

MISSION

We support people facing cancer in our **community** to become **healthier**, live **longer**, and live **better**.

SERVICES

To register for any of our programs, please visit **cancersupport.net** and click **Services > Calendar**

EXPERTISE

Our **licensed and certified** professionals provide **evidence-based** therapies to **complement medical** treatment.

WELCOME

925.951.7279

Nosotros hablamos español.

VIRTUAL SPECIAL PROGRAMS

JUNE/JUNIO 2023

NOTICE

Programs are offered using a hybrid format. You can attend in person at our center or from home via zoom. **For the latest updates, and to register for programs please visit cancersupport.net**

If you are new to Cancer Support Community, please call Zenaida Burgos at 925.951.7279.

LA ESPIRITUALIDAD EN TU CAMINO (EN ESPAÑOL)

Jueves, Junio 15

10:30 am - 11:30 am, Hybrid (in-person and virtual option)

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. *Talleres Híbridos (en-opción presencial y virtual).*

YOGA TO SUPPORT IMMUNITY, PART II

Saturday, June 17

10:30 am - 12:30 pm, Hybrid (in-person and virtual option)

With Dana Chloe Morgan, Yoga Therapist. This class will teach you to realign your body to be pain-free and access deep breathing to strengthen your lungs with this holistic, potent and heart-filled practice into wellness. Appropriate for all levels.

HOW TO KEEP A POSITIVE MINDSET DURING AND AFTER CHALLENGING TIMES

Saturday, June 24

10:30 am - 12:30 pm, Hybrid (in-person and virtual option)

With Wendy Rosenthal, Health Coach. In this class, we will explore how to work with the mind and master a healthy mindset when going through difficult times. We will learn to have a good and right relationship with our past, our body, lifestyle, and ways of being... as well as practices to help us support a more positive outlook in life.

WEEKLY CANCER SUPPORT GROUP

Tuesdays

1:00-3:00 pm, Hybrid (in-person and virtual option)

Support groups have been shown to decrease distress and improve quality of life. Adult group members of different ages and with different types of cancer, or those supporting a loved one with cancer, come together each week to get support and learn from each other.

GRUPO DE APOYO

Martes, Junio 13 y 27

10:00 am, Grupo Híbrido (en-opción presencial y virtual).

Es un lugar para que la gente comparta información, reciba instrucción y se reúna con otros que saben cómo es enfrentar el cáncer. Las personas con cáncer, los supervivientes y los miembros de la familia son bienvenidos. Con Zenaida Burgos, CSC Staff.

TUESDAY	THURSDAY	SATURDAY
	6/1	6/3
	11:30 am - 12:45 pm Gentle Healing Yoga 1 - 2 pm Lunch Bunch 2 - 3 pm Tai Chi Chih	
6/6	6/8	6/10
11 am - 1pm Cooking with Chef Chandra 1 - 3 pm Cancer Support Group	11:30 am - 12:45 pm Gentle Healing Yoga 1 - 2 pm Lunch Bunch 2 - 3 pm Tai Chi Chih	
6/13	6/15	6/17
10 - 11:30 am Grupo de Apoyo (En Español) 11 am - 1pm Cooking with Chef Chandra 1 - 3 pm Cancer Support Group	10:30 am - 11:30 am La Espiritualidad en Tu Camino 11:30 am - 12:45 pm Gentle Healing Yoga 1 - 2 pm Lunch Bunch 2 - 3 pm Tai Chi Chih	10:30 am - 12:30 pm Yoga To Support Immunity Part II
6/20	6/22	6/24
11 am - 1pm Cooking with Chef Chandra 1 - 3 pm Cancer Support Group	11:30 am - 12:45 pm Gentle Healing Yoga 1 - 2 pm Lunch Bunch 2 - 3 pm Tai Chi Chih	10:30 am - 12:30 pm How to Keep A Positive Mindset During and After Challenging Times
6/27	6/29	
10 - 11:30 am Grupo de Apoyo (En Español) 1 - 3 pm Cancer Support Group	11:30 am - 12:45 pm Gentle Healing Yoga 1 - 2 pm Lunch Bunch 2 - 3 pm Tai Chi Chih	

Cancer Support Group: For patients and loved ones. *Hybrid (in-person and virtual option).*

Grupo de Apoyo (en Español): Para pacientes y seres queridos. Grupo Híbrido (en-opción presencial y virtual)

Cooking with Chef Chandra

With Chef Chandra. Explore different plant-based recipes and learn tips and techniques. Healing foods to maintain strength and boost immunity will be discussed. No class 6/27 *Hybrid (in-person and virtual option).*

Gentle Healing Yoga

Designed to help improve range of motion, strength, balance, and well-being. Instructor: Dana Chloe Morgan, Certified Yoga Teacher. *Hybrid (in-person and virtual option).*

Tai Chi Chih: Twenty easy, gentle movements for calmness, balance and self-healing. Instructor: Eddie Roberts.

La Espiritualidad en Tu Camino (en Español)

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. *Talleres Híbridos (en-opción presencial y virtual).*

Yoga to Support Immunity, Part II

With Dana Chloe Morgan, Yoga Therapist. This class will teach you to realign your body to be pain-free and access deep breathing to strengthen your lungs with this holistic, potent and heart-filled practice into wellness. Appropriate for all levels.

How to Keep A Positive Mindset During and After Challenging Times

With Wendy Rosenthal, Health Coach. In this class, we will explore how to work with the mind and master a healthy mindset when going through difficult times. We will learn to have a good and right relationship with our past, our body, lifestyle, and ways of being... as well as practices to help us support a more positive outlook in life.

Lunch Bunch: Connect with others affected by cancer and enjoy a healthy meal.

EAST COUNTY

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Antioch: Lunch Bunch

**Every Thursday,
1:00 pm - 2:00 pm, In-person**

Connect with others affected by cancer and enjoy a healthy meal.

