



CANCER SUPPORT
COMMUNITY
SAN FRANCISCO
BAY AREA

PROGRAM CALENDAR NOVEMBER | DECEMBER | 2021

REOPENING UPDATE!

We miss you! We continue to actively monitor the pandemic so we can ensure the health and safety of our members and staff. At this time, we expect that we will remain closed to in-person programs until 2022.

For the latest updates, please visit www.cancersupport.net.



ARE YOU NEW TO CSC?

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 one-on-one Newcomers Meeting via Zoom.

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 NOVEMBER | 2021

MONDAY

EVERY MONDAY IN NOVEMBER

- 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)

NOVEMBER 1

- 11:30 am Qigong

NOVEMBER 8

- 11:30 am Qigong



NOVEMBER 15

- 11:30 am Qigong

NOVEMBER 22

- 11:30 am Qigong

NOVEMBER 29

TUESDAY

EVERY TUESDAY IN NOVEMBER

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

NOVEMBER 2

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm **Frankly Speaking About Lung Cancer**

NOVEMBER 9

- 1:30 pm Breast Cancer Group
- 6 pm **Cancer Rehabilitation**

NOVEMBER 16

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5 pm **Seven Key Pathways That Lead to Health & Vitality**
- 5:30 pm Jin Shin Jyutsu Self-Help

NOVEMBER 23

- 1:30 pm Breast Cancer Group
- 4 pm Youngish Adult Group

NOVEMBER 30

- 5 pm **Understanding Cancer-Related Fatigue**

WEDNESDAY

EVERY WEDNESDAY IN NOVEMBER

- 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 Group



NOVEMBER 3

- 5 pm **Trauma Release Exercise**

NOVEMBER 10

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

NOVEMBER 17

- 6 pm **Cannabis & Cancer**

NOVEMBER 24

- Closing at 1 pm

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

PROGRAM CALENDAR NOVEMBER | 2021

THURSDAY

EVERY THURSDAY IN NOVEMBER

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

FRIDAY

EVERY FRIDAY IN NOVEMBER

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

SATURDAY

EVERY SATURDAY IN NOVEMBER

- 8:30 am Yoga Flow

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. The goals of the session are to help you communicate clearly with your medical team, ask critical questions about your options, and help ensure that your treatment decision fits your personal concerns, goals and priorities. To make an appointment, please email our Chief Mission Officer, Margaret Stauffer, LMFT, at mstauffer@cancersupport.net.

NOVEMBER 4

- 11 am A Garden of Books Book Club
- 11 am Metastatic Prostate Cancer Group
- 1 pm Cooking with Chef Chandra
- 6 pm Brain Tumor Group

NOVEMBER 11

- 1 pm Cooking with Chef Chandra
- 1 pm Compassionate Communication Practice Group
- 4 pm Healthy Cooking on a Budget

NOVEMBER 18

- 11 am Metastatic Prostate Cancer Group
- 1 pm Cooking with Chef Chandra
- 1 pm Prostate Cancer Group
- 3 pm African Drumming
- 6 pm Directly Facing Death Group

NOVEMBER 25

NOVEMBER 5

- 11 am Eating for Healing



NOVEMBER 12

- 3 pm Sing Along with Ukes & You
- 3:30 pm Sing For Life

NOVEMBER 19

NOVEMBER 26

NOVEMBER 6

- 10 am Lymphedema Support Group
- 10:30 am Return to Yoga & Meditation
- 11 am Sound Healing — A Time of Harvesting Gratitude
- 1 pm Herbal Support During Treatment

NOVEMBER 13

- 10 am Kids Group (6–8 years)
- 10 am Parent Group
- 10:30 am The Good, the Bad and the Ugly — Cancer, Nutrition and Eating for Life
- 11 am Kids Group (9–13 years)
- 11 am Teen Group

NOVEMBER 20

- 11 am Nutrition and Cancer Treatment
- 1 pm Practicing Gratitude During Difficult Times

NOVEMBER 27

..... CLOSED FOR THANKSGIVING HOLIDAY

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DECEMBER 6

- 11:30 am Qigong

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DECEMBER 27

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- 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

DECEMBER 7

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5 pm **Trauma Release Exercise**
- 5:30 pm Jin Shin Jyutsu Self-Help

DECEMBER 14

- 1:30 pm Breast Cancer Group
- 6 pm **Jin Shin Jyutsu for Self-Care & Symptom Management**

DECEMBER 21

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 4 pm Youngish Adult Group
- 5 pm **Wired & Tired: Metabolic Matching for Healthy Heart & Brain Function**
- 5:30 pm Jin Shin Jyutsu Self-Help

DECEMBER 28

- 11 am Open Combined Participant & Support Person Group

WEDNESDAY

EVERY WEDNESDAY IN DECEMBER

- 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 Group

DECEMBER 1

- 6 pm **Managing Cancer Pain**



DECEMBER 8

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

DECEMBER 15

- 6 pm **Boosting Immune Health with Bonus Topic Fasting & Cancer**

DECEMBER 22

- 6 pm **Sound Healing — Winter Solstice Soul Renewal**

DECEMBER 29

- 6 pm Open Combined Participant & Support Person Group

Cancer Support Community will be closed from December 24 through January 2, except as indicated for

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DECEMBER 9

- 1 pm Cooking with Chef Chandra
- 1 pm Compassionate Communication Practice Group
- 4 pm Healthy Cooking on a Budget

DECEMBER 16

- 11 am Metastatic Prostate Cancer Group
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DECEMBER 23

DECEMBER 30

FRIDAY

EVERY FRIDAY IN DECEMBER

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

DECEMBER 3

6 pm CSC's Virtual Holiday Party!



DECEMBER 10

- 3 pm Sing Along with Ukes & You
- 3:30 pm Sing For Life

DECEMBER 17

DECEMBER 24

DECEMBER 31

SATURDAY

EVERY SATURDAY IN DECEMBER

- 8:30 am Yoga Flow

DECEMBER 4

- 10 am Lymphedema Support Group
- 10:30 am Vaccination: Third Shot Versus Boosters and Their Side Effects
- 11 am Eating for Healing
- 1 pm Roll, Release, Relax & Restore
- 1 pm Carcinoid /Neuroendocrine Group

DECEMBER 11

- 10 am Kids Group (6-8 years)
- 10 am Parent Group
- 10:30 am Return to Yoga & Meditation
- 11 am Kids Group (9-13 years)
- 11 am Teen Group

DECEMBER 18

- 10 am Eating the Mediterranean Way
- 1 pm Urban Zen

DECEMBER 25

..... CLOSED FOR THE HOLIDAYS

or drop-in support groups. We will reopen on Monday, January 3. Wishing you health and healing in 2022!

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NOVEMBER

FRANKLY SPEAKING ABOUT LUNG CANCER

Tuesday: November 2, 6 pm
With Tracie Watson, DO, Contra Costa Oncology. Learn about the types of lung cancer, potential treatments, side effects, clinical trials, and the emotional concerns of a lung cancer diagnosis.

TRAUMA RELEASE EXERCISE

Wednesday: November 3, 5 pm
With Jenny Schneider, Certified TRE Provider. Explore how our muscles can serve as storage houses 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 chain reaction that triggers a reset of the autonomic nervous system. This visceral approach uses your body as a gateway to release built up stress and anxiety and leave you feeling relaxed.

EATING FOR HEALING

Friday: November 5, 11 am
With Susie White, Holistic Nutrition Consultant. Susie will demonstrate easy, healthy, plant-based recipes.

RETURN TO YOGA & MEDITATION

Saturday: November 6, 10:30 am
With Cyndi Lezcano, CYT. Oncology Yoga is evidence-informed and research-based yoga tailored to address the physical and emotional needs left by cancer and its treatments. It is an active practice that matches breath and movement to lessen side effects like bone loss, lymphedema, scar tissue, constipation, neuropathy, fatigue, anxiety and more.

SOUND HEALING — A TIME OF HARVESTING GRATITUDE

Saturday: November 6, 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 and mindfulness meditation guide, will lead you through the healing nature of gratitude.

HERBAL SUPPORT DURING TREATMENT

Saturday: November 6, 1 pm
With Blythe Adams, Western Clinical Herbalist. Learn about medicinal mushrooms, herbs,

foods and supplements to safely build and support the immune system during and after treatment.

CANCER REHABILITATION

Tuesday: November 9, 6 pm
With Hilary Nakao, PT, DPT, ATC. Are you one of the 60-90% of people affected by cancer that are experiencing at least one treatment related side effect such as pain, fatigue, limited strength and mobility that impacts your ability to perform day to day activities and participate in things important to you? Hilary will discuss how physical therapy can help you manage common side effects and get back to the things you love.



COMPASSIONATE COMMUNICATION PRACTICE GROUP

Thursday: November 11, 1 pm
With Jared Finkelstein, Bay NVC Trainer. Practice communicating with greater clarity, honesty and compassion which shifts relationships and helps you stay in touch with deeper values. Work through communication challenges and receive support and feedback.

HEALTHY COOKING ON A BUDGET: THANKSGIVING SIDE DISHES

Thursday: November 11, 4 pm
With Linda Carucci, Chef, Cookbook Author. Recipes to be demonstrated: Spinach with Currants, Pine Nuts & Pecorino; Creamy Cauliflower Purée; and Maple-Chili Roasted Shallots & Honeynut Squash.

KIDS CIRCLE & TEEN TALK

Saturday: November 13, 10 and 11 am
With CSC Therapists. For families with school age children (ages 6–18) when a parent has cancer. See calendar page for each group time.

THE GOOD, THE BAD & THE UGLY: CANCER, NUTRITION & EATING FOR LIFE

Saturday: November 13, 10:30 am
With Dr. Nicola Ally, Epic Care. Discover ways to change fat consumption to achieve a healthier outcome during and after cancer. Learn about: the Good — unsaturated fats, vegetables and fish oils; The Bad — saturated fats; and the Ugly — transfat.

SEVEN KEY PATHWAYS THAT LEAD TO HEALTH & VITALITY

Tuesday: November 16, 5 pm
With Dawn Jacobson, MD. The human genome can now be sequenced and interpreted for health care decision making. Discover how emerging tests help you understand your health risks and prioritize medications, supplements and lifestyle choices.

CANNABIS & CANCER

Wednesday: November 17, 6 pm
With Eloise Thiesen, RN, MSN, NP. Learn how cannabis can assist in relieving pain, easing anxiety, improving quality of sleep and preventing drastic weight loss and nausea/vomiting for those undergoing cancer treatment. Eloise is a nurse practitioner with extensive experience in oncology.

NUTRITION & CANCER TREATMENT

Saturday: November 20, 11 am
With Tinrin Chew, RD, Oncology Dietitian. Learn what to eat during treatment to help you regain and maintain health.

PRACTICING GRATITUDE DURING DIFFICULT TIMES

Saturday: November 20, 1 pm
With Jill Stewart, LMFT, CSC Therapist Facilitator. A gratitude practice has been shown to have benefits both mentally and physically. We'll start with a meditation, then have a group discussion about developing and maintaining gratitude even during difficult times.

UNDERSTANDING CANCER-RELATED FATIGUE

Tuesday: November 30, 5 pm
With Amy Rosenblum and Lisa Marie Juden, MSN, FNP-BC, RN. More than 80% of all cancer patients suffer from cancer related fatigue within the first year of diagnosis with 60% of survivors suffering from ongoing fatigue one or more years after treatment end. Learn a variety of strategies for managing this frustrating side effect.

DECEMBER

MANAGING CANCER PAIN

Wednesday: December 1, 6 pm
With David Copenhaver, MD, Division Chief Pain Medicine UC Davis. Dr. Copenhaver will provide an overview of the variety of ways in which pain can be managed to enhance quality of life and decrease suffering.

CSC'S VIRTUAL HOLIDAY PARTY!

Friday: December 3, 6 pm
Join us for light-hearted fun including games and other activities to share and connect with other CSC members.

VACCINATION: THIRD SHOT VERSUS BOOSTERS AND THEIR SIDE EFFECTS

Saturday: December 4, 10:30 am
With Kim Rhoads, MD. Learn about the vaccination third shot and the booster along with who needs to take it and the possible side effects. Dr. Rhoads is an associate professor of Epidemiology and Biostatistics at UCSF.

EATING FOR HEALING

Saturday: December 4, 11 am
See November 5 program description.

ROLL, RELEASE, RELAX & RESTORE

Saturday: December 4, 1 pm
With Maxine Younger, CYT. Using a foam roller, ball or movement, self-myofascial release can alleviate pain, increase flexibility and improve posture.

TRAUMA RELEASE EXERCISE

Tuesday: December 7, 5 pm
See November 3 program description.

COMPASSIONATE COMMUNICATION PRACTICE GROUP

Thursday: December 9, 1 pm
See November 11 program description.

HEALTHY COOKING ON A BUDGET: SOUP & SALAD

Thursday: December 9, 4 pm
With Linda Carucci, Chef, Cookbook Author. Recipes to be demonstrated: Thai-Style Butternut Squash Soup; and Assorted Chicories with Persimmon, Pomegranate, Walnuts, and Apple Cider Vinaigrette.

KIDS CIRCLE & TEEN TALK

Saturday: December 11, 10 and 11 am
See November 13 program description.

RETURN TO YOGA & MEDITATION

Saturday: December 11, 10:30 am
See November 6 program description.

JIN SHIN JYUTSU FOR SELF-CARE & SYMPTOM MANAGEMENT

Tuesday: December 14, 6 pm
With Kathy O'Hare, Certified Asian Body Work Therapist. Learn a style of acupressure that uses gentle touch to hold specific combinations to help the energy meridians flow more smoothly for health and symptom management.

BOOSTING IMMUNE HEALTH WITH BONUS TOPIC FASTING & CANCER

Wednesday: December 15, 6 pm
With Tracey Thomas, Naturopathic Doctor. Learn ways to strengthen your immune system to help recover and fight off seasonal illness. Also learn how different types of fasting can benefit cancer patients in all phases of treatment.

EATING THE MEDITERRANEAN WAY

Saturday: December 18, 10 am
With Camila Loew, PhD. From Spain, Camila will demonstrate delicious recipes based on the Mediterranean Diet.

URBAN ZEN

Saturday: December 18, 1 pm
With Lilia Roman, RYT. Urban Zen uniquely integrates several modalities including Yoga, Breath Awareness and Meditation for a deeply relaxing practice.

WIRED & TIRED: METABOLIC MATCHING FOR HEALTHY HEART & BRAIN FUNCTION

Tuesday: December 21, 5 pm
With Dawn Jacobson, MD. Discover how cardiometabolic, hormone and neurotransmitter testing help you choose personalized nutrition plans, exercise routines and supplements to maintain healthy heart and brain function.

SOUND HEALING — WINTER SOLSTICE SOUL RENEWAL

Wednesday: December 22, 6 pm
Embrace the mystery of Winter's dark healing silence. Listen to the sounds that will ignite the fire within to create balance, harmony, and renewal. R Consuelo Inez, a certified sound therapist, will lead you on a journey of healing in the dark to emerge in the light once more.



"I'm so glad to have found Cancer Support Community. I've gained a lot of knowledge about cancer itself, advocating for myself, and how to communicate with my young son about what I'm going through."

— Ben, CSC member

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. We'll use 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
- November: *When the Apricots Bloom*, by Gina Wilkinson
 - December: *Perestroika in Paris*, by Jane Smiley
 - January: *Last Christmas in Paris*, by Hazel Gaynor

AFRICAN DRUMMING

3rd Thursdays: 3 pm

SING ALONG WITH UKES & YOU

2nd Fridays: 3 pm

SING FOR LIFE

Fridays: November 12 & December 10, 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 green 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. A specific group for those with newly diagnosed breast cancer meets weekly. **Networking** groups are once or twice a month and are for some specific cancers or topics. Attendance at a Newcomers Meeting and a brief group preparation interview are required.

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

NETWORKING GROUP TIMES

Brain Tumor Group
 1st Thursday: 6 pm

Breast Cancer Group
 2nd & 4th Tuesdays: 1:30 pm

Carcinoid/Neuroendocrine Group
 Saturday: December 4, 1 pm

Colorectal Cancer Group
 2nd Wednesday: 4 pm

Directly Facing Death Group
 3rd Thursday: 6 pm

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
 1st & 3rd Thursdays: 11 am

Prostate Cancer Group
 3rd Thursday: 1 pm

Youngish Adult Group
 Tuesday: November 23 & December 21, 4 pm

ADAPTIVE MOVEMENT & MIND BODY CLASSES

Pilates
 Mondays: 8:30 am

Sunlight Chair Yoga
 Mondays: 10 am

QiGong
 Mondays: 11:30 am
 No class last Monday of the month

Gentle Restorative Yoga
 Mondays: 5:30 pm

Yoga
 Tuesdays: 9:30 am
 Wednesdays: 9:15 am
 Thursdays: 5:30 pm

Vallejo Healing Yoga for Cancer
 Tuesdays: 10 am

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

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



Cancer Support Community supports 2,000 patients and families each year who are facing the impact of a cancer diagnosis.

More than 125 low income cancer patients have received emergency financial assistance for rent, utilities and food since the start of the pandemic.

All our programs, classes and workshops are entirely free of charge because patients and families face an incredible financial burden when diagnosed with cancer.

Through the Cancer Support Community internship program we are training the next generation of mental health professionals who specialize in working with cancer patients and families.

The majority of Cancer Support Community's funding comes from generous individuals in the community like you.

Cancer doesn't stop during a pandemic, which is why we are continuing to offer all of our programs virtually to anyone impacted by cancer in the Bay Area.