sing Along with Ukuleles & You



OCTOBER 21

OCTOBER 28

- 3:30 pm Sing for Life

SATURDAY

EVERY SATURDAY IN OCTOBER

- 8:30 am Yoga Flow

OCTOBER 1

- 10 am Lymphedema Support Group
- 11 am Eating for Healing
- 1 pm Carcinoid Neuroendocrine Group
- 1 pm Urban Zen

OCTOBER 8

- 10 am Kids Circle & Teen Talk
- 10:30 am **Practical Tools to Reduce Anxiety and Stress**
- 1 pm Getting a Good Night's Sleep

OCTOBER 15

- 11 am Nutrition for Survivorship
- 1 pm Reclaiming Your Sexuality

OCTOBER 22

- 10:30 am **Ayurveda Six Tastes, Meditation, Pranayama & Yoga**
- 11 am Sound Healing: A Time to Harvest Gratitude
- 1 pm Giving Thanks: Blessing Bowls

OCTOBER 29

- 10 am Eating the Mediterranean Way
- 1 pm Roll, Release, Relax & Restore

OPEN TO OPTIONS DECISION SUPPORT: Recently been diagnosed with a new or recurrent cancer? Do you need to make decisions about treatment options? We offer a question listing service to help you prepare for your upcoming oncology visit. This session helps you communicate clearly with your medical team, ask critical questions about your options, and help ensure that your treatment decision fits your personal concerns, and priorities. To make an appointment, please email Margaret Stauffer, LMFT, at mstauffer@cancersupport.net.

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SEPTEMBER

EATING FOR HEALING

Friday: September 2, 11 am

With Susie White, Holistic Nutrition Consultant. Susie will demonstrate easy, healthy, plant-based recipes.

TRAUMA RELEASE EXERCISE

Tuesday: September 6, 5 pm (for beginners)

Wednesday: Sept. 21, 1 pm (for returnees)
With Jenny Schneider, Certified TRE Provider. Our muscles serve as storehouses for emotional memory. TRE safely guides you through a technique of fatiguing muscles that surround the body's emotional center. As the muscles fatigue, they begin to shake, setting off a reaction that triggers a reset of the autonomic nervous system, leaving you feeling calm and relaxed.

COMPASSIONATE COMMUNICATION PRACTICE GROUP

Thursday: September 8, 1 pm

With Jared Finkelstein, Bay NVC Trainer. Practice communicating with greater clarity, honesty and compassion and work through communication challenges with support and feedback.

KIDS CIRCLE & TEEN TALK

Saturday: September 10, 10 am

With CSC Therapists. For families with school age children (ages 6–18) when a parent has cancer. Each workshop has an activity based group for children where they identify feelings and learn coping skills; a support group for teens; and a group for parents. The workshop ends with lunch and a family activity.

LET'S TALK ABOUT HEREDITARY CANCERS

Saturday: September 10, 10:30 am

With Aparajita Singh, MD, MPH, UCSF. We'll discuss the types of GI/colorectal cancers that run in families in diverse communities. Learn what you can do to decrease your risk for developing cancer and how to use your knowledge to help your family and friends.

CANCER TRANSITIONS

Mondays: September 12 through October 3, 4 pm

With Margaret Stauffer, LMFT., This 4 week workshop is designed to help cancer survivors transition from active treatment to post-treatment care. Topics include: getting back to wellness; emotional health; eating well and staying active; and medical

management beyond cancer. For those who have completed active treatment.

MANAGING MENOPAUSE AFTER CANCER

Tuesday: September 13, 6 pm

With Jean Kayser, MD, Kaiser Permanente. Dr. Kayser will discuss managing menopausal symptoms including hot flashes, depression, bone loss, weight gain and more.

THE SPIRITUALITY IN YOUR JOURNEY

Thursday: September 15, 10:30 am

With Zenaida Burgos, CSC East County Program Manager. This workshop will provide the tools to structure your own spirituality journey, exploring our own life experiences as spiritual beings.

NUTRITION & CANCER TREATMENT

Saturday: September 17, 11 am

With Tinrin Chew, RD, Oncology Dietitian. Learn what to eat during treatment to help you regain and maintain health.

SOUND HEALING: MUSIC TO INSPIRE CREATIVE ART JOURNALING

Saturday: September 17, 1 pm

Stimulate awareness while listening to organic sounds and musical renderings to inspire creativity. R. Consuelo Inez, a certified sound healer, will guide you into an evocative, explosion of visions to allow the flow of art to emerge.

MANY FACES OF GYNECOLOGIC CANCER

Tuesday: September 20, 6 pm

With Gigi Chen, MD, Medical Oncologist. This event focuses on the issues of women with gynecologic cancers. Learn about the latest surgical techniques, treatment options, supportive care and survivorship issues.

PROSTATE CANCER TREATMENT ADVANCES

Thursday: September 22, 12 pm

With Rahul Aggarwal, MD, UCSF. Dr. Aggarwal will present an update on prostate cancer treatment with plenty of time for questions.

HEALTHY COOKING ON A BUDGET

Thursday: September 22, 4 pm

With Linda Carucci, Chef, Cookbook Author. Enjoy seasonal plant-forward recipes imbued with Linda's characteristic tips and professional chef secrets that make cooking fun and enjoyable.

RECONNECTING THE MIND & EMOTIONS FOR WELL BEING

Saturday: September 24, 10:30 am

With Wendy Rosenthal, Certified Hypnotherapist, Lymphoma Thriver. Learn about a technique in hypnotherapy to influence the mind with positive suggestions for healing. Learn about the power of the subconscious mind and how we can use it to create a healthier lifestyle.

ROLL, RELEASE, RELAX & RESTORE

Saturday: September 24, 1 pm

With Maxine Younger, CYT. Using a foam roller, ball or movement, self myofascial release can alleviate pain, increase flexibility and improve posture.

SELF HYPNOSIS FOR HEALING

Tuesday: September 27, 6 pm

With Brit Lesnett, Clinical Hypnotherapist. Hypnosis is a natural state of focused attention which has been clinically proven to reduce anxiety, relieve pain and promote healing. Learn how to use this simple and powerful tool to create positive change. You will learn one-minute self hypnosis for comfort and healing, and also learn how to create a longer self-healing script to record and listen to daily.

CANNABIS & CANCER

Wednesday: September 28, 6 pm

With Eloise Theisen, RN, MSN, NP. Learn how cannabis can assist in managing and relieving side effects from cancer treatment. Eloise is a nurse practitioner with extensive experience in oncology and the use of cannabis for cancer patients.

OCTOBER

EATING FOR HEALING

Saturday: October 1, 11 am

See September 2 program description.

URBAN ZEN

Saturday: October 1, 4 pm

With Lilia Roman, RYT. Urban Zen uniquely integrates several modalities including Yoga, Aromatherapy, Breath Awareness and Meditation for a deeply relaxing practice.

GRIEF, MOURNING, TRAUMA: WHAT DOES IT ALL MEAN?

Tuesday: October 4, 4 pm

With Jill Stewart LMFT, CSC Therapist Facilitator. We'll explore understanding grief vs. mourning vs trauma. Clear definitions will be shared. Models of grief and what to do with it all will be discussed.



"This community has been extremely helpful to our family. We have learned that we are not alone. The way that CSC has helped us, I can't even fully explain or monetize."

— Mike, Cancer Caregiver

FELDENKRAIS AWARENESS THROUGH MOVEMENT

Wednesday: October 5, 5 pm

With Naffie Fishbacher, Guild Certified Feldenkrais Teacher. Is there something about how you move and feel that you would like to change? Perhaps you'd like to stand straighter, be more flexible, or have fewer aches and pains. This workshop provides gentle movement explorations that can help you achieve these goals.

KIDS CIRCLE & TEEN TALK

Saturday: October 8, 10 am

See September 10 program description.

PRACTICAL TOOLS TO REDUCE ANXIETY AND STRESS

Saturday: October 8, 10:30 am

With Wendy Rosenthal, Mindset Coach. Learn relaxation techniques and other strategies that are simple, short and can be done anytime anywhere to help you lower stress and anxiety.

GETTING A GOOD NIGHT'S SLEEP

Saturday: October 8, 1 pm

With Erika Maslan, LMFT, CSC Therapist. Sleep is one of the most essential components of a healthy lifestyle. Explore natural ways to help you fall asleep and stay asleep, what restful, quality sleep entails, and how to continue to manage sleep even during stressful times.

TRAUMA RELEASE EXERCISE

Tuesday: October 11, 5 pm (for beginners)

Wednesday: October 12, 1 pm (for returnees)

See September 6 program description.

COMPASSIONATE COMMUNICATION PRACTICE GROUP

Thursday: October 13, 1 pm

See September 8 program description.

NUTRITION FOR SURVIVORSHIP

Saturday: October 15, 11 am

With Tinrin Chew, RD, Oncology Dietitian. Learn what to eat after treatment to help you regain and maintain health, and the importance of incorporating cancer fighting foods in your diet.

RECLAIMING YOUR SEXUALITY

Saturday: October 15, 1 pm

With Sandra Lindholm, NP, PsyD, specializing in sex therapy. This workshop for women focuses on ways to manage changes in body image, sexual desire, arousal, orgasm and painful sex. Learn how to enhance sexual

intimacy and communication with your partner around your sexual needs.

MANY FACES OF BREAST CANCER

Tuesday: October 18, 6:30 pm

This event focuses on the issues of women with breast cancer. Learn about the latest treatment advances, managing side effects and survivorship issues. Panelists include Melinda Teutschel, The Smart Body, Tiffany Svahn, MD and Lisa Sylvestri, MSPT.

THE SPIRITUALITY IN YOUR JOURNEY

Thursday: October 20, 10:30 am

See September 15 program description.

AYURVEDA SIX TASTES, MEDITATION, PRANAYAMA & YOGA

Saturday: October 22, 10:30 am

With Mirtha Carballo, CYT/Ayurvedic Lifestyle teacher. We'll discuss Ayurvedic nutrition, including the power of digestion and the six tastes of food. Also experience simple, effective breathing techniques and yoga-Ayurveda poses for all Dosha types.

SOUND HEALING:

A TIME TO HARVEST GRATITUDE

Saturday: October 22, 11 am

Autumn is a time of harvesting, reflection, and transformation. Music and rhythms can bring us to a place where we can acknowledge personal growth, reconciliation, and community understanding. R. Consuelo Inez, a certified sound therapist, will lead you through the healing nature of gratitude.

GIVING THANKS: BLESSING BOWLS

Saturday: October 22, 1 pm

With Patrice Hanlon, therapeutic garden designer. We'll explore the history of the blessing bowl. Each participant will create their own unique bowl to use as a special vessel for giving thanks. We'll use Papier Mache, handmade paper, pressed leaves and flowers.

DEMISTIFYING PSYCHEDELIC INTEGRATION

Tuesday: October 25, 6 pm

With Tomas Frymann, CSC Intern. We'll explore the ways in which psychedelics are used to improve mental health and cancer related mental distress, risks and benefits of psychedelics use, different types of psychedelics, an in-depth understanding of what psychedelic integration is, and how psychedelics use can translate into shifts in personal identity.

HEALTHY COOKING ON A BUDGET

Thursday: October 27, 4 pm

See September 22 program description.

EATING THE MEDITERRANEAN WAY

Saturday: October 29, 10 am

With Camila Loew, PhD. From Spain, Camila will demonstrate delicious recipes based on the Mediterranean diet.

ROLL, RELEASE, RELAX & RESTORE

Saturday: October 29, 1 pm

See September 24 program description.

ONGOING PROGRAMS

THE HEALING POWER OF WRITING

Mondays: 3:45 pm

With Janet Kettelhut, LMFT. Experience a non-judgmental, deep sensing and curious approach to writing to strengthen health and build community.

COOKING WITH CHEF CHANDRA

Thursdays: 1 pm

With Chef Chandra Collins. Explore different plant-based recipes and learn tips and techniques using healing foods to maintain strength and boost immunity. No class last Thursday of the month.

SOCIAL CONNECTIONS

AMERICAN MAH JONG: Mondays, 1 pm

ARTS FROM THE HEART

Tuesdays, 11:30 am

KNITTING CIRCLE: Tuesdays, 1:15 pm

GARDEN OF BOOKS BOOK CLUB

1st Thursdays: 11 am

- September: *The Daughters of Yalta*, by Catherine Grace Katz
- October: *The Book Women of Troublesome Creek* by Kim Michael Richardson
- November: *All the Devils are Here*, by Louise Penny

AFRICAN DRUMMING

3rd Thursdays, 3 pm

SING ALONG WITH UKES & YOU

2nd Fridays, 3 pm

SING FOR LIFE: Fridays, September 16 and October 28, 3:30 pm

TO JOIN any of the support groups listed, please call us so that we can set up a brief introductory meeting and intake. To register for any of the adaptive movement and mind/body classes, please go to the online calendar. Programs in orange are based in Antioch when in person but open to all via Zoom by registering online at www.cancersupport.net

SUPPORT GROUPS

We offer support groups for people with any cancer. **Weekly** groups are available for both patients and caregivers along with a specific group for those with newly diagnosed breast cancer. **Networking** groups are once or twice a month and are for specific cancers or topics.

WEEKLY GROUP TIMES

Monday: 7–9 pm (2 groups)
 Tuesdays: 11 am, Newly Diagnosed Breast Cancer Group
 Tuesdays: 11 am–1 pm (3 groups)
 Tuesdays: 1–3 pm (1 group)
 Wednesdays: 10:30 am–12:30 pm (4 groups)
 Wednesdays: 6 pm, Grief & Loss Group (2 groups)
 Wednesdays: 7 pm, Support Person Group

NETWORKING GROUP TIMES

Brain Tumor Group
 1st Thursday: 6 pm
Breast Cancer Groups
 2nd & 4th Tuesdays: 1:30 pm (Stages 0–2)
 2nd & 4th Tuesdays: 1:30 pm (Stages 3–4)
Carcinoid/Neuroendocrine Group
 Saturday: October 1, 1 pm
Colorectal Cancer Group
 2nd Wednesday: 4 pm
Directly Facing Death Group
 3rd Thursday: 6 pm
NEW! Grupo de Apoyo (en Espanol)
 2nd & 4th Tuesday: 10 am
Gynecologic/Ovarian Cancer Group
 1st & 3rd Tuesday: 1:30 pm
Life After Cancer Group
 2nd Wednesday: 6 pm
Lung Cancer Group
 2nd Wednesday: 4 pm
Lymphedema Support Group
 1st Saturday: 10 am
Metastatic Prostate Cancer Group
 2nd & 4th Thursdays: 11 am
Monthly Long-Term Grief & Loss Group
 3rd Wednesday: 4 pm
Prostate Cancer Group
 4th Thursday: 1 pm
Youngish Adult Group
 4th Tuesday: 4 pm

ADAPTIVE MOVEMENT & MIND BODY CLASSES

Pilates
 Mondays: 8:30 am
Sunlight Chair Yoga
 Mondays: 10 am
Gentle Restorative Yoga
 Mondays: 5:30 pm
Yoga
 Tuesdays: 9:30 am
 Wednesdays: 9:15 am
 Thursdays: 5:30 pm
Moving for Life
 Tuesdays: 1:30 pm
Feel the Rhythm
 Tuesdays: 3 pm
Gentle Yoga & Urban Zen
 Tuesdays: 3:15 pm
Jin Shin Jyutsu Self-Help
 1st & 3rd Tuesdays: 5:30 pm
Contemplative Practices
 Wednesdays: 9:30 am
Integral Tai Chi
 Wednesdays: 3 pm
QiGong
 Thursdays: 9:30 am
 No class last Thursday of the month.
Mindful Somatic Yoga
 Thursdays: 11 am
Wake Up From Within Gentle Healing Yoga
 Thursdays: 11:30 am
Osteo-Pilates
 Thursdays: 1 pm
Kundalini Chanting Meditation
 Fridays: 10:30 am
Kundalini Yoga
 Fridays: 11 am
Yoga Nidra
 Fridays: 12:45 pm
Tai Chi Chih
 Fridays: 2 pm
Yoga Flow
 Saturdays: 8:30 am

22ND ANNUAL HOPE & HEALING IN-PERSON GALA

Please Join Us
Saturday, September 17

at Blackhawk Museum
 3700 Blackhawk Circle Plaza
 Danville, CA 94506

Spirit of Healing Award:
 Tinrin Chew, RD

For sponsorships or tickets, please visit cancersupport.net or contact Carol Louisell at clouisell@cancersupport.net or 925.953.1209

Presenting Sponsors:
 Exelixis and
 The Donald Zonshine Foundation



ALL WIGGED OUT! Sunday, October 16

Join Cancer Support Community at the Freight and Salvage in Berkeley for the film “All Wiggged Out” by Grammy® Award-winner musician Marcy Marxer. Marcy uses her renowned musical mastery and wit to share her experiences with breast cancer. Marcy and her partner Cathy Fink will appear live to share their music and more. For ticket information visit the CSC website: www.cancersupport.net