



CANCER SUPPORT
COMMUNITY
SAN FRANCISCO
BAY AREA

PROGRAM CALENDAR | SEPTEMBER | OCTOBER | 2021

REOPENING UPDATE!

In October, we plan to begin offering in-person support groups for those who are fully vaccinated as well as having a virtual option for those who have difficulty coming to CSC or are not vaccinated. All other programs will continue virtually. We are actively monitoring the situation so we can ensure the health and safety of our members and staff. 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 SEPTEMBER | 2021

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 6

CLOSED—Labor Day Holiday

SEPTEMBER 13

11:30 am Qigong

SEPTEMBER 20

11:30 am Qigong

SEPTEMBER 27

TUESDAY

EVERY TUESDAY IN SEPTEMBER

- 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 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 7

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm Meditation or Medication: How Do I Deal With All This Worry?

SEPTEMBER 14

- 1:30 pm Breast Cancer Group
- 6 pm Mindful Somatic Yoga

SEPTEMBER 21

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5 pm Introduction to Ayurveda Rejuvenation Programs
- 5:30 pm Jin Shin Jyutsu Self-Help

SEPTEMBER 28

- 1:30 pm Breast Cancer Group
- 4 pm Youngish Adult Group
- 6:30 pm Many Faces of Gynecologic Cancer

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 Group

SEPTEMBER 1

- 5 pm Trauma Release Exercise

SEPTEMBER 8

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

SEPTEMBER 15

SEPTEMBER 22

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



SEPTEMBER 29

- 6 pm Update on Prostate Cancer Treatment

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 Zoom 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 at www.cancersupport.net.

PROGRAM CALENDAR SEPTEMBER | 2021

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 2

- 11 am A Garden of Books Book Club: *Popisho* by Leone Ross
- 1 pm Cooking with Chef Chandra
- 6 pm Brain Tumor Group

SEPTEMBER 9

- 11 am Metastatic Prostate Cancer Group
- 1 pm Cooking with Chef Chandra
- 2 pm Compassionate Communication Practice Group

SEPTEMBER 16

- 1 pm Cooking with Chef Chandra
- 6 pm Directly Facing Death Group

SEPTEMBER 23

- 11 am Metastatic Prostate Cancer Group
- 1 pm Cooking with Chef Chandra
- 1 pm Prostate Cancer Group
- 4 pm Healthy Cooking on a Budget

SEPTEMBER 30

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 3

SEPTEMBER 10

- 11 am Eating for Healing
- 3 pm Sing Along with Ukuleles & You

SEPTEMBER 17

SEPTEMBER 24

- 3:30 pm Sing For Life

SATURDAY

EVERY SATURDAY IN SEPTEMBER

- 8:30 am Yoga Flow



SEPTEMBER 4

- 10 am Lymphedema Support Group

SEPTEMBER 11

- 10 am Kids Group (6–8 yrs.)
- 10 am Parent Group
- 10:30 am Science Cafe: Metastatic Cancer Part I
- 11 am Kids Group (9–13 yrs.)
- 11 am Teen Group

SEPTEMBER 18

- 11 am Nutrition for Survivorship
- 1 pm Roll, Release, Relax & Restore

SEPTEMBER 25

- 10 am Eating the Mediterranean Way
- 10:30 am Yoga to Support Immunity
- 1 pm Sound Healing a Path to Calm Sleep

SHORT-TERM COUNSELING IS BACK! We offer short-term counseling to members with cancer and their families who may be dealing with issues related to their cancer experience. Counseling is provided by practicum students in a doctoral counseling program and are under the supervision of a licensed psychologist. To request this service, please email Margaret Stauffer, LMFT at: mstauffer@cancersupport.net or call her at 925-953-1204.

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PROGRAM CALENDAR OCTOBER | 2021

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OCTOBER 4

- 11:30 am Qigong



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- 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

OCTOBER 5

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

OCTOBER 12

- 1:30 pm Breast Cancer Group
- 6 pm Mindful Somatic Yoga

OCTOBER 19

- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5 pm Wired & Tired: Integrative & Functional Medicine to Restore Vital Energy
- 5:30 pm Jin Shin Jyutsu Self-Help

OCTOBER 26

- 1:30 pm Breast Cancer Group
- 4 pm Youngish Adult Group
- 6 pm Hypnotherapy to Improve Quality of Life During & After Cancer

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 Group



OCTOBER 6

- 6 pm The Five Wishes

OCTOBER 13

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

OCTOBER 20

- 5 pm Trauma Release Exercise

OCTOBER 27

- 6:30 pm Many Faces of Breast Cancer

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Gentle Healing Yoga
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by Kristin Hannah
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Cancer Group
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- 2 pm Compassionate Communi-
cation Practice Group

OCTOBER 21

- 1 pm Cooking with Chef Chandra
- 3 pm African Drumming
- 6 pm Directly Facing Death Group

OCTOBER 28

- 11 am Metastatic Prostate
Cancer Group
- 1 pm Prostate
Cancer Group
- 4 pm Healthy Cooking on a
Budget

FRIDAY

EVERY FRIDAY IN OCTOBER

- 10:30 am Kundalini Chanting Meditation
- 11 am Kundalini Yoga
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OCTOBER 1

OCTOBER 8

- 3 pm Sing Along with Ukles
& You

OCTOBER 15

OCTOBER 22

- 3:30 pm Sing For Life



OCTOBER 29

SATURDAY

EVERY SATURDAY IN OCTOBER

- 8:30 am Yoga Flow

OCTOBER 2

- 10 am Lymphedema Support Group
- 10 am Sharing Our Stories: A Work-
shop for Cancer Survivors
- 1 pm Carcinoid /
Neuroendocrine Group
- 1 pm Oncology Yoga

OCTOBER 9

- 10 am Kids Group (6–8 yrs.)
- 10 am Parent Group
- 10:30 am Science Cafe:
Metastatic Cancer Part II
- 11 am Kids Group (9–13 yrs.)
- 11 am Teen Group

OCTOBER 16

- 11 am Eating for Healing
- 1 pm Roll, Release, Relax &
Restore

OCTOBER 23

- 10:30 am The Vital Force of Breathing
(Pranayama)
- 11 am "Thyme" in the Garden:
Autumn Equinox –
Entering The Quiet Season
- 1 pm Urban Zen

OCTOBER 30

- 10 am Eating the Mediterranean
Way
- 1 pm Sound Healing to Transform
Your Spirit

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SEPTEMBER

TRAUMA RELEASE EXERCISE

Wednesday: September 1, 5 pm
With Jenny Schneider, Certified TRE Provider. Learn 7 simple exercises to discover the body's innate resilience-building ability to discharge chronic tensions/trauma.

MEDITATION OR MEDICATION: HOW DO I DEAL WITH ALL THIS WORRY?

Tuesday: September 7, 6 pm
With Burton Presberg, MD, psychiatrist specializing in treating individuals with cancer and their family members. Approaching lab tests and scans are inevitably stressful. There are a number of tools available to help. Dr. Presberg stresses the importance of exercise and talk therapy, meditation, and (when necessary) medication.

COMPASSIONATE COMMUNICATION PRACTICE GROUP

Thursday: September 9, 2 pm
With Jared Finklestein, Bay NVC Trainer. Work through communication challenges and receive support and feedback.

EATING FOR HEALING

Friday: September 10, 11 am
With Susie White, Holistic Nutrition Consultant. Susie will demonstrate easy, healthy, plant-based recipes.

KIDS CIRCLE & TEEN TALK

Saturday: September 11, 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.

SCIENCE CAFE:

METASTATIC CANCER PART I

Saturday: September 11, 10:30 am
With Dr. Maninder Pal Kaur and Dr. Maxine Umeh Garcia, Stanford Medicine. In the first of this two part presentation, you will learn what metastatic cancer is, how it spreads and where it spreads.

MINDFUL SOMATIC YOGA

Tuesday: September 14, 6 pm
With Maxine Younger. Experience a neuromuscular journey through movement patterns and integrate foundational yogic principles.

NUTRITION FOR SURVIVORSHIP

Saturday: September 18, 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.

ROLL, RELEASE, RELAX & RESTORE

Saturday: September 18, 1 pm
With Maxine Younger. Learn self-myofascial release to alleviate pain and increase flexibility.

INTRODUCTION TO AYURVEDA REJUVENATION PROGRAMS

Tuesday: September 21, 5 pm
With Dawn Jacobson, MD. Discover how to carefully integrate pancha karma treatments — the ancient practice of therapeutic detoxification and rejuvenation — into your integrative medicine treatment plan.

JIN SHIN JYUTSU FOR SELF-CARE & SYMPTOM MANAGEMENT

Wednesday: September 22, 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.



HEALTHY COOKING ON A BUDGET

Thursday: September 23, 4 pm
With Linda Carucci, Chef, Cookbook Author. Recipes to be demonstrated: Layered Black Bean and Tortilla Torte with Fresh Corn, Zucchini, Bell Peppers, and Torpedo Onions; Guacamole with Toasted Almonds.

EATING THE MEDITERRANEAN WAY

Saturday: September 25, 10 am
With Camila Loew, PhD. From Spain, Camila will demonstrate delicious recipes based on the Mediterranean Diet.

YOGA TO SUPPORT IMMUNITY

Saturday: September 25, 10:30 am
With Dana Chloe Morgan. Boost your immune system with practices based on the newly released book "Yoga to Support Immunity." Learn to realign your body to

be pain-free and strengthen your lungs with this potent and heart-filled practice.

SOUND HEALING A PATH TO CALM SLEEP

Saturday: September 25, 1 pm
With R. Consuelo Inez, Certified Sound Therapist. Liberate the restless mind. Relax and open yourself up to the symphony of harmonious rhythms for a good night sleep.

MANY FACES OF GYNECOLOGIC CANCER

Tuesday: September 28, 6:30 pm
This event focuses in the issues of women with gynecologic cancers. Join a panel of medical experts as they discuss the latest surgical techniques, treatment options, supportive care and survivorship issues.

UPDATE ON PROSTATE CANCER TREATMENT

Wednesday: September 29, 6 pm
With Rustin Massoudi, MD, Assistant Professor, Stanford Medical School, Department of Urology. Learn about advances in prostate cancer treatment and have the opportunity to get your questions answered.

OCTOBER

SHARING OUR STORIES: A WORKSHOP FOR CANCER SURVIVORS

Saturday: October 2, 10 am
With Cheryl Krauter, LMFT. People need to share the real story of the emotional storm that is cancer, to tell the tale of the cancer survivor who is moving from patient to person. We will open up the deeply personal process of exploration through discussion, writing exercises, and sharing stories with one another.

ONCOLOGY YOGA

Saturday: October 2, 1 pm
With Cindy Lezcano. Oncology Yoga is evidence informed and research based yoga specifically 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 short and long term side effects like bone loss, lymphedema, scar tissue, constipation, neuropathy, fatigue, anxiety and more.

THE 5 WISHES

Wednesday: October 6, 6 pm
With Michelle Russell and Melissa Tumaneng, Hope Hospice. Learn how to create a living will that helps you express your wishes in areas that matter most.



Cancer Support Community has been a lifesaver for me. Every experience I have had here has brought me closer to physical, mental, and emotional good health.

— Carol, Cancer Survivor

KIDS CIRCLE & TEEN TALK

Saturday: October 9, 10 and 11 am
See September 11 program description.

SCIENCE CAFE:

METASTATIC CANCER PART II

Saturday: October 9, 10:30 am
With Drs. Maninder Pal Kaur and Maxine Umeh Garcia, Stanford Medicine. You will learn the symptoms of metastatic cancer along with methods of treatment for the disease.

MINDFUL SOMATIC YOGA

Tuesday: October 12, 6 pm
See September 14 program description.

COMPASSIONATE COMMUNICATION PRACTICE GROUP

Thursday: October 14, 2 pm
See September 9 program description.

EATING FOR HEALING

Saturday: October 16, 11 am
See September 10 program description.

ROLL, RELEASE, RELAX & RESTORE

Saturday: October 16, 1 pm
See September 18 program description.

WIRED & TIRED:

INTEGRATIVE & FUNCTIONAL MEDICINE TO RESTORE VITAL ENERGY

Tuesday: October 19, 5 pm
With Dawn Jacobson, MD. Fatigue has multiple root causes. We'll discuss how the science of mitochondrial function, adrenal hormones, melatonin cycles and key vitamins can restore your vital energy.

TRAUMA RELEASE EXERCISE

Wednesday: October 20, 5 pm
See September 1 program description.

THE VITAL FORCE OF BREATHING (PRANAYAMA)

Saturday: October 23, 10:30 am
With Mirtha Carballo, Certified Yoga instructor/Ayurvedic Lifestyle teacher. Learn a breathing technique to help you to immediately calm down your nervous system. Benefits include lower blood pressure, reduced inflammation, improved sleep, strengthened immune system, decreased anxiety and stress. Experience meditation and gentle yoga to enhance your well-being.

"THYME" IN THE GARDEN: AUTUMN EQUINOX- ENTERING THE QUIET SEASON

Saturday: October 23, 11 am
With Patrice Hanlon, Therapeutic Garden Designer. In the garden, Autumn is the time

to assess how it is flourishing; maybe you need to move a plant or two? It is also the time to plant - bird and habitat friendly plants. Patrice will also discuss some teas and other herbal ways to take care of yourself.

URBAN ZEN

Saturday: October 23, 1 pm
With Lilia Roman, RYT. Urban Zen uniquely integrates several modalities including Yoga, Breath Awareness and Meditation for a deeply relaxing practice.

HYPNOTHERAPY TO IMPROVE QUALITY OF LIFE DURING & AFTER CANCER

Tuesday: October 26, 6 pm
With Wendy Rosenthal, Certified Hypnotherapist, Cancer Thrive. Learn about self-hypnosis while giving the mind positive suggestions for healing body and mind during and after treatment. Manage anxiety, and reinforce the belief that we can still have a beautiful, fulfilled life at any point of our journey. You'll be provided with a "cell command therapy" recording to remind the mind and body of its power of healing.

MANY FACES OF BREAST CANCER

Wednesday: October 27, 6:30 pm
Join an engaging panel of medical experts as they discuss the latest data surrounding treatment and explore key survivorship issues.

HEALTHY COOKING ON A BUDGET

Thursday: October 28, 4 pm
With Linda Carucci, Chef, Cookbook Author. Recipes to be demonstrated: Panzanella Salad with Homemade Croutons, Late-Season Tomatoes, Cucumbers, Basil, and Red Wine Vinaigrette; Grilled Caponata.

EATING THE MEDITERRANEAN WAY

Saturday: October 30, 10 am
See September 25 program description.

SOUND HEALING TO TRANSFORM YOUR SPIRIT

Saturday: October 30, 1 pm
With R. Consuelo Inez, Certified Sound Therapist. Find a sense of calm and release as the healing sounds of nature inspire a journey through the forest of peace, mountain of stability and the ocean of healing.

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

Thursdays: September 2 and October 7, 11 am

- September: *Popisho*, by Leone Ross
- October: *The Four Winds*, by Kristin Hannah
- November: *When the Apricots Bloom*, by Gina Wilkinson

AFRICAN DRUMMING

Thursday: October 21, 3 pm

SING ALONG WITH UKES & YOU

Fridays: September 10 & October 8, 3 pm

SING FOR LIFE

Fridays: September 24 and October 22, 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. 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: October 2, 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
 2nd & 4th Thursdays: 11 am

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

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



SAVE THE DATE! SEPTEMBER 18, 2021

Make your plans to attend our first-ever film festival charity gala, an elegant and inspiring evening of courage, resilience, and hope. Join our online live-stream or in person at the Palm Event Center, as we present three original short films selected by our panel of amazing judges including two Academy Award winners. Vote for your favorite, bid in our silent auction, and chat with CSC members, staff, and supporters. For all the details, visit www.cancersupport.net.

PLANNING YOUR LEGACY

"I've gotten so much out of The Cancer Support Community, I wanted to give back through my gift."

Mary Stephens Smith,
 CSC Legacy Member

Planned giving is one way to create your legacy, by benefiting cancer patients and their families for years to come. Join the Shannon McGowan Legacy Society in pledging a planned gift to Cancer Support Community. For more information, or to schedule a free consultation with one of our Legacy Advisory Committee Members, contact Libby Eppinga, Director of Donor Support, at 925-953-1216 or email at leppinga@cancersupport.net.