



PROGRAM CALENDAR

OCTOBER/NOVEMBER/DECEMBER 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

3276 McNutt Avenue, Walnut Creek, CA 94597
office 925.933.0107 | e-fax 925.955.1604



A Message from the CEO

Dear Friends,

As we enter the final months of the year, Cancer Support Community San Francisco Bay Area has much to celebrate and even more to look forward to.

On September 27th, we will gather for our Elevate & Celebrate Gala, an inspiring evening honoring the strength of our community and the supporters who make our free cancer support programs possible. Please visit our website for tickets and more information.

In honor of Breast Cancer Awareness Month this October, Cancer Support Community will be out and about connecting with communities throughout the Bay Area. If you're interested in having us participate in an event, give a presentation, or share resources with your community or organization, we'd love to hear from you! Our programs and services are always offered at no cost, and we're eager to connect more people impacted by cancer with the support they need.

We expect to have completed construction of our New Cancer Support Center in Lafayette by the end of the year. **Our new address will be: 3939 Mt. Diablo Boulevard, Lafayette, CA 94549.**

In order to prepare for this exciting transition, all programs will be offered virtually during November, December and January, ensuring uninterrupted access to support groups, counseling, education, and all that we offer to the community at no cost.

As we prepare to say goodbye to our longtime Walnut Creek center, we look forward to celebrating the many memories, friendships, and milestones that have made this space so special. Plans are underway for opportunities to gather, celebrate, and honor this important chapter in CSC's history before we transition to our new home. Stay tuned, more details and dates to come!

Thank you for being part of this remarkable chapter. We look forward to celebrating with you and welcoming our community into our new home, come early next year!!

Onwards and Upwards!

- Lucinda

Lucinda Bazile, MPH

Chief Executive Officer

Cancer Support Community San Francisco Bay Area



Did You Know?

Donor Advised Funds (DAF) are one of the fastest-growing ways Americans give to charity?

A DAF offers a charitable giving program that allows you to combine the most favorable tax benefits with the flexibility to support the causes you care about most.

Before the end of the year, consider making a recommendation from your DAF to Cancer Support Community San Francisco Bay Area—or explore whether a DAF could be the right giving tool for you with your financial advisor.

Ways to get started in DAF giving? This year as CSC SF Bay Area moves from the Walnut Creek center to the new cancer support center and campus in Lafayette, consider purchasing a paver through DAF. More information below.

Don't have a financial advisor but interested in learning more? Contact Andy Dunn at adunn@cancersupport.net or 925.953.1213 for a complimentary consultation with me.

Arek Puzia, CPA, CFP, MBA

PathWise, CSC SF Bay Area Volunteer Legacy Advisor



Reserve Your Engraved Paver

A cancer diagnosis doesn't end in the exam room. Neither should support. For over 35 years, Cancer Support Community San Francisco Bay Area has offered free cancer support programs to patients and families across the Bay Area. Our new campus in the East Bay will take advantage of the natural surroundings that research has shown are conducive to healing and will support individuals and families throughout the Bay Area.

When you reserve an engraved paver, you're directly helping create a place where people facing cancer will find connection and support through:

- Support groups and counseling
- Nutrition education
- Children's and teen enrichment programs
- Healing gardens and outdoor spaces
- Wellness classes
- Community



Your personalized paver will become a permanent feature with a lasting impact while helping ensure these programs remain available for families across the entire Bay

<https://cancersupport.net/reserve-your-paver/#reserve-paver>

OCTOBER 2026

WORKSHOPS & CLASSES

 Virtual  In-Person

Mondays

Every Monday in October

- 10AM Sunlight Chair Yoga  
- 11:30AM Pilates/Osteo Pilates  
- 1PM MahJong 
- 4PM Gentle Restorative Yoga 
- 7PM Therapeutic Yoga 
- 9:30PM Nurturing Evening Reiki and Theta Meditation 

OCTOBER 5

- 11AM Mindfulness Meditation (4 of 8) 
- 4PM Uncertainty Now: Holding the Unknown (Participant Series - 1 of 6) 
- 6PM African American Workshop Series 

OCTOBER 12

HOLIDAY

- 4PM Uncertainty Now: Holding the Unknown (Participant Series - 2 of 6) 

OCTOBER 19

- 11AM Mindfulness Meditation (5 of 8) 
- 4PM Uncertainty Now: Holding the Unknown (Participant Series - 3 of 6) 

OCTOBER 26

- 11AM Mindfulness Meditation (6 of 8) 
- 4PM Uncertainty Now: Holding the Unknown (Participant Series - 4 of 6) 

Tuesdays

Every Tuesday in October

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

OCTOBER 6

- 3PM Body Boost  
- 5:30PM Jin Shin Jyutsu Self Help 
- 6PM Many Faces of Breast Cancer Workshop 

OCTOBER 13

- 3PM Hula Fit  
- 6PM Understanding CAR T Cell Therapy 

OCTOBER 20

- 11AM Chef's Table with Chandra- Farmers Market Tour  
- 3PM Body Boost  
- 5:30PM Jin Shin Jyutsu Self Help 

OCTOBER 27

- 3PM Hula Fit  

Wednesdays

Every Wednesday in October

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

OCTOBER 7

- 11AM Individual Acupressure Sessions 
- 2PM Daily Wellness Practices  
- 4PM Cancer Transitions 

OCTOBER 14

- 12PM Self-Acupressure (1 of 3) 

OCTOBER 21

- 2PM Chair Strength and Stretch  
- 4PM Cancer Transitions 

OCTOBER 28

- 6PM Sound Healing 

OCTOBER 2026

WORKSHOPS & CLASSES



Virtual



In-Person

Thursdays

Every Thursday in October

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

OCTOBER 1

- 11AM Garden of Books Book Club
- 6PM Coping with A New Cancer Diagnosis

OCTOBER 8

- 11AM Healing Expressions Series
- 1PM Brain & Body Boost Workshop (At the Lafayette Library)
- 4PM Healthy Cooking: Tips, Techniques and Recipes
- 6PM Hypnosis for Pain Relief & Healing

OCTOBER 15

- 3PM African Drumming
- 6PM Introduction to Jin Shin Jyutsu

OCTOBER 22

- 11AM Healing Expressions Series
- 6PM Living Well After Cancer Treatment

OCTOBER 29

- 6PM Sexual Health & Intimacy After Cancer

Fridays

Every Friday in October

- 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

OCTOBER 2

- 11AM Eating for Healing

OCTOBER 9

- 11AM Individual Healing Touch
- 11AM Lunch and Learn: Hair Replacements 101
- 1PM Creative Art Journaling
- 3PM Sing Along with Ukes and You

OCTOBER 16

- 10:30AM Joyful Circle Dance
- 2PM Fall Pumpkin & Decoupage Bowl Craft

OCTOBER 23

- 11AM Individual Acupressure
- 2PM Succulent Pumpkin Craft

OCTOBER 30

- 1PM Creative Art Journaling

Saturdays

Every Saturday in October

- 8:30AM Yoga Flow

OCTOBER 3

- 1PM Urban Zen Restorative Practice

OCTOBER 10

- 10AM Family Resilience and Connection Program
- 11AM Winter Wellness Series at Berkeley Bowl West
- 1PM Roll, Release, Relax, & Restore

OCTOBER 17

- 9AM Nourish & Renew
- 11AM Nutrition for Survivorship
- 1PM Writing It All Down

OCTOBER 24

- 10AM Eating the Mediterranean Way

NOVEMBER 2026

WORKSHOPS & CLASSES

 Virtual  In-Person

Mondays

Every Monday in November

- 10AM Sunlight Chair Yoga 
- 11:30AM Pilates/Osteo Pilates 
- 4PM Gentle Restorative Yoga 
- 7PM Therapeutic Yoga 
- 9:30PM Nurturing Evening Reiki and Theta Meditation 

Tuesdays

Every Tuesday in November

- 9:30AM Yoga 
- 1:30PM Moving for Life 
- 2:00PM Body Boost 
- 3:15PM Gentle Yoga/Urban Zen 

Wednesdays

Every Wednesday in November

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

NOVEMBER 2

- 11AM Mindfulness Meditation (7 of 8) 
- 4PM Uncertainty Now: Holding the Unknown (Participant Series - 5 of 6) 

NOVEMBER 3

- 5:30PM Jin Shin Jyutsu Self Help 
- 6PM Understanding Grief and Loss 

NOVEMBER 4

- 12PM Self-Acupressure (1 of 3) 
- 2PM Daily Wellness Practices 
- 4PM Cancer Transitions 

NOVEMBER 9

- 11AM Mindfulness Meditation (8 of 8) 
- 4PM Uncertainty Now: Holding the Unknown (Participant Series - 6 of 6) 
- 6PM African American Workshop Series 

NOVEMBER 10

NOVEMBER 11

HOLIDAY
(No programs)

NOVEMBER 16

NOVEMBER 17

- 11AM Chef's Table with Chandra- Farmers Market Tour at Concord Farmers Market  
- 5:30PM Jin Shin Jyutsu Self Help 

NOVEMBER 18

- 2PM Chair Strength and Stretch 
- 4PM Cancer Transitions 
- 5PM Community Cook Along 
- 6PM Sound Healing 

NOVEMBER 23

NOVEMBER 24

NOVEMBER 25

THANKSGIVING HOLIDAY
(No programs)

NOVEMBER 30

All Programs in November and December Will Be Virtual Unless Otherwise Noted

NOVEMBER 2026

WORKSHOPS & CLASSES



Virtual



In-Person

Thursdays

Every Thursday in November

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

NOVEMBER 5

- 11AM Garden of Books
Book Club 
6PM Exploring Your Voice 

NOVEMBER 12

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

NOVEMBER 19

- 3PM African Drumming 
4PM Healthy Cooking: Tips,
Techniques and Recipes

5PM Feldenkrais Awareness
Through Movement 

NOVEMBER 26

THANKSGIVING HOLIDAY

(No programs)

Fridays

Every Friday in November

- 8:30AM Strengthening Class 
*no class last Fri of the month (at
First Presbyterian Church Concord)
9:30AM Qigong 
*no class last Fri of the month (at
First Presbyterian Church Concord)
4PM Yoga Nidra 
6PM Line Dance 

NOVEMBER 6

- 11AM Eating for Healing 
1PM Qigong & Self-Help
Acupressure for Cancer
Patients and Caregivers
Series 

NOVEMBER 13

- 1PM Creative Art Journaling
at Lafayette Library 
1PM Qigong & Self-Help
Acupressure for Cancer
Patients and Caregivers
Series 
3PM Sing Along with Ukes
and You 

NOVEMBER 20

- 10:30AM Joyful Circle Dance 
1PM Qigong & Self-Help
Acupressure for Cancer
Patients and Caregivers
Series 

NOVEMBER 27

THANKSGIVING HOLIDAY

(No programs)

Saturdays

Every Saturday in November

- 8:30AM Yoga Flow 

NOVEMBER 7

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

NOVEMBER 14

- 10AM Family Resilience and
Connection Program
at the Saklan School 
11AM Nutrition and Cancer
Treatment 
11AM Winter Wellness Series at
Berkeley Bowl West 
1PM Roll, Release, Relax,
& Restore 

NOVEMBER 21

- 10AM Eating the
Mediterranean Way 
1PM Writing It All Down 

NOVEMBER 28

THANKSGIVING HOLIDAY

(No programs)

All Programs in November and December Will Be Virtual Unless Otherwise Noted

DECEMBER 2026

WORKSHOPS & CLASSES

 Virtual  In-Person

Mondays

Every Monday in December

- 10AM Sunlight Chair Yoga 
- 11:30AM Pilates/Osteo Pilates 
- 4PM Gentle Restorative Yoga 
- 7PM Therapeutic Yoga 
- 9:30PM Nurturing Evening Reiki and Theta Meditation 

Tuesdays

Every Tuesday in December

- 9:30AM Yoga 
- 1:30PM Moving for Life 
- 2:00PM Body Boost 
- 3:15PM Gentle Yoga/Urban Zen 

DECEMBER 1

- 2PM Spinal Health Workshop (at the Lafayette Library) 
- 5:30PM Jin Shin Jyutsu Self Help 

DECEMBER 8

DECEMBER 15

- 11AM Chef's Table with Chandra- Farmers Market Tour at Concord Farmers Market  
- 5:30PM Jin Shin Jyutsu Self Help 
- 6PM Understanding GLP-1 Use for Cancer Survivors 

Wednesdays

Every Wednesday in December

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

DECEMBER 2

- 2PM Daily Wellness Practices 

DECEMBER 9

- 12PM Self-Acupressure (1 of 3) 

DECEMBER 16

- 2PM Chair Strength and Stretch 
- 5PM Community Cook Along 
- 6PM Sound Healing 

DECEMBER 7

- 6PM African American Workshop Series 

DECEMBER 14

Cancer Support Community will not be offering programs from December 21st through January 2nd, except as indicated for holiday support groups indicated on the back cover.

DECEMBER 2026

WORKSHOPS & CLASSES



Virtual



In-Person

Thursdays

Every Thursday in December

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

Fridays

Every Friday in December

- 8:30AM Strengthening Class 
*no class last Fri of the month (at
First Presbyterian Church Concord)
- 9:30AM Qigong 
*no class last Fri of the month (at
First Presbyterian Church Concord)
- 4PM Yoga Nidra 
- 4PM Line Dance 
(at Lafayette Library)

Saturdays

Every Saturday in December

- 8:30AM Yoga Flow 

DECEMBER 3

- 11AM Garden of Books
Book Club 
- 6PM Self-Care Strategies for
Sustained Caregiving
(Caregivers) 

DECEMBER 4

- 11AM Eating for Healing 
- 1PM Navigating Cancer
Resources & Benefits 

DECEMBER 5

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

DECEMBER 10

- 11AM Healing Expressions
Series 
- 5PM Managing Lymphedema

- 6PM Hypnosis for Pain Relief
& Healing 

DECEMBER 11

- 1PM Creative Art Journaling
at Lafayette Library 
- 3PM Sing Along with Ukes
and You 

DECEMBER 12

- 10AM Family Resilience and
Connection Program
at the Saklan School 
- 11AM Winter Wellness Series at
Berkeley Bowl West 
- 1PM Roll, Release, Relax,
& Restore 

DECEMBER 17

- 3PM African Drumming 
- 4PM Healthy Cooking: Tips,
Techniques and Recipes


DECEMBER 18

- 10:30AM Joyful Circle Dance 
- 1PM Qigong Movement and
Meditation for the
Holidays 

DECEMBER 19

- 10AM Eating the
Mediterranean Way 
- 1PM Writing It All Down 

We will resume programming on Monday, January 4th.
Happy Holidays!

CLASS DESCRIPTIONS

OCTOBER, NOVEMBER, DECEMBER 2026

(Full workshop descriptions can be found on our website)

African American Workshop Series

Monday, 10/5, 11/9, 12/7 at 6:00 PM (Virtual)

With Akhila Health's Shenikah Grandison-Dunkley.

10/5: Exploring Self-Love & Compassion

11/9: Exploring The Edges of Grief

12/7: Exploring Guided Imagery

African Drumming

3rd Thursdays at 3:00 PM (Virtual)

Join Patricia Frame to experience this way to get "good vibrations," boosting immune function and metabolism. Household items like pots or empty buckets can be used if you don't have a drum at home.

Body Boost

1st and 3rd Tuesdays at 3:00 PM in October (Hybrid) and Tuesdays at 2:00 PM in November and December (Virtual)

With Dana Chloe Morgan. Learn techniques to promote relaxation, increase self-awareness, and inspire healthy lifestyle habits—helping you feel sharper, steadier, and more energized in daily life. Open to all levels. No floor work or equipment required.

Brain and Body Boost Workshop (at the Lafayette Library)
Thursday, 10/8 at 1:00 PM (In Person)

Give your brain and body a boost in this engaging workshop that combines gentle, mindful movement with fun brain games.

Cancer Transitions

Wednesday, 10/7, 10/21, 11/4, 11/18 at 4:00 PM (Virtual)

Debbie Rosenberg, LMFT, CSC Facilitator, offers a series to help cancer survivors transition from active treatment to post-treatment care, covering wellness, emotional health, nutrition, activity, and medical management.

Chair Strength and Stretch

3rd Wednesdays at 2:00 PM (October: Hybrid/ November & December: Virtual)

With Dana Chloe Morgan, Certified Personal Trainer and Stretch Trainer. A gentle, accessible class for all levels and abilities. Build strength, improve flexibility, and enhance mobility using a chair for support.

Chef's Table with Chandra- Farmers Market Tour

3rd Tuesdays at 11:00 AM (Hybrid)

Join Chef Chandra to explore the local farmers market, meet vendors, select fresh ingredients, and return to the kitchen to prepare and enjoy a delicious lunch together, celebrating community and seasonal flavors at the local farmers market in Todos Santos Plaza in Concord.

Community Cook Along

Wednesday, 11/18, 12/16 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 A New Cancer Diagnosis

Thursday, 10/1 at 6:00 PM (Virtual)

With Eve Bazo, LCSW, CSC Facilitator. People cope with cancer in different ways. Learn common themes that come with a new cancer diagnosis, practical strategies to cope and think about things differently as well as learn new skills that include utilizing the breath, mindfulness and meditation.

Creative Art Journaling

Fridays, 10/9, 10/30, 11/13, 12/11 at 1:00 PM (In Person- check Online Calendar for Location)

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 (October: Hybrid/ November & December: Virtual)

Explore a variety of supportive wellness and healing modalities to help nurture balance, relaxation, and everyday well-being. Open to all levels and abilities.

Eating for Healing

Friday, 10/2, 11/6 and 12/4 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

Saturdays, 10/24, 11/21, 12/19 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.

Exploring Your Voice

Thursday, 11/5 at 6:00 PM (Virtual)

In this nurturing workshop with Julia Francis, discover simple vocal exercises that will help you open your voice so you can calm your nervous system and find more ease. This class is for anyone desiring to reclaim their authentic voice, experience embodied awareness, and cultivate more joy.

Family Resilience and Connection Program

2nd Saturdays at 10:00 AM (In Person at The Saklan School in November/December)

CSC Therapists provide workshops for families with school-age children (ages 6-18) when a parent has cancer, featuring activity-based groups for children to identify feelings and learn coping skills, a support group for teens, and a group for parents. Each session concludes with lunch and a family activity.

Feldenkrais Awareness Through Movement

Thursday, 11/19 at 5:00 PM (Virtual)

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.

Garden of Books Book Club

October: The Daughter of Time by Josephine Tey

November: Theo of Golden by Allen Levi

December: John of John by Douglas Stuart

Healing Expressions Series

2nd and 4th Thursdays at 11 AM (Virtual)

With Lacey Morris.

October Series: Tools to Express Anger

November Series: Cancer as a Turning Point

December Series: Gratitude Practices

Healthy Cooking: Tips, Techniques and Recipes

Thursday, 10/8, 11/19, 12/17 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.

Hula Fit

Tuesday, 10/13, 10/27 at 3:00 PM (Hybrid)

Hypnosis for Pain Relief and Healing

Thursday, 10/8, 11/12, 12/10 at 6:00 PM (Virtual)

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

Introduction to Jin Shin Jyutsu

Thursday, 10/15 at 6:00 PM (Virtual)

Join Kathleen O'Hare to learn gentle fingertip and hand techniques to balance, strengthen, and relax your body, with special flows designed to support cancer recovery and reduce side effects.

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 (Virtual in Nov. & Dec.)

Join Pam Derks. Joyful Circle dance offers gentle, rhythmic movement that nurtures connection, balance and well-being. Dance steps are set to music from around the world and encourage a calm presence, helping to reduce stress while fostering a sense of belonging and community.

Living Well After Cancer Treatment

Thursday, 10/22 at 6:00 PM (Virtual)

With Eve Bazo, LCSW, CSC Facilitator. The end of treatment can be both stressful and exciting. Get tips on how to manage your emotional health as a cancer survivor, and find the answers to common questions and concerns about life after cancer.

Lunch and Learn: Hair Replacements 101

Friday, 10/9 at 11 AM (Hybrid)

With Rhea Bianco of Celebration Salon. Explore hair replacement options in this workshop designed for individuals experiencing hair loss due to cancer to help you feel comfortable and confident.

Managing Lymphedema (Virtual)

Thursday, December 10 at 5 PM

Lisa Sylvestri, MSPT, CLT-LANA, will teach a class on understanding lymphedema, its signs and symptoms, basic anatomy, prevention strategies, and the gold standard of care.

Many Faces of Breast Cancer Workshop

Tuesday, 10/6 at 6:00 PM (Virtual)

Learn about the latest treatment options, genetic testing, supportive care, and survivorship issues for breast cancer patients.

Mindfulness Meditation (8-part Series)

Mondays, 10/5, 10/19, 10/26, 11/2, 11/9 at 11:00 AM (Virtual)

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. Join R Inez, CSH, CMT to deepen self-awareness and access the benefits of this powerful mind-body tool.

CLASS DESCRIPTIONS

OCTOBER, NOVEMBER, DECEMBER 2026

(Full workshop descriptions can be found on our website)

Navigating Cancer Resources & Benefits

Friday, 12/4 at 1:00 PM (Virtual)

Join Eve Bazo, LCSW and CSC Facilitator to learn how to access programs and benefits such as FMLA, State Disability Insurance (SDI), Medi-Cal, IHSS, and other resources to help you manage work, finances, and daily life during cancer treatment.

Nourish and Renew- Saturday Wellness

Saturday, 10/17 at 9 AM (In Person)

Nourish and Renew is a new quarterly Saturday wellness gathering created for people whose lives have been touched by cancer, including patients in treatment, survivors, caregivers, bereaved, family members, and friends. The 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, 11/14 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, 10/17 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.

Qigong & Self-help Acupressure for Cancer Patients and Caregivers

Friday, 11/6, 11/13 and 11/20 at 1:00 PM (Virtual)

Join certified practitioners Elise and Kaleo Ching for a gentle Qigong class that combines movement, stress relief, and acupressure to promote vitality and balance. Elise, a cancer survivor, shares self-help techniques rooted in Chinese Medicine to help ease nausea, neuropathy, and anxiety during treatment.

Qigong Movement and Meditation for the Holidays

Friday, December 18, 1:00 PM (Virtual)

With Kaleo & Elise Ching. The holidays can bring celebration and joy but also increased demands and expectations. Learn qigong practices to release stress and build resilience. Experience guided qigong meditation to help you relax and restore.

Roll, Relax, Release & Restore

2nd Saturdays at 1 PM (Virtual)

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

Self-Acupressure 3 Part Series with Grace S. Suh, L.Ac.

Wednesday, 10/14, 11/4, 12/9 at 12:00 PM (Virtual)

This 3 Part Series with Grace S. Suh, L.Ac. is in partnership with Cancer Support Community Los Angeles.

Part 1: Nausea and Nervous System Support During Cancer Treatment

Part 2- Self-Acupressure for Hot Flashes and Sleep During Cancer Treatment

Part 3- Self-Acupressure for Joint Pain and Body Aches During Cancer Treatment

Self-Care Strategies for Sustained Caregiving (Caregivers)

Thursday, 12/3 at 6:00 PM (Virtual)

With Adam Matichak, PT, DPT Board-Certified Clinical Specialist in Oncologic Physical Therapy. Join this workshop to learn about realistic, brief self-care practices and reframing self-care as an essential part of caregiving rather than an optional luxury.

Sexual Health & Intimacy After Cancer

Thursday, 10/29 at 6 PM (Virtual)

With Adam Matichak, PT, DPT. Join us for this compassionate, evidence-based discussion of physical, hormonal, and emotional changes affecting intimacy, with tools for communication, rebuilding connection, and exploring adapted approaches to sexual wellbeing.

Sing Along with Ukuleles 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!

Sound Healing

Wednesday, 10/28 at 6:00 PM (Virtual): Ancestor Honoring and Recognition

Wednesday, 11/18 at 6:00 PM (Virtual): The Importance of Hugs and Laughter

Wednesday, 12/16 at 6:00 PM (Virtual): Winter Solstice Soul Renewal

Spinal Health Workshop (at the Lafayette Library)

Tuesday, 12/1 at 2:00 PM (In Person)

A gentle, accessible, fun class to support spinal health, posture, mobility, and body awareness through seated and standing exercises. This is a feel good class! Open to all levels and abilities.

Succulent Pumpkin Craft

Friday, 10/23 at 2:00 PM (In Person)

Get into the fall spirit with Maxine Younger in this festive pumpkin craft class! Create your own decorative pumpkin centerpiece, perfect for autumn gatherings. All pumpkins and materials are provided, just bring your creativity.

Fall Pumpkin & Decoupage Bowl Craft

Friday, 10/16 at 2:00 PM (In Person)

Kick off autumn with a hands-on craft session! We'll make a decoupage bowl with fall napkins and a few cute mini yarn pumpkins—perfect for your seasonal decor. Just bring your creativity (and expect a little glue on your hands!)

Uncertainty Now: Holding the Unknown (Participant Series)

Mondays from at 4:00 PM 10/5-11/9 (Virtual)

With Brian Zacharias, MA, MFT. A 6-session workshop for people living with cancer who are navigating uncertainty, change, and concerns about the future. Through guided reflection, psychoeducation, and supportive discussion, participants will explore anticipatory grief, changes in identity and relationships, fear of future loss, and the emotional impact of living with serious illness. Together, we will make space for difficult emotions while exploring connection, meaning, and what matters now.

Understanding CAR T Cell Therapy

Tuesday, 10/13 at 6 PM (Virtual)

Join Megan Miranda, MS, RN, OCN, Nurse Educator, for an informative introduction to CAR T cell therapy, including how this innovative treatment works, what to expect throughout the treatment process, and potential side effects. Participants will also learn helpful questions and considerations for discussing CAR T cell therapy with their healthcare team.

Understanding GLP-1 Use for Cancer Survivors: What the Evidence Tells Us

Tuesday, 12/15 at 6 PM (Virtual)

With Michelle Kirschner. GLP-1 medications are transforming the conversation around weight management and metabolic health, but what do cancer survivors need to know? Join us for an informative session exploring the latest evidence on GLP-1 therapies, their potential benefits, and important considerations for cancer survivors.

Understanding Grief and Loss

Tuesday, 11/3 at 6:00 PM (Virtual)

With Eve Bazo, LCSW, CSC Facilitator. Gain a deeper understanding of the grieving process by exploring the five stages of grief, the emerging concept of a sixth stage of meaning, and the common emotional and physical experiences that accompany loss.

Urban Zen Restorative Practice

Saturday, 10/3 at 1:00 PM (Virtual)

Saturday, 11/7, 12/5 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.

Winter Wellness Series at Berkeley Bowl West

Saturday, 10/10, 11/14, 12/12 at 11:00 AM (In Person at Berkeley Bowl West)

Discover the meaning behind “eating the rainbow” and why incorporating a variety of colorful fruits and vegetables is essential for overall health and wellness. This class will explore how different nutrients, antioxidants, and phytochemicals support the body, while offering practical tips for building balanced, nourishing meals for both kids and adults.

Writing It All Down

Saturdays, 10/17, 11/21, 12/19 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.

INDIVIDUAL SESSIONS *Detailed descriptions available online*

*Please Note: Individual Sessions will be paused during our move in November, December, and January. Sessions will resume when our new center opens in February.

Individual Acupressure

10/7 and 10/23 at 11 AM (3 appts/In Person)

Individual Healing Touch

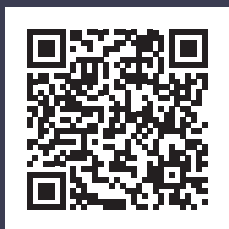
Friday, 10/9 between 11-12:00 PM (2 appts/In Person)

Individual Guided Stretch and Release

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

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.



"Cancer Support Community has been a huge help to me. The support group has made such a difference in my life, to be with those who truly "get it", and it's such a safe space. So much great information and sharing, so many lovely, brave, caring people."

■ Cheryl, 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)

10:00-11:30AM Grupo de Apoyo (en Español) en Highland Hospital

4-6PM 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, 3rd & 4th Mondays: 1PM

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)

Breast Cancer Groups *(continued)*

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.)

Young Adult Support Person Group

1st and 3rd Tuesday 5-7pm



SCAN TO REGISTER

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