



PROGRAM CALENDAR

JULY/AUGUST/SEPTEMBER 2026



Impacted By Cancer? We Can Help.

Find Your Community Here

From cooking classes to support groups, yoga to art, we're here to help you feel connected, supported, and inspired, at no cost.

Support That Meets You Where You Are

In-person or online, our programs give you tools, connection, and care. Join us to move, learn, create, and heal together.

Our programs include:

- Support Groups
- Nutrition and Cooking Classes
- Exercise/Movement Classes
- Educational Workshops
- Social Connections, and more!



SCAN TO REGISTER

for all programs or access the online calendar at www.cancersupport.net

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A Message from the CEO

Dear Friends of Cancer Support Community San Francisco Bay Area,

As we continue expanding our impact across the Bay Area, I'm excited to share meaningful updates for our community.

Recently, we celebrated a major milestone in the construction of our new cancer support center with a special Topping Off Ceremony. Board members, staff, construction partners, and key supporters gathered to place a beam on the structure, honoring the incredible progress made and the dedicated crew bringing this vision to life. It was a joyful and inspiring moment that brings us one step closer to opening our doors, with construction projected to be completed by the end of this year.

We're also excited to share that the National Cancer Support Community Helpline now has a new phone number that's easy to remember: CSC-867-5309 — inspired by the iconic 80s song "Jenny." This memorable number now connects individuals nationwide to free, personalized cancer support and navigation services by phone and online, helping even more people access the care and guidance they need.

We hope you will join us for our annual Gala on Sunday, September 27! The 2026 Elevate and Celebrate Gala will take place at the beautiful Canyon Events Center in San Ramon, in order to raise funds for CSC SF Bay Area's vital mission of providing support services to people impacted by cancer at no cost. Learn more at cancersupport.net.

With gratitude,

— Lucinda

Lucinda Bazile, MPH

Chief Executive Officer

Cancer Support Community San Francisco Bay Area





Elevate & Celebrate Gala

Sunday, September 27 | 4-7:30 pm

You're invited to our Elevate & Celebrate Gala!

Join this beautiful event benefiting Cancer Support Community San Francisco Bay Area's free support programs for cancer patients and their loved ones. The evening will include delicious food and drink and incredible auctions at the picturesque Canyon View Events Center in San Ramon. Tickets and sponsorship opportunities at cancersupport.net.



August is National *Make-A-Will* Month

National Make-A-Will Month encourages all of us to plan for the future. Many supporters have included Cancer Support Community SF Bay Area in their trusts or in another type of legacy gift. Legacy gifts make an impact beyond our lifetime, allowing CSC SF Bay Area to support those facing cancer for years to come. Find resources and more information about how you can include CSC SF Bay Area in your plans at cancersupport.net.

Mondays

Every Monday in July

- 10AM Sunlight Chair Yoga  
- 11:30AM Pilates/Osteo Pilates  
- 1PM Mah Jong 
- 4PM Gentle Restorative Yoga 
- 9:30PM Nurturing Evening Reiki and Theta Meditation 

JULY 6

- 5PM Meditation Immersion (3 of 4) 
- 6PM Holistic Healing for African American Women Impacted by Cancer Series 

JULY 13

JULY 20

JULY 27

Tuesdays

Every Tuesday in July

- 9:30AM Yoga 
- 1:15PM Knitting Circle 
- 1:30PM Moving for Life  
- 3:15PM Gentle Yoga/Urban Zen 

JULY 7

- 1PM Chef's Table with Chandra 
- 4PM Finding the Missing Pieces (Part 1) 
- 5:30PM Jin Shin Jyutsu Self Help 

JULY 14

- 3PM Hula Fit  
- 5PM Exploring Self Love & Compassion 

JULY 21

- 1PM Chef's Table with Chandra  
- 4PM Finding the Missing Pieces (Part 2) 
- 5:30PM Jin Shin Jyutsu Self Help 

JULY 28

- 3PM Hula Fit  

Wednesdays

Every Wednesday in July

- 9:15AM Yoga  
- 9:30AM Contemplative Practices 
- 1PM Tai Chi Chih  
- 3PM Integral Tai Chi 
- 5PM Therapeutic Yoga 
- 9:30PM Nurturing Evening Reiki and Theta Meditation 

JULY 1

- 2PM Daily Wellness Practices  

JULY 8

- 5:30PM Strength and Stability for Oncology Patients (1 of 4) 
- 6PM Sound Healing Series 

JULY 15

- 2PM Yoga Basics  
- 4PM Speaking Your Doctors Language 
- 5:30PM Strength and Stability for Oncology Patients (2 of 4) 

JULY 22

- 5:30PM Strength and Stability for Oncology Patients (3 of 4) 

JULY 29

- 5:30PM Strength and Stability for Oncology Patients (4 of 4) 
- 6PM Mind-body Skills Toolbox: Self-Hypnosis for Deep Relaxation 

JULY 2026

WORKSHOPS & CLASSES



Virtual



In-Person

Thursdays

Every Thursday in July

- 9:00AM Chair Yoga
- 9:30AM Self Reiki & Meditation
- 12:30PM Lunch Bunch (Antioch)
- 4PM Essentrics-Classic Stretch
- 5:30PM Yoga

Fridays

Every Friday in July

- 8:30AM Strengthening Class
*no class last Fri of the month
- 9:30AM Qigong
*no class last Fri of the month
- 3:30PM Individual Guided Stretch and Release
- 4PM Yoga Nidra
- 6PM Line Dance

Saturdays

Every Saturday in July

- 8:30AM Yoga Flow

JULY 2

- 11AM Garden of Books Book Club
- 5PM Meditation Immersion (2 of 4)

JULY 3

HOLIDAY
(No programs)

JULY 4

HOLIDAY
(No programs)

JULY 9

- 11AM Healing Expressions Series
- 5PM Meditation Immersion (4 of 4)
- 6PM Hypnosis for Pain Relief & Healing

JULY 10

- 11AM Individual Healing Touch
- 1PM Creative Art Journaling
- 3PM Sing Along with Ukes and You

JULY 11

- 10AM Family Resilience and Connection Program
- 1PM Roll, Release, Relax, & Restore

JULY 16

- 3PM African Drumming
- 5PM Feldenkrais Awareness Through Movement

JULY 17

- 10:30AM Joyful Circle Dance
- 2PM Boosting Wellness Naturally: Crafting Elderberry Syrup for Immune Support

JULY 18

- 11AM Nutrition and Cancer Treatment
- 11AM Summer Wellness Series at Berkeley Bowl West
- 1PM Writing It All Down

JULY 23

- 11AM Healing Expressions Series
- 4PM Healthy Cooking: Tips, Techniques and Recipes
- 6PM Coping with Caregiving

JULY 24

- 11AM Individual Acupressure
- 1PM Creative Art Journaling

JULY 25

- 9AM Nourish and Renew - Saturday Wellness
- 10AM Eating the Mediterranean Way
- 1PM Urban Zen Restorative Practice

JULY 30

- 3PM Eating Well Through and Beyond Cancer
- 5PM Mind-Body Wellness for Women: Exploring the Koshas Series

JULY 31

- 1PM Lifelong Medical Workshop
- 2PM Zen Doodle

AUGUST 2026

WORKSHOPS & CLASSES

Mondays

Every Monday in August

- 10AM Sunlight Chair Yoga  
- 11:30AM Pilates/Osteo Pilates  
- 1PM Mah Jong 
- 4PM Gentle Restorative Yoga 
- 9:30PM Nurturing Evening Reiki and Theta Meditation 

Tuesdays

Every Tuesday in August

- 9:30AM Yoga 
- 1:15PM Knitting Circle 
- 1:30PM Moving for Life  
- 3:15PM Gentle Yoga/Urban Zen 

Wednesdays

Every Wednesday in August

- 9:15AM Yoga  
- 9:30AM Contemplative Practices 
- 1PM Tai Chi Chih  
- 3PM Integral Tai Chi 
- 5PM Therapeutic Yoga 
- 9:30PM Nurturing Evening Reiki and Theta Meditation 

AUGUST 3

- 6PM Holistic Healing for African American Women Impacted by Cancer Series 

AUGUST 4

- 1PM Chef's Table with Chandra 
- 5:30PM Jin Shin Jyutsu Self Help 

AUGUST 5

- 2PM Daily Wellness Practices  

AUGUST 10

AUGUST 11

- 3PM Hula Fit  
- 6PM Cannabis and Ratios: A Cancer Wellness Workshop 

AUGUST 12

- 6PM Sound Healing Series 

AUGUST 17

AUGUST 18

- 1PM Chef's Table with Chandra  
- 5PM Mind-Body Wellness for Women: Exploring the Koshas Series 
- 5:30PM Jin Shin Jyutsu Self Help 

AUGUST 19

- 2PM Yoga Basics  

AUGUST 24

AUGUST 25

- 3PM Hula Fit  
- 6PM Colorectal Cancer Under 50: Understanding the Rising Trend 

AUGUST 26

AUGUST 31

AUGUST 2026

WORKSHOPS & CLASSES



Virtual



In-Person

Thursdays

Every Thursday in August

- 9:00AM Chair Yoga
- 9:30AM Self Reiki & Meditation
- 12:30PM Lunch Bunch (Antioch)
- 4PM Essentrics-Classic Stretch
- 5:30PM Yoga

AUGUST 6

- 11AM Garden of Books Book Club
- 5PM Somatic Basics

AUGUST 13

- 11AM Healing Expressions Series

AUGUST 20

- 3PM African Drumming
- 6PM Lovingkindness Meditation: Expanding Kindness and Compassion

AUGUST 27

- 11AM Healing Expressions Series
- 4PM Healthy Cooking: Tips, Techniques and Recipes
- 6PM Support for Your Mind: Managing Stress & Emotions

Fridays

Every Friday in August

- 8:30AM Strengthening Class
*no class last Fri of the month
- 9:30AM Qigong
*no class last Fri of the month
- 3:30PM Individual Guided Stretch and Release
- 4PM Yoga Nidra
- 6PM Line Dance

AUGUST 7

- 11AM Eating for Healing
- 1PM Qigong & Self-Help Acupressure for Cancer Patients and Caregivers Series
- 2PM Herbal Salve Making
- 3PM Somatics Mindfulness Series (1 of 5)

AUGUST 14

- 11AM Individual Healing Touch
- 1PM Creative Art Journaling
- 1PM Qigong & Self-Help Acupressure for Cancer Patients and Caregivers Series
- 3PM Sing Along with Ukles and You
- 3PM Somatics Mindfulness Series (2 of 5)

AUGUST 21

- 10:30AM Joyful Circle Dance
- 1PM Qigong & Self-Help Acupressure for Cancer Patients and Caregivers Series
- 3PM Somatics Mindfulness Series (3 of 5)

AUGUST 28

- 12:30PM Understanding Grief & Loss
- 1PM Creative Art Journaling
- 3PM Somatics Mindfulness Series (4 of 5)

Saturdays

Every Saturday in August

- 8:30AM Yoga Flow

AUGUST 1

- 10:30AM Joyful Circle Dance
- 1PM Urban Zen Restorative Practice

AUGUST 8

- 10AM Family Resilience and Connection Program
- 1PM Roll, Release, Relax, & Restore

AUGUST 15

- 11AM Nutrition for Survivorship
- 1PM Writing It All Down

AUGUST 22

- 10AM Eating the Mediterranean Way

AUGUST 29

SEPTEMBER 2026

WORKSHOPS & CLASSES

 Virtual  In-Person

Mondays

Every Monday in September

- 10AM Sunlight Chair Yoga  
- 11:30AM Pilates/Osteo Pilates  
- 1PM Mah Jong 
- 4PM Gentle Restorative Yoga 
- 9:30PM Nurturing Evening Reiki and Theta Meditation 

Tuesdays

Every Tuesday in September

- 9:30AM Yoga 
- 1:15PM Knitting Circle 
- 1:30PM Moving for Life  
- 3:15PM Gentle Yoga/Urban Zen 

SEPTEMBER 1

- 1PM Chef's Table with Chandra 
- 5:30PM Jin Shin Jyutsu Self Help 

SEPTEMBER 8

- 3PM Hula Fit  
- 6PM Chakra Meditation: Opening and Managing Life Force Energies 

SEPTEMBER 15

- 1PM Chef's Table with Chandra  
- 5:30PM Jin Shin Jyutsu Self Help 

SEPTEMBER 22

- 3PM Hula Fit  
- 5PM Mind-Body Wellness for Women: Exploring the Koshas Series 

SEPTEMBER 29

Wednesdays

Every Wednesday in September

- 9:15AM Yoga  
- 9:30AM Contemplative Practices 
- 1PM Tai Chi Chih  
- 3PM Integral Tai Chi 
- 5PM Therapeutic Yoga 
- 9:30PM Nurturing Evening Reiki and Theta Meditation 

SEPTEMBER 2

- 2PM Daily Wellness Practices  

SEPTEMBER 9

SEPTEMBER 7

HOLIDAY
(No programs)

SEPTEMBER 14

- 11AM Mindfulness Meditation (1 of 8) 
- 6PM Holistic Healing for African American Women Impacted by Cancer Series 

SEPTEMBER 21

- 11AM Mindfulness Meditation (2 of 8) 

SEPTEMBER 28

- 11AM Mindfulness Meditation (3 of 8) 

SEPTEMBER 16

- 2PM Yoga Basics  
- 5PM Many Faces of Gynecologic and Ovarian Cancer 

SEPTEMBER 23

- 5PM Community Cook Along 

SEPTEMBER 30

- 6PM Sound Healing Series 

SEPTEMBER 2026

WORKSHOPS & CLASSES



Virtual



In-Person

Thursdays

Every Thursday in September

- 9:00AM Chair Yoga 
9:30AM Self Reiki & Meditation 
12:30PM Lunch Bunch (Antioch) 
4PM Essentrics-Classic Stretch
 
5:30PM Yoga 

Fridays

Every Friday in September

- 8:30AM Strengthening Class  
*no class last Fri of the month
9:30AM Qigong  
*no class last Fri of the month
3:30PM Individual Guided
Stretch and Release 
4PM Yoga Nidra 
6PM Line Dance 

Saturdays

Every Saturday in September

- 8:30AM Yoga Flow 

SEPTEMBER 3

- 11AM Garden of Books
Book Club 

SEPTEMBER 4

- 11AM Eating for Healing 
3PM Somatics Mindfulness
Series (5 of 5)  

SEPTEMBER 5

- 10:30AM Joyful Circle Dance 
1PM Urban Zen Restorative
Practice 

SEPTEMBER 10

- 11AM Healing Expressions
Series 
6PM Hypnosis for Pain Relief
and Healing 

SEPTEMBER 11

- 11AM Individual Healing
Touch 
1PM Creative Art Journaling 
3PM Sing Along with Ukes
and You 

SEPTEMBER 12

- 10AM Family Resilience and
Connection Program 
1PM Roll, Release, Relax,
& Restore 

SEPTEMBER 17

- 3PM African Drumming 
5PM Feldenkrais Awareness
Through Movement 

SEPTEMBER 18

- 10:30AM Joyful Circle Dance  

SEPTEMBER 19

- 11AM Nutrition and Cancer
Treatment 
1PM Writing It All Down 

SEPTEMBER 24

- 11AM Healing Expressions
Series 
4PM Healthy Cooking: Tips,
Techniques and Recipes

6PM Peripheral Neuropathy:
Keeping Your Balance &
Independence 

SEPTEMBER 25

- 11AM Individual Acupressure 
1PM Creative Art Journaling 

SEPTEMBER 26

- 10AM Eating the
Mediterranean Way 

CLASS DESCRIPTIONS

JULY, AUGUST, SEPTEMBER 2026

(Full workshop descriptions can be found on our website)

African Drumming

3rd Thursdays at 3:00 PM (Virtual)

Experience this way to get “good vibrations,” boosting immune function and metabolism. Patricia Frame, a talented musician, creates a fun, experiential class. Household items like pots or empty buckets can be used if you don't have a drum at home.

Boosting Wellness Naturally: Crafting Elderberry Syrup for Immune Support

Friday 7/17 at 2:00 PM (In Person)

Join Maxine Younger CYT for a hands-on workshop where you'll learn how to make your own immune-boosting elderberry syrup.

Cannabis and Ratios: A Cancer Wellness Workshop

Tuesday 8/11 at 6:00 PM (Virtual)

With Falguni Dave, HerbNJoy. This cancer wellness workshop will provide valuable information on how to thoughtfully layer cannabis into your wellness and healing journey.

Chakra Meditation: Opening and Managing Life Force Energies

Tuesday 9/8 at 6:00 PM (Virtual)

With Cynthia McDonald, PhD, CMHT. Explore Eastern perspectives on energy and well-being, and learn a simple meditation designed to help clear, balance, and restore your life force energy.

Chef's Table with Chandra

1st Tuesdays at 1:00 PM (Virtual)

3rd Tuesdays at 1:00 PM (Hybrid)

With Chef Chandra Collins. Explore different plant-based recipes and learn tips and techniques using healing foods to maintain strength and boost immunity. Join us on the 3rd Tuesdays for an immersion class and the opportunity to taste her dishes in person at our Walnut Creek location!

Colorectal Cancer Under 50: Understanding the Rising Trend

Tuesday 8/25 at 6:00 PM (Virtual)

Join a multidisciplinary team of oncology experts for an important discussion on the rising incidence of colorectal cancer in adults under 50.

Community Cook Along

Wednesday 9/23 at 5:00 PM (Virtual)

Join Holistic Nutrition Consultant Susie White from your home kitchen to prepare two-meal dishes, with a detailed shopping and equipment list provided in advance.

Coping with Caregiving

Thursday 7/23 at 6:00 PM (Virtual)

Caregiving for someone you love with cancer can be immensely rewarding and incredibly challenging. Join Margaret Stauffer, LMFT, as we discuss coping strategies, increasing resilience, tapping into resources, setting boundaries, and fostering compassion for ourselves and those we care for. We'll also look at ways to decrease compassion fatigue.

Creative Art Journaling

2nd and 4th Fridays at 1:00 PM (In Person)

No art experience necessary. Colored pens, pencils, chalk, pastels, watercolors will be available for this journey into imagination, dreams, creativity, and visualization. With R Consuelo Inez, certified sound and music therapist, art curator and consultant.

Daily Wellness Practices

1st Wednesdays at 2:00 PM (Hybrid)

Join Ayurvedic Coach Dana Chloe Morgan to explore tools and techniques that harmonize mind, body, soul, and senses, striving for the blissful equilibrium known as “svastha.”

Eating for Healing

Friday 8/7 and 9/4 at 11:00 AM (Virtual)

Join Holistic Nutrition Consultant Susie White as she demonstrates nutritious recipes featuring ingredients with healing and disease prevention benefits.

Eating the Mediterranean Way

Saturday 7/25, 8/22, 9/26 at 10:00 AM (Virtual)

Join Camila Loew, PhD, Certified Nutrition Consultant, and trained chef and culinary instructor, from Spain, as she demonstrates delicious recipes based on the Mediterranean diet.

Eating Well Through and Beyond Cancer

Thursday 7/30 3:00 PM (Virtual)

Join Laura Pole, oncology nurse and culinary expert to learn practical strategies for selecting and preparing delicious, nourishing foods that support overall health and well-being during and beyond cancer.

Exploring Self Love & Compassion

Tuesday 7/14 at 5:00 PM (Virtual)

Join Akhila Health facilitator Andrea Nguyen as she invites female participants to explore various self-care practices to restore internal love and instill gentle compassion for ourselves.

Family Resilience and Connection Program

2nd Saturdays at 10:00 AM (In Person)

Formerly 'Kids Circle & Teen Talk'. This monthly program provides children and teens ages 6–18 with a supportive space to connect with peers, express their feelings, and build coping skills while navigating a parent or guardian's cancer diagnosis or loss due to cancer.

Feldenkrais Awareness Through Movement

Thursday 7/16, 9/17 at 5:00 PM (Virtual)

With Naffie Fishbacher, Guild Certified Feldenkrais Teacher. This workshop provides gentle movement explorations that can help you stand straighter, be more flexible, or have fewer aches and pains.

Finding the Missing Pieces

Part 1: Tuesday 7/7 at 4:00 PM (Virtual)

Part 2: Tuesday 7/21 at 4:00 PM (Virtual)

With Debbie Rosenberg, LMFT, CSC Facilitator. This two part workshop focuses on helping you find meaning and purpose. It is designed to enhance your understanding of what is (or isn't) important to you at a time when you are dealing with your own or a loved one's cancer.

Garden of Books Book Club

Thursday, 7/2 at 11:00 AM: Hamnet by Maggie O'Farrell

Thursday 8/6 at 11:00 AM: Brave the Wild River by Melissa Sevigny

Thursday 9/3 at 11:00 AM: My Friends by Fredrik Backman

Healing Expressions Series

2nd and 4th Thursday at 11:00 AM (Virtual)

July Theme: Feeling Uncertainty

August Theme: Cultivating Courage

September Theme: Exploring Creativity for Healing

Healthy Cooking: Tips, Techniques and Recipes

Thursday 7/23, 8/27, 9/24 at 4:00 PM (Virtual)

Linda Carucci, culinary educator, author and chef, demonstrates seasonal recipes imbued with her characteristic tips and professional chef secrets that make cooking fun and enjoyable.

Herbal Salve Making

Friday 8/7 at 2:00 PM (In Person)

With Maxine Younger. Learn to create nourishing, herbal salves promoting comfort and skin wellness with natural ingredients.

Holistic Healing for African American Women Impacted by Cancer Series

Monday 7/6 at 6:00 PM (Virtual): Exploring Spirituality

Monday 8/3 at 6:00 PM (Virtual): Exploring Financial Wellness

Monday 9/14 at 6:00 PM (Virtual): Exploring Mindfulness and Health

Hula Fit

2nd and 4th Tuesdays at 3:00 PM (Hybrid)

Join Mary Medina for Hula Fit- a gentle, adaptive approach to traditional Hawaiian dance, welcoming all bodies and abilities to reconnect with movement, find calm, and experience joyful expression.

Hypnosis for Pain Relief and Healing

Thursday 7/9, 9/10 at 6:00 PM (Virtual)

With Brit Lesnett, Clinical Hypnotherapist. Learn different ways of managing pain through hypnotic techniques.

Jin Shin Jyutsu Self-Help

1st and 3rd Tuesdays at 5:30 PM (Virtual)

With Kathy O'Hare. Learn simple finger pressure applications to your body to strengthen energy and support healing.

Joyful Circle Dance

3rd Fridays at 10:30 AM (Hybrid)

1st Saturdays at 10:30 AM (In Person)

Join Pam Derks for circle dancing, an ancient, meditative dance form that honors the earth and connects dancers, with easy, repetitive steps taught before each dance and no need for partners.

Lovingkindness Meditation: Expanding Kindness and Compassion

Thursday, 8/20 at 6:00 PM (Virtual)

With Cynthia McDonald, PhD, CMHT. Explore the benefits of kindness and compassion through the lens of positive psychology, and practice a meditation designed to cultivate these attitudes and support a more balanced perspective.

Lifelong Medical Workshop

Friday 7/31 at 1:00 PM (In Person)

Many Faces of Gynecologic and Ovarian Cancer

Wednesday 9/16 at 5:00 PM (Virtual)

Learn about the latest surgical techniques, treatment options, supportive care and survivorship issues for gynecologic cancer patients. Please see the online calendar for speaker line up.

CLASS DESCRIPTIONS

JULY, AUGUST, SEPTEMBER 2026

(Full workshop descriptions can be found on our website)

Meditation Immersion (4 Part Series- Virtual)

Part 2: Thursday 7/2 at 5:00 PM

Part 3: Monday 7/6 at 5:00 PM

Part 4: Thursday 7/9 at 5:00 PM

With Cynthia McDonald, PhD, CMHT. If you ever wanted to go deeper with your meditation practice or to establish a more consistent practice of meditation, then this class is for you.

Mind-body Skills Toolbox: Self-Hypnosis for Deep Relaxation

Wednesday 7/29 at 6:00 PM (Virtual)

With Cynthia McDonald, PhD, CMHT. Learn about hypnosis and experience simple self-hypnosis techniques designed to promote deep relaxation and help release tension and anxiety.

Mind-Body Wellness for Women: Exploring the Koshas Series

Thursday 7/30 at 5:00 PM (Virtual): Stress & The Body

Tuesday 8/18 at 5:00 PM (Virtual): Stress & Emotions

Tuesday 9/22 at 5:00 PM (Virtual): Stress & The Mind

Mindfulness Meditation (8-part Series)

Monday 9/14, 9/21, 9/28 at 11:00 AM (Virtual)

With R Inez, CSH, CMT. This mindfulness meditation class supports both new and experienced meditators in reducing stress, improving sleep and clarity, regulating emotions, and cultivating overall well-being through guided and silent practice.

Nourish and Renew- Saturday Wellness

Saturday 7/25 at 9:00 AM (In Person)

Nourish and Renew program offers a balanced experience that includes a gentle wellness activity, a practical educational workshop, a nutrition class, a professionally facilitated support group, and a shared meal to close the gathering in connection and nourishment.

Nutrition and Cancer Treatment

Saturday 7/18, 9/19 at 11:00 AM (Virtual)

Oncology Dietitian Tinrin Chew, RD, will teach what to eat during treatment to help manage chemotherapy, radiation, and immunotherapy while maintaining health.

Nutrition for Survivorship

Saturday 8/15 at 11:00 AM (Virtual)

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 into your diet.

Nurturing Evening Reiki and Theta Meditation

Mondays and Wednesdays at 9:30 PM (Virtual)

Join Bella for a calming evening of Reiki and Theta healing meditation to slow down, soften, and settle into a state of deep relaxation.

Peripheral Neuropathy: Keeping Your Balance & Independence

Thursday 9/24 at 6:00 PM (Virtual) With Adam Matchak, PT, DPT

In this virtual workshop, participants will learn about the causes and symptoms of neuropathy, along with simple strategies to improve stability, reduce fall risk, and support mobility at home and in daily life. Topics will include gentle balance and strengthening exercises, practical home safety tips, and ways to navigate common challenges associated with numbness, tingling, and weakness.

Qigong & Self-Help Acupressure for Cancer Patients and Caregivers Series

Friday 8/7, 8/14, 8/21, 1:00 PM (In Person)

Join Elise Ching and Kaleo Ching, for a Qigong class that combines gentle movement, stress relief, and acupressure for vitality and balance.

Roll, Relax, Release & Restore

2nd Saturdays at 1:00 PM (Virtual)

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

Sing Along with Ukulele and You

2nd Fridays at 3:00 PM (Virtual)

With Kathryn LaMar. Learn to play the ukulele as we sing well-known songs together. First half-hour for first-time beginners — how to hold it, strum it, and finger simple chords. All levels welcome!

Somatic Basics

Thursday 8/6 at 5:00 PM (Virtual)

With Meaghan McVeigh, MA, LMFT. This class blends education with guided movement and breathwork to help you build awareness of how stress shows up in the body and explore practical tools for grounding, relaxation, and self compassion.

Somatics Mindfulness Series

Friday 8/7, 8/14, 8/21, 8/28 and 9/4 at 3:00 PM (Hybrid)

With Meaghan McVeigh, MA, LMFT. This gentle somatics and mindfulness class is designed to support nervous system regulation through breath awareness, grounding practices, mindful movement, and body-based relaxation techniques.

Sound Healing Series

Wednesday 7/8, 6:00 PM (Virtual): Go with the Flow Summer, sizzle and swim.

Wednesday 8/12, 6:00 PM (Virtual): How Rhythm Affects Brainwaves

Wednesday 9/30, 6:00 PM (Virtual): Harvesting Gratitude

Speaking Your Doctors Language

Wednesday 7/15 at 4:00 PM (Virtual)

With Deb Rosenberg, MA, LMFT, CSC Facilitator. Do you feel anxious about meeting with your doctor, knowing time is limited but your questions and concerns are important? This workshop will help you organize and optimize your visits using a customizable template, empowering you to address your most important topics with confidence.

Strength and Stability for Oncology Patients Series (4-part Series)

Wednesday 7/8, 7/15, 7/22, 7/29 at 5:30 PM (In Person)

Join Allison Gervis, RN, OCN, Certified Cancer Exercise Trainer, for a supportive in-person class designed to help cancer patients rebuild strength, improve balance, and boost energy. This gentle, all-level session includes light strength work, stretching, and reflection in a safe, small group setting.

Summer Wellness Series at Berkeley Bowl West

Saturday 7/18 at 11:00 AM (In Person)

Discover the meaning behind “eating the rainbow” and why incorporating a variety of colorful fruits and vegetables is essential for overall health and wellness.

Support for Your Mind: Managing Stress & Emotions

Thursday 8/27 6:00 PM (Virtual) With Eve Bazo, LCSW, CSC Facilitator

Learn how thoughts and behaviors impact emotions and mood; practice a few simple relaxation techniques to help manage stress and anxiety.

Understanding Grief & Loss

Friday 8/28 at 12:30 PM (Virtual) With Eve Bazo, LCSW, CSC Facilitator

We will dig into the 5 stages of grief as well as review a 6th stage. We will review things that those that have had losses commonly experience.

Urban Zen Restorative Practice

Saturday, 7/25, 8/1, 9/5 at 1:00 PM (Virtual)

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

Writing It All Down

Saturday 7/18, 8/15, 9/19 at 1:00 PM (Virtual)

Join author and life coach Peter Dudley in a writing group that fosters creativity, skill improvement, and self-discovery. Enjoy a supportive community focused on storytelling through writing and group discussions.

Yoga Basics

3rd Wednesdays at 2:00 PM (Hybrid)

Join Ayurvedic Lifestyle Coach Dana Chloe Morgan to boost your immune system and realign your body using practices from “Yoga to Support Immunity,” strengthening your lungs and becoming pain-free.

Zen Doodle

Friday 7/31 at 2:00 PM (In Person)

Zen Doodle is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. Follow along with Marcie Christensen as she teaches you this easy drawing style. If you can write your name, you can do this!

INDIVIDUAL SESSIONS *Detailed descriptions available online*

Individual Acupressure

4th Fridays at 11:00 AM (3 appts/In Person)

Individual Healing Touch

Friday 7/10, 8/14, 9/11 at 11:00 AM (2 appts/In Person)

In this 30-minute private session, R Inez, CSH, CMT, offers personalized healing through acupressure, reflexology, and intuitive energy work to promote relaxation, balance, and overall well-being.

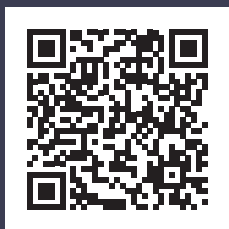
Individual Guided Stretch and Release

Fridays at 3:30 PM (4 appts/In Person)

In this 30-minute private session with Dana Chloe Morgan, you'll experience guided stretching techniques designed to release tension, improve mobility and flexibility, reduce stress, support better sleep, and promote overall well-being.

Our Mission

CSC uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care. Our services are provided at no cost through the generosity of individual and private contributions.



Ways to Give

Recurring Gifts: Give manageable amounts that add up over time.

Leave Your Legacy: Include CSC in your will, trust, or other planned gift.

Donor Advised Funds: Recommend a gift from your DAF.

Vehicle Donation: An unused car or truck can support our community.

Stock or IRA Gifts: Support our mission with potential tax benefits.



“Virtual/hybrid programs makes for an easier way to get together and talk with one another not having to travel to meet up, especially with the people that can't leave their loved ones home alone. I'm thankful for that and it eases people to being together and open up in conversation, but not physically at a place, especially if you're new.”

■ Don, CSC Participant

3276 McNutt Avenue, Walnut Creek, CA 94597

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. If you are interested in joining a support group, **call 925.933.0107 or email Maricela.mbecerra@cancersupport.net** to get started.

Weekly Group Times

Mondays:

6–8PM

Participant Group

Support Person Group

Tuesdays:

11AM–1PM

Weekly Breast Cancer Group

11AM–1PM

Participant Group

Support Person Group

Participant Group

1:30–3:30PM (Combined Patient/Support Person Group-Antioch @ Epic Care)

2–3:30PM Grupo de Apoyo (en Español) en Highland Hospital

4PM Young Adult Group

Wednesdays:

10:30AM–12:30PM

Participant Group

Participant Group

Support Person Group

6–8PM, Grief & Loss Support Group

Networking Group Times

Alone Together Group

2nd & 4th Monday: 1PM

Black, Indigenous, People of Color (BIPOC) Support Person Group

2nd & 4th Tuesday: 5:30PM

Blood Cancers Group

(Blood Cancer United (formerly LLS)
East Bay Adult Family Support Group)
3rd Thursday: 6PM

Brain Tumor Group

3rd Thursday: 6PM

Breast Cancer Groups

1st & 3rd Tuesdays:

6PM (Stages 0–3)

2nd & 4th Tuesdays:

1:30PM (Stages 0–3)

2nd & 4th Tuesdays:

1:30PM (Metastatic)

Grupo de Apoyo (en Español)

2nd & 4th Tuesdays: 10AM

Gynecologic/Ovarian Cancer Group

1st & 3rd Tuesdays: 1:30PM

Imani African American Cancer Support Group

1st & 3rd Wednesday: 6PM

Life Beyond Cancer Group

2nd & 4th Wednesdays: 4PM

LGBTQ+ Cancer Care Support Group

1st & 3rd Thursdays: 11AM

Lung Cancer Group

1st Wednesday: 4PM

Lymphedema Support Group

2nd Tuesday: 5PM

Metastatic Prostate Cancer Group

2nd & 4th Thursdays: 11AM
(1st & 3rd Thursdays in Nov./Dec.)

Neuroendocrine Cancer (NETS) Networking Group

1st Saturday of even months: 1PM
(February, April, June, August, October, December)

ROOTS (Risk, Oncology Options, and Thriving in Solidarity)

1st Thursday: 4PM

Prostate Cancer Group

4th Thursdays: 1PM
(3rd Thursdays in Nov./Dec.)



SCAN TO REGISTER

for all programs or access the online calendar at www.cancersupport.net