



CANCER SUPPORT
COMMUNITY
SAN FRANCISCO
BAY AREA

PROGRAM CALENDAR NOVEMBER | DECEMBER | 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 in-person options for many 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 NOVEMBER | 2022

MONDAY

EVERY MON. 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 7

- 2 pm **NEW TIME!**
Qigong

NOVEMBER 14

- 2 pm **NEW TIME!**
Qigong

NOVEMBER 21

- 2 pm **NEW TIME!**
Qigong

NOVEMBER 28

TUESDAY

EVERY TUES. IN NOVEMBER

- 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
- 3:15 pm Gentle Yoga/Urban Zen

NOVEMBER 1

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 3 pm **NEW DAYTIME!**
Cooking with Chef Chandra
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm **The Black Patient Experience**
- 6 pm **Practicing Gratitude in Difficult Times**

NOVEMBER 8

- 1:30 pm Breast Cancer Group (stages 0-2)
- 1:30 pm Breast Cancer Group (stages 3-4)
- 3 pm Cooking with Chef Chandra
- 5 pm **Feldenkrais Awareness Through Movement**

NOVEMBER 15

- 10 am Grupo de Apoyo (en Español)
- 1:30 pm Gynecologic/Ovarian Cancer Group
- 3 pm Cooking with Chef Chandra
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm **Making Treatment Decisions**

NOVEMBER 22

- 1:30 pm Breast Cancer Group (stages 0-2)
- 1:30 pm Breast Cancer Group (stages 3-4)
- 3 pm Cooking with Chef Chandra
- 4 pm Youngish Adult Group

NOVEMBER 29

- 6 pm **Jin Shin Jyutsu for Self Care & Symptom Management**

WEDNESDAY

EVERY WED. IN NOVEMBER

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

NOVEMBER 2

- 1 pm **Trauma Release Exercise (for beginners)**
- 6 pm **Introduction to Cancer Rehabilitation**

NOVEMBER 9

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

NOVEMBER 16

- 4 pm Monthly Long-Term Grief & Loss Group
- 6 pm **Yoga to Support Immunity**

NOVEMBER 23

CLOSING AT 1 PM

NOVEMBER 30

- 6 pm **Living with Uncertainty**

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 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.

PROGRAM CALENDAR NOVEMBER | 2022

THURSDAY

EVERY THUR. IN NOVEMBER

- 9:30 am **NEW!** Self Reiki & Meditation
- 11 am Mindful Somatic Yoga
- 11:30 am **Wake Up From Within Gentle Healing Yoga**
- 1 pm **NEW DAY/TIME!** Feel the Rhythm
- 1 pm Osteo-Pilates
- 5:30 pm Yoga

NOVEMBER 3

- 11 am A Garden of Books Book Club
- 11 am Metastatic Prostate Cancer Group
- 6 pm Brain Tumor Group

NOVEMBER 10

- 1 pm **Compassionate Communication Practice Group**
- 4 pm **Healthy Cooking on a Budget**

NOVEMBER 17

- 10:30 am **La Espiritualidad en Tu Camino (en Español)**
- 11 am Metastatic Prostate Cancer Group
- 1 pm Prostate Cancer Group
- 3 pm African Drumming
- 6 pm Directly Facing Death Group

NOVEMBER 24

FRIDAY

EVERY FRI. IN NOVEMBER

- 10:30 am Kundalini Chanting Meditation
- 11 am Kundalini Yoga
- 12:45 pm Yoga Nidra

NOVEMBER 4

- 11 am **Eating for Healing**



NOVEMBER 11

- 3 pm Sing Along with Ukes & You

NOVEMBER 18

- 3:30 pm Sing for Life

NOVEMBER 25

SATURDAY

EVERY SAT. IN NOVEMBER

- 8:30 am Yoga Flow



NOVEMBER 5

- 10 am Lymphedema Support Group
- 11 am **Nutrition & Cancer Treatment**
- 1 pm **Roll, Release, Relax & Restore**

NOVEMBER 12

- 10 am **Kids Circle & Teen Talk**
- 10:30 am **Introduction to Primordial Sound Meditation (PSM) Part I**

NOVEMBER 19

- 10 am **Eating the Mediterranean Way**
- 1 pm **Sound Healing: Restoring the Heart of Forgiveness**

NOVEMBER 26

..... **CLOSED FOR THANKSGIVING HOLIDAY**

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- 3 pm **Integral Tai Chi Series**
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- 7 pm Weekly Support Person Group

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.

DECEMBER 5

- 2 pm **NEW TIME!** Qigong

DECEMBER 12

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DECEMBER 19

DECEMBER 6

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 3 pm Cooking with Chef Chandra
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- 6 pm **Roll, Release, Relax & Restore**

DECEMBER 13

- 10 am Grupo de Apoyo (en Español)
- 1:30 pm Breast Cancer Group (stages 0-2)
- 1:30 pm Breast Cancer Group (stages 3-4)
- 3 pm Cooking with Chef Chandra
- 4 pm Youngish Adult Group
- 5 pm **Community Cook-Along**

DECEMBER 20

- 11 am Open Combined Participant & Support Person Group

DECEMBER 7

- 1 pm **Trauma Release Exercise (for returnees)**
- 6 pm **The 5 Wishes**

DECEMBER 14

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

DECEMBER 21

- 7 pm Open Combined Participant & Support Person Group

. . . Cancer Support Community will be closed from December 19 through January 2 except as indicated for drop-in support groups. We will reopen on Tuesday, January 3. Wishing you health and healing in 2023! . . .

DECEMBER 26

DECEMBER 27

- 11 am Open Combined Participant & Support Person Group

DECEMBER 28

- 7 pm Open Combined Participant & Support Person Group

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DECEMBER 16

DECEMBER 23

SATURDAY

EVERY SAT. IN DECEMBER

- 8:30 am Yoga Flow



DECEMBER 3

- 10 am Lymphedema Support Group
- 11 am **Herbal Support During
Cancer Treatment**
- 1 pm Neuroendocrine Cancer
(NETS) Networking Group
- 1 pm **Urban Zen**

DECEMBER 10

- 10 am **Kids Circle & Teen Talk**
- 10:30 am **Introduction to Primordial
Sound Meditation (PSM)
Part II**

DECEMBER 17

- 10 am Multiple Myeloma Group
- 11 am **Nutrition for Survivorship**
- 1 pm **Sound Healing: Winter
Solstice Soul Renewal**

DECEMBER 24

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DECEMBER 29

DECEMBER 30

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NOVEMBER

THE BLACK CANCER PATIENT EXPERIENCE: LEARNING TO NAVIGATE AND SURVIVE FOR PATIENTS AND THEIR LOVED ONES

Tuesday: November 1, 6 pm

At Acts Full Gospel Church, 1034 66th Avenue, Oakland. With Jessica Jones, RN, Assistant Unit Director / Patient Care Manager and Medical Oncology Nurse, UCSF. Jessica will discuss the unique challenges Black cancer patients and their loved ones face and ways in which they can navigate their cancer journey through health inequities and social determinants of health to cancer survivorship and a better quality of life.

PRACTICING GRATITUDE IN DIFFICULT TIMES

Tuesday: November 1, 6 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 in difficult times.

TRAUMA RELEASE EXERCISE (TRE)

Wednesday: November 2, 1 pm

(For beginners) 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.

INTRODUCTION TO CANCER REHABILITATION

Wednesday: November 2, 6 pm

With Hilary Nakao, PT, DT, ATC. Are you one of the 60-90% of people affected by cancer experiencing at least one treatment side effect such as pain, fatigue, limited strength and mobility? Learn how physical therapy can help you manage common side effects and get you back to the things you love.

EATING FOR HEALING

Friday: November 4, 11 am

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

NUTRITION & CANCER TREATMENT

Saturday: November 5, 11 am

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

ROLL, RELEASE, RELAX & RESTORE

Saturday: November 5, 1 pm

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

FELDENKRAIS AWARENESS THROUGH MOVEMENT

Tuesday: November 8, 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.

COMPASSIONATE COMMUNICATION PRACTICE GROUP

Thursday: November 10, 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.

HEALTHY COOKING ON A BUDGET

Thursday: November 10, 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 & enjoyable.

KIDS CIRCLE & TEEN TALK

Saturday: November 12, 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.

INTRODUCTION TO PRIMORDIAL SOUND MEDITATION (PSM) PART I

Saturday: November 12, 10:30 am

With Mirtha Carballo, CYT, Ayurveda Lifestyle Instructor. PSM is a technique that allows you to settle into quieter levels of awareness. Learn what meditation is, the origins of PSM, the mechanics of its practice and the use of mantras.

MAKING TREATMENT DECISIONS

Tuesday: November 15, 6 pm

With Margaret Stauffer, LMFT, CSC Chief Mission Officer. This program focuses on building awareness about being able to talk with your health care team about treatment decision making, side effects, and how to prepare questions for your next appointment.

YOGA TO SUPPORT IMMUNITY

Wednesday: November 16, 6 pm

With Dana Chloe Morgan. Boost your immune system with practices based on the book "Yoga to Support Immunity." Learn to realign your body to be pain-free and strengthen your lungs with the potent and heart-filled practice.

LA ESPIRITUALIDAD EN TU CAMINO (EN ESPAÑOL)

Jueves: Noviembre 17, 10:30 am

Con Zenaida Burgos, Gerente de Programas de CSC. Exploraremos nuestras propias experiencias de vida como seres espirituales. El taller proporcionará las herramientas para estructurar su propio viaje de espiritualidad.

EATING THE MEDITERRANEAN WAY

Saturday: November 19, 10 am

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

SOUND HEALING: RESTORING THE HEART OF FORGIVENESS

Saturday: November 19, 1 pm

R. Consuelo Inez, certified sound therapist will help guide you to open pathways of the mind to enliven your mood and to tap into the sub-conscious. Calm and balance the nervous system through the beat of the native drum and stimulate creativity.

JIN SHIN JYUTSU FOR SELF-CARE & SYMPTOM MANAGEMENT

Tuesday: November 29, 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.

LIVING WITH UNCERTAINTY

Wednesday: November 30, 6 pm

With Margaret Stauffer, LMFT, CSC Chief Mission Officer. This program focuses on common challenges and worries, mental health and cancer, acknowledging the known and unknown and what's next.

DECEMBER

EATING FOR HEALING

Friday: December 2, 11 am

See November 4 program description.

HERBAL SUPPORT DURING CANCER TREATMENT

Saturday: December 3, 11 am

With Blythe Adams, Western Clinical Herbalist. Learn about medicinal mushrooms, herbs,

SPECIAL PROGRAMS NOV | DEC | 2022

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

URBAN ZEN

Saturday: December 3, 1 pm

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

ROLL, RELEASE, RELAX & RESTORE

Tuesday: December 6, 6 pm

See November 5 program description.

TRAUMA RELEASE EXERCISE

Wednesday: December 7, 1 pm

(For returnees) See November 2 program description.

THE 5 WISHES

Wednesday: December 7, 6 pm

With Michelle Russell and Delinda Brown, Hope Hospice. Learn how to create a living will that helps you express your wishes in areas that matter most.

COMPASSIONATE COMMUNICATION PRACTICE GROUP

Thursday: December 8, 1 pm

See November 10 program description.

HEALTHY COOKING ON A BUDGET

Thursday: December 8, 4 pm

See November 10 program description.

KIDS CIRCLE & TEEN TALK

Saturday: December 10, 10 am

See November 12 program description.

INTRODUCTION TO PRIMORDIAL SOUND MEDITATION (PSM) PART II

Saturday: December 10, 10:30 am

With Mirtha Carballo, CYT/Ayurvedic Lifestyle Instructor. You will learn your PSM Mantra and discuss practical aspects of meditation. This workshop includes breath awareness and group meditation.

COMMUNITY COOK-ALONG

Tuesday: December 13, 5 pm

With Susie White, Holistic Nutrition Consultant. Join from your home kitchen where together we each will prepare dishes that can provide two meals. A detailed shopping and cooking equipment list will be emailed out in advance so we can get cooking together!

LA ESPIRITUALIDAD EN TU CAMINO (EN ESPAÑOL)

Jueves: Diciembre 15, 10:30 am

Consulte la descripción del programa del 17 de noviembre.

NUTRITION FOR SURVIVORSHIP

Saturday: December 17, 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.

SOUND HEALING:

WINTER SOLSTICE SOUL RENEWAL

Saturday: December 17, 1 pm

Embrace the mystery of Winter's dark healing silence. 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.

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

NEW TIME! Tuesdays: 3 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 Tuesday 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:** *All the Devils are Here* by Louise Penny
- **December:** *Horse* by Geraldine Brooks
- **January:** *The Lincoln Highway* by Amor Towles

AFRICAN DRUMMING

3rd Thursdays: 3 pm

SING ALONG WITH UKES & YOU

2nd Fridays: 3 pm

SING FOR LIFE

Friday, Nov. 18 & Dec. 9: 3:30 pm



"My group is a community where I feel comfortable to discuss fears, ambiguities, triumphs, and laughs. CSC provides me hope and compassionate support."

— Linda, Cancer Survivor

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.

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.

TO REGISTER for any of the special programs, 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.

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 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)
Colorectal Cancer Group
 2nd Wednesday: 4 pm
Directly Facing Death Group
 3rd Thursday: 6 pm
Grupo de Apoyo (en Español)
 Nov. 15 & Dec. 13: 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
 1st & 3rd Thursdays: 11 am
Monthly Long-Term Grief & Loss Group
 3rd Wednesday: 4 pm
Multiple Myeloma Group
 December 17: 10 am (hosted by not facilitated by CSC)
Neuroendocrine Cancer (NETS) Networking Group
 Saturday: December 3, 1 pm
Prostate Cancer Group
 3rd Thursday: 1 pm
Youngish Adult Group
 November 22 and December 14: 4 pm

ADAPTIVE MOVEMENT & MIND BODY CLASSES

Pilates
 Mondays: 8:30 am
Sunlight Chair Yoga
 Mondays: 10 am
QiGong
NEW DAY/TIME! Mondays: 2 pm
 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
Moving for Life
 Tuesdays: 1:30 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
Tai Chi Chih
NEW DAY/TIME! Wednesdays: 1 pm
Integral Tai Chi
 Wednesdays: 3 pm
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Wake Up From Within Gentle Healing Yoga
 Thursdays: 11:30 am
Feel the Rhythm
NEW DAY/TIME! Thursdays: 1 pm
Osteo-Pilates
 Thursdays: 1 pm
Kundalini Chanting Meditation
 Fridays: 10:30 am
Kundalini Yoga
 Fridays: 11 am
Yoga Nidra
 Fridays: 12:45 pm
Yoga Flow
 Saturdays: 8:30 am



KNOWLEDGE SUPPORT HOPE

Cancer Support Community provides free comprehensive support to cancer patients and their loved ones. We are able to provide our invaluable services free of charge because of the generosity of individuals, companies, and foundations.

MAKE A GIFT TODAY TO
Cancer Support Community:

1. **Online:**
cancersupport.net
2. **By mail:**
3276 McNutt Avenue,
Walnut Creek, CA 94597
3. **By phone:**
925.933.0107



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