



PROGRAM CALENDAR

OCTOBER/NOVEMBER/DECEMBER 2025



SCAN TO REGISTER

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

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!

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A Message from the CEO

Dear Cancer Support Community,

As we approach the close of this year's final quarter, we are reminded of the many milestones and moments of gratitude that define our journey.

Among them, we are deeply honored to have been named *Non-Profit of the Year* by California Senator Grayson, a recognition that underscores the dedication, compassion, and excellence our team has brought to the community over the past 35 years.

This year also marks a moment of reflection on our legacy. Founded in 1990 by Shannon McGowan as *The Wellness Community*, our organization began with a pioneering vision: to provide holistic care and support for individuals and families impacted by cancer. Today, as **Cancer Support Community San Francisco Bay Area**, we remain steadfast in that vision while embracing a broader mission: uplifting and strengthening people touched by cancer, fostering compassionate communities, and breaking down barriers to care.

With this mission as our guiding light, we are proud to share that we have embarked on an exciting new chapter—the construction of our new **Cancer Support Center in Lafayette**. This new cancer support center, which we anticipate completing by the end of next year, will allow us to expand services and deepen our impact, ensuring that more individuals and families have access to vital programs at no cost.

As we look to the future, we ask you to continue sharing our resources and programs with anyone who may benefit. Together, we are creating a stronger, more compassionate community for all those affected by cancer.

Community is Stronger than Cancer.

With deep appreciation,

— Lucinda

Lucinda Bazile, MPH
Chief Executive Officer



Double Your Impact —Give Hope Today!

Right now, your donation to **Cancer Support Community SF Bay Area** goes twice as far! An anonymous donor is matching every gift—**dollar for dollar, up to \$5 million—through December 31.**

That means **twice the support, twice the care, and twice the hope** for cancer patients and their loved ones—all thanks to YOU. Make your gift today at cancersupport.net or by calling 925.933.0107, and be the reason someone doesn't face cancer alone.



New Cancer Support Center

Every day, 5,200 people in the US are diagnosed with cancer—by the year 2040, this is anticipated to increase by 49%.

The impact of a cancer diagnosis extends far beyond medical treatment. As many as three out of every four cancer survivors experience symptoms of psychological distress as well as financial issues. These types of issues impact health outcomes and quality of life.

While local medical centers are expanding their cancer centers to meet the growing number of patients and family members, we are building environments to support them outside of the hospital setting.

In 2018, we were gifted a 6-acre parcel of land in a beautiful, natural setting next to the Lafayette Reservoir. The new campus will take advantage of the natural surroundings that research has shown are conducive for healing and will support cancer patients and their families throughout the Bay Area.

Cancer Support Community Receives CA Nonprofit of the Year Recognition

Cancer Support Community San Francisco Bay Area (CSC SF) was selected as a 2025 California Nonprofit of the Year by State Senator Tim Grayson of District 9! CSC SF is one of more than one hundred nonprofits that was honored by their state senators and assemblymembers for their outstanding contributions to the communities they serve.

Learn more about this special recognition at cancersupport.net









OCTOBER 2025

WORKSHOPS & CLASSES

 Virtual  In-Person






Mondays

Every Monday in October

8:30AM Pilates  
10AM Sunlight Chair Yoga  
1PM Mah Jong 
4PM Gentle Restorative Yoga 



Tuesdays

Every Tuesday in October


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

Wednesdays





Every Wednesday in October

9:15AM Yoga  
9:30AM Contemplative Practices 
1PM Tai Chi Chih  
3PM Integral Tai Chi 
5PM Therapeutic Yoga 


OCTOBER 6

4PM Death Binder Essentials- Workshop Series (1 of 6) 

OCTOBER 7

1PM Cooking with Chef Chandra 
5:30PM Jin Shin Jyutsu Self Help 
6PM Daily Wellness Practices  

OCTOBER 8

5PM Strength and Stability for Oncology Patients (2 of 4) 



OCTOBER 13

HOLIDAY
(No programs)


OCTOBER 14

3PM Hula Fit  





OCTOBER 15

5PM Strength and Stability for Oncology Patients (3 of 4) 
5PM Many Faces of Breast Cancer 

OCTOBER 20

4PM Death Binder Essentials- Workshop Series (2 of 6) 

OCTOBER 21







1PM Cooking with Chef Chandra  
5:30PM Jin Shin Jyutsu Self Help 
4PM Speaking Your Doctors Language 

OCTOBER 22



5PM Community Cook Along 

OCTOBER 27

OCTOBER 28

3PM Hula Fit  
4PM End of Life Planning  
6PM Yoga Basics  

OCTOBER 29

4PM Cancer Transitions Series (1 of 4) 
5PM Strength and Stability for Oncology Patients (4 of 4) 

OCTOBER 2025

WORKSHOPS & CLASSES



Virtual



In-Person

Thursdays

Every Thursday in October

- 9:00AM Chair Yoga
- 9:30AM Self Reiki & Meditation
- 12:30PM Lunch Bunch (Antioch)
- 1PM Osteo-Pilates
- 4PM Essentrics-Classic Stretch
- 5:30PM Yoga

OCTOBER 2

- 11AM Garden of Books Book Club
- 2PM Qigong & Self-help Acupressure for Cancer Patients and Caregivers Series (2 of 3)

OCTOBER 9

- 11AM Sacred Journey Circle
- 12:30PM Individual Reiki
- 6PM Hypnosis for Pain Relief & Healing
- 7PM Caregiver Wellness: Preventing Burnout (at Lafayette Library)

OCTOBER 16

- 10:30AM Coffee and Financial Conversation
- 2PM Qigong & Self-help Acupressure for Cancer Patients and Caregivers Series (3 of 3)
- 3PM African Drumming
- 6PM Pelvic Floor Health

OCTOBER 23

- 4PM Healthy Cooking: Tips, Techniques and Recipes

OCTOBER 30

- 1PM Acupressure- Individual Sessions
- 6PM Healing Through Sound: Vibrational Support for the Cancer Journey

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
- 10:30AM Kundalini Chanting Meditation
- 3PM Individual Guided Stretch and Release
- 4PM Yoga Nidra
- 6PM Line Dance

OCTOBER 3

- 11AM Eating for Healing

OCTOBER 10

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

OCTOBER 17

OCTOBER 24

- 1PM Lunch and Learn: Stress to Strength: Micro Moves for Instant Calm (LifeLong Medical in Richmond)

OCTOBER 31

- 11AM Pumpkin Craft Class

Saturdays

Every Saturday in October

- 8:30AM Yoga Flow

OCTOBER 4

- 11AM Circle Dancing
- 10AM Eating the Mediterranean Way

OCTOBER 11

- 10AM Kids Circle & Teen Talk
- 1PM Urban Zen Restorative Practice

OCTOBER 18

- 1PM Writing It All Down

OCTOBER 25

- 11AM Roll, Release, Relax, & Restore
- 11AM Circle Dancing
- 1PM Sound Healing







NOVEMBER 2025

WORKSHOPS & CLASSES

 Virtual  In-Person






Mondays

Every Monday in November

- 8:30AM Pilates  
- 10AM Sunlight Chair Yoga
 
- 1PM Mah Jong 
- 4PM Gentle Restorative Yoga


Tuesdays

Every Tuesday in November

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


Wednesdays

Every Wednesday in November






- 9:15AM Yoga  
- 9:30AM Contemplative Practices

- 1PM Tai Chi Chih  
- 3PM Integral Tai Chi 
- 5PM Therapeutic Yoga 


NOVEMBER 3

- 4PM Death Binder
Essentials- Workshop
Series (3 of 6) 


NOVEMBER 4

- 1PM Cooking with Chef
Chandra 
- 4PM Finding the Missing
Pieces 
- 5:30PM Jin Shin Jyutsu Self Help 
- 6PM Daily Wellness Practices
 

NOVEMBER 5

- 4PM Cancer Transitions
Series (2 of 4) 

NOVEMBER 10

- 4PM Death Binder
Essentials- Workshop
Series (4 of 6) 






NOVEMBER 11

HOLIDAY
(No programs)



NOVEMBER 12

NOVEMBER 17

NOVEMBER 18





- 1PM Cooking with Chef
Chandra  
- 4PM Finding the Missing
Pieces 
- 4PM Understanding your
Medical Insurance 
- 5:30PM Jin Shin Jyutsu Self Help 

NOVEMBER 19

- 4PM Cancer Transitions
Series (3 of 4) 
- 5PM Community Cook Along


NOVEMBER 24

NOVEMBER 25

- 3PM Hula Fit  
- 6PM Yoga Basics  

NOVEMBER 26

**THANKSGIVING
HOLIDAY**
(No programs)

NOVEMBER 2025

WORKSHOPS & CLASSES











Virtual





In-Person

Thursdays





Every Thursday in November

- 9:00AM Chair Yoga 
- 9:30AM Self Reiki & Meditation 
- 12:30PM Lunch Bunch (Antioch) 
- 1PM Osteo-Pilates  
- 4PM Essentrics-Classic Stretch  
- 5:30PM Yoga 




NOVEMBER 6

- 11AM Garden of Books Book Club 
- 6PM Intro to Jin Shin Jyutsu 

NOVEMBER 13

- 11AM Sacred Journey Circle  
- 12:30PM Individual Reiki 
- 6PM Hypnosis for Pain Relief & Healing 

NOVEMBER 20

- 3PM African Drumming 
- 4PM Healthy Cooking: Tips, Techniques and Recipes 
- 6PM Coping with Caregiving 









NOVEMBER 27

THANKSGIVING HOLIDAY




(No programs)

Fridays



Every Friday in November

- 8:30AM Strengthening Class  
*no class last Fri of the month
- 9:30AM Qigong  
*no class last Fri of the month
- 10:30AM Kundalini Chanting Meditation 
- 3PM Individual Guided Stretch and Release 
- 4PM Yoga Nidra 
- 6PM Line Dance 

NOVEMBER 7

- 11AM Eating for Healing 
- 11AM Healing Touch Individual Sessions 
- 1PM Creative Art Journaling 

NOVEMBER 14

- 3PM Sing Along with Ukes and You 
- 3PM Honey Tasting Workshop 

NOVEMBER 21

NOVEMBER 28

THANKSGIVING HOLIDAY

(No programs)



Saturdays

Every Saturday in November



- 8:30AM Yoga Flow 

NOVEMBER 1



NOVEMBER 8

- 10AM Kids Circle & Teen Talk 
- 1PM Sound Healing 

NOVEMBER 15

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

NOVEMBER 22

- 10AM Eating the Mediterranean Way 
- 1PM Roll, Release, Relax, & Restore 

NOVEMBER 29

THANKSGIVING HOLIDAY

(No programs)







DECEMBER 2025

WORKSHOPS & CLASSES




 Virtual  In-Person

Mondays




Every Monday in December

- 8:30AM Pilates  
- 10AM Sunlight Chair Yoga
 
- 1PM Mah Jong 
- 4PM Gentle Restorative Yoga




DECEMBER 1

- 11AM Exploring Chakras-
Workshop Series
(1 of 7) 
- 1PM Yoga Nidra- Workshop
Series (1 of 7) 
- 4PM Death Binder
Essentials- Workshop
Series (5 of 6) 

DECEMBER 8






- 11AM Exploring Chakras-
Workshop Series
(2 of 7) 
- 1PM Yoga Nidra- Workshop
Series (2 of 7) 
- 4PM Death Binder
Essentials- Workshop
Series (6 of 6) 

DECEMBER 15



- 11AM Exploring Chakras-
Workshop Series
(3 of 7) 
- 1PM Yoga Nidra- Workshop
Series (3 of 7) 

Tuesdays





Every Tuesday in December

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





DECEMBER 2

- 1PM Cooking with Chef
Chandra 
- 5:30PM Jin Shin Jyutsu Self Help 

DECEMBER 9

- 3PM Hula Fit  
- 5PM Sound Healing 
- 6PM Compassion and Choices:
The End of Life Option
Act 


DECEMBER 16

- 1PM Cooking with Chef
Chandra  
- 5:30PM Jin Shin Jyutsu Self Help 
- 6PM Demystifying Radiation
Oncology Treatment 


Wednesdays

Every Wednesday in December

- 9:15AM Yoga  
- 9:30AM Contemplative Practices


- 1PM Tai Chi Chih  
- 3PM Integral Tai Chi 
- 5PM Therapeutic Yoga 

DECEMBER 3

- 4PM Cancer Transitions
Series (4 of 4) 

DECEMBER 10

DECEMBER 17

- 5PM Community Cook Along


Cancer Support Community will not be offering programs from December 22nd through January 4th, except as indicated for holiday support groups indicated on the back cover.

DECEMBER 2025

WORKSHOPS & CLASSES











Virtual





In-Person

Thursdays






Every Thursday in December

- 9:00AM Chair Yoga 
- 9:30AM Self Reiki & Meditation 
- 12:30PM Lunch Bunch (Antioch) 
- 1PM Osteo-Pilates  
- 4PM Essentrics-Classic Stretch  
- 5:30PM Yoga 



DECEMBER 4

- 11AM Garden of Books Book Club 
- 6PM Hypnosis for Pain Relief and Healing 

DECEMBER 11









- 10:30PM Coffee and Financial Conversation  
- 11AM Sacred Journey Circle  
- 12:30PM Individual Reiki 

DECEMBER 18


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

Fridays





Every Friday in December

- 8:30AM Strengthening Class  
*no class last Fri of the month
- 9:30AM Qigong  
*no class last Fri of the month
- 10:30AM Kundalini Chanting Meditation 
- 3PM Individual Guided Stretch and Release 
- 4PM Yoga Nidra 
- 6PM Line Dance 

DECEMBER 5

- 4PM CSC Holiday Mixer 

DECEMBER 12

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


DECEMBER 19

Saturdays



Every Saturday in December

- 8:30AM Yoga Flow 



DECEMBER 6

- 10AM Eating the Mediterranean Way 
- 11AM Circle Dancing 
- 1PM Urban Zen Restorative Practice 

DECEMBER 13

- 10AM Kids Circle & Teen Talk 
- 1PM Roll, Release, Relax, & Restore 

DECEMBER 20

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

We will reopen on Monday, January 5th. Happy Holidays!

CLASS DESCRIPTIONS

OCTOBER, NOVEMBER, DECEMBER 2025

Strength and Stability for Oncology Patients

Wednesdays, 10/1, 10/8, 10/15, 10/29 at 5:00 PM (In Person)
Join Allison Gervis, RN, OCN, Certified Cancer Exercise Trainer, for an in-person supportive class designed to help cancer patients rebuild strength, improve balance, and boost energy. This gentle 1-hour session includes a warm-up, light strength circuit, stretching, and reflection. Suitable for all levels—including those experiencing fatigue, neuropathy, or other treatment side effects—participants will gain confidence, mobility, and body awareness in a safe, small-group setting.

Garden of Books Book Club

Thursday 10/2 at 11:00 AM (Virtual): The Poisonwood Bible by Barbara Kingsolver

Thursday 11/6 at 11:00 AM (Virtual): How the Penguins Saved Veronica by Hazel Prior

Thursday 12/4 at 11:00 AM (Virtual): The Lion Women of Tehran by Marjan Kamali

Qigong & Self-help Acupressure for Cancer Patients and Caregivers

Thursdays, 10/2, 10/16 at 2pm (Virtual)
Join Elise Ching, Certified Acupressure Massage Therapist and Certified Clinical Hypnotherapist and Kaleo Ching, Certified Acupressure Massage Therapist, Certified Clinical Hypnotherapist, Certified Medical Qigong Practitioner for a Qigong class that combines gentle movement, stress relief, and acupressure for vitality and balance. A cancer survivor, Elise shares self-help Qigong techniques and acupressure points, based in Chinese Medicine, to ease nausea, neuropathy, and anxiety during treatment.

Eating for Healing

Fridays, 10/3, 11/7, 12/12 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, 10/4, 11/22, 12/6 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.

Circle Dancing

Saturday, 10/4, 10/25, 12/6 at 11:00 AM (In Person)

Join Pam Derks and Robannie Smidebush 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.

Death Binder Essentials- Workshop Series

Mondays, 10/6, 10/20, 11/3, 11/10, 12/1, 12/8 at 4:00pm (Virtual)

When the time comes, your loved ones will already be coping with grief—help ease their burden by preparing now. In this six-week workshop series with Cianna P. Stewart, the founder of Dying Kindness, will guide you step by step through creating a personalized “Death Binder”—a collection of essential documents and decisions your family will need both as you are dying and after your death.

Working sessions will also be scheduled during the off-weeks, so participants can receive support as they complete the work. Please note: This is a series-based program (not drop-in). Participants are encouraged to attend all six sessions, though recordings will be available to review or catch up.

Cooking with Chef Chandra

Tuesday, 10/7, 11/4, 12/2 at 1:00 PM (Virtual)

Tuesday, 10/21, 11/18, 12/16 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!

Jin Shin Jyutsu Self-Help

Tuesday, 10/7, 10/21, 11/4, 11/18, 12/2, 12/16 at 5:30 PM (Virtual)

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

Daily Wellness Practices

Tuesday, 10/7, 11/4 at 6:00 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.”

Sacred Journey Circle

Thursdays 10/9, 11/13, 12/11 at 11:00 AM (Hybrid)

Shamanic journeys offer powerful opportunities for self-empowerment and deeper self-understanding, and in these journey circles, Kathrine LaFleur, intuitive energy worker, guides you in tuning into subtle energies, meeting your power animals, and using the imaginal world to enrich your daily life—no experience required.

Individual Reiki Sessions

Thursdays 10/9, 11/13, 12/11 from 12:30-2:30 PM (In Person)

Kathrine LaFleur, intuitive energy worker, will offer individual Reiki sessions to rebalance the body's energies and support well-being at the Walnut Creek site; sign up via the online calendar.

Hypnosis for Pain Relief and Healing

Thursday, 10/9, 11/13, 12/4 at 6:00 PM (Virtual)

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

Caregiver Wellness: Preventing Burnout

Thursday, 10/9/25 7:00PM (In Person at Lafayette Library)

Being a caregiver can be both meaningful and exhausting, with responsibilities that often feel 24/7. Join Renee Zaloumis, LCSW, to learn practical self-care strategies—sleep, nutrition, movement, connection, and mindfulness—to protect your health and prevent burnout.

Healing Touch Individual Sessions

Fridays, 10/10, 11/7, 12/12 between 11-12:00 PM (In Person)

RC Inez, CSH, CMT will offer individual 30 minute healing sessions, providing our community with personalized support for relaxation and well-being. Sessions may include acupressure, intuitive energy healing, and reflexology, to offer a calming space to restore balance in body and mind.

Creative Art Journaling

Friday, 10/10, 11/7 and 12/12 at 1:00 PM (In Person)

No art experience necessary. Just a Journal and your imagination. If you have art supplies you want to use, feel free to bring them. 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.

Sing Along with Ukuleles and You

Friday 10/10, 11/14, 12/12 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!

Kids Circle & Teen Talk

Saturday, 10/11, 11/8, 12/13 at 10:00 AM (In Person)

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.

Urban Zen Restorative Practice

Saturday, 10/11, 12/6 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.

Many Faces of Breast Cancer

Wednesday, 10/15 at 5:00 PM (Virtual)

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

Coffee and Conversation: Navigating Finances During Cancer

Thursday, 10/16, 12/11 at 10:30 AM (Hybrid)

Join Mary Ballin, Certified Financial Planner, and Ted Porter, Medicare Insurance Professional for an interactive hour focused on questions you have about finances and insurance. This is a hybrid session with coffee and pastries provided!

African Drumming

Thursday 10/16, 11/20, 12/18 at 3:00 PM (Virtual)

Experience this way to get “good vibrations,” boosting immune function and metabolism. Patricia, 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.

Pelvic Floor Health

Tuesday, 10/16 at 6:00 PM (Virtual)

With Chelsea Anjeski, DPT. Cancer treatments have impacts on the pelvic floor and its ability to function. Occurring in men and women at any age, dysfunction of the pelvic floor can look like leaking urine or stool, frequent urination, constipation, difficulty or pain with sexual activity, pain in the genitalia, low back pain, and hip pain. Learn how you can feel better.

Writing It All Down

Saturday, 10/18, 11/15, 12/20 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.

CLASS DESCRIPTIONS

OCTOBER, NOVEMBER, DECEMBER 2025

Speaking Your Doctors Language

Tuesday, 10/21 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.

Community Cook Along

Wednesdays 10/22, 11/19, 12/17 at 5:00PM (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.

Healthy Cooking: Tips, Techniques and Recipes

Thursday, 10/23, 11/20, 12/18 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.

Lunch and Learn: Stress to Strength: Micro Moves for Instant Calm **Friday, 10/24 at 1:00PM (In Person at LifeLong Medical in Richmond)**

Stress doesn't just affect your mood—it impacts your heart, blood pressure, sleep, digestion, and overall health. The good news? Even the smallest shifts can calm your body and protect your well-being. Join CSC Facilitator, Edna Castillo, LMC, Cancer Thriver Coach for this special community presentation in partnership with LifeLong Medical in Richmond.

Roll, Relax, Release & Restore

Saturday, 10/25 at 11:00 AM, Saturday, 11/22 at 1:00 PM, Saturday, 12/13 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.

Sound Healing with R. Consuelo Inez

Saturday, 10/25 at 1:00 PM (Virtual): Connecting with the Spirit of the Unknown

Saturday, 11/8 at 1:00 PM (Virtual): A Time of Personal Reflection

Tuesday, 12/9 at 5:00 PM (Virtual): Winter Solstice Soul Renewal

End of Life Planning

Tuesday, 10/28 at 4:00 PM (Hybrid)

With Renee Zaloumis, LCSW. In this informative workshop with Renee Zaloumis, LCSW, we'll break down important life planning documents—POLST, advance directives, and Five Wishes—so you can clearly understand their purpose and how to complete them. Learn how to make informed decisions about the care and experience you want at the end of life, ensuring your wishes are honored and easing the burden on loved ones.

Cancer Transitions

Wednesday, 10/29, 11/5, 11/19, 12/3 at 4:00 PM (Virtual)

Join 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.

Yoga Basics

Tuesday, 10/28, 11/25 at 6:00 PM (Hybrid)

Not flexible? No worries! Never used a yoga mat? That's perfectly fine! Yoga Basics offers a welcoming space for beginners and those looking to refresh their practice. This class moves at a gentle pace, focusing on proper alignment and breathwork. Come discover the joy of yoga—accessible for everyone!

Acupressure- Individual Sessions

Thursday, 10/30. Between 1pm -3pm (In Person)

With Kaleo Ching, Certified Acupressure Massage Therapist; CCHT Certified Clinical Hypnotherapist; CMQG, Certified Medical Qigong Practitioner. Individual 30-minute sessions offered for acupressure, which releases stress and promotes wellness and healing

Healing Through Sound: Vibrational Support for the Cancer Journey

Thursday, 10/30 at 6:00 PM (Virtual)

Led by Riya Wang, transformational healing coach and vibrational healing teacher, this session supports women navigating cancer through Tibetan singing bowls and guided vibrational alignment. Experience a nurturing space to calm the nervous system, release energetic blocks, and restore emotional and spiritual balance.

Pumpkin Craft Class

Friday, 10/31 at 11:00 AM (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.

Finding the Missing Pieces

Tuesday, 11/4, 11/18 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.

Intro to Jin Shin Jyutsu

Thursday, 11/6 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.

Honey Tasting Workshop

Friday, 11/14 3:00 PM (In Person)

With Chef Chandra Collins. Discover the natural sweetness and healing qualities of honey in this unique workshop designed for those affected by cancer. We'll sample a variety of honeys while learning about their potential benefits, such as soothing sore throats, supporting digestion, boosting energy, and providing antioxidant properties.

Nutrition and Cancer Treatment

Saturday, 11/15 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.

Understanding your Medical Insurance

Tuesday, 11/18 at 4:00 PM (Virtual)

With Mary Ballin, CFP, CDFA. Navigating medical insurance during a cancer diagnosis can be overwhelming, and this presentation will cover the basics, key terminology, essential questions to ask medical providers, and tips for staying organized throughout the process.

Coping with Caregiving

Thursday, 11/20 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.

Chakra and Yoga Nidra Series

Mondays, starting 12/1, ending 1/26 (Virtual)

11AM-12:30 PM: Exploring Chakras; 1-2PM Yoga Nidra

With Cheryl Fenner Brown. Journey through the seven chakras with a blend of movement, breath, mudras, and meditation. Each class pairs a yoga practice designed to open and balance a specific chakra with a guided Yoga Nidra session, offering grounding, release, compassion, clarity, and connection to deeper self-awareness. You're welcome to join the workshop series at any time

CSC Holiday Mixer

Friday, 12/5 at 4:00 PM (In Person)

Join us for CSC's Holiday Mixer, a warm and joyful gathering to celebrate the season with our community of participants, caregivers, and friends. Enjoy light refreshments, conversation, and connection as we close out the year together.

Compassion and Choices: The End of Life Option Act

Thursday, 12/9 at 6:00 PM (Virtual)

With Francie Hornstein, LCSW. This discussion will educate people about the California End of Life Option Act so you may be empowered to make informed choices about end of life care.

Demystifying Radiation Oncology Treatment

Tuesday, 12/16 at 6:00 PM (Virtual) With Renee Zaloumis, LCSW.

This workshop offers practical tips to help you prepare for and move through radiation therapy—whether it's preventative, curative, or palliative. Learn what to expect during treatment, what kinds of assistance and resources can support you along the way, and how to care for yourself physically and emotionally throughout the process.

Nutrition for Survivorship

Saturday, 12/20 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.

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.



Consider Setting Up a Recurring Donation

Recurring donations allow you to give a manageable amount each month that adds up to a larger total contribution over time. This can fit better into your budget and supporting an important mission easier. It's also beneficial to CSC—providing predictable income and allowing us to plan and budget more effectively. You can start today! Visit our website to learn more: cancersupport.net/support-us/donate/



"I am grateful I am for CSC's services. Having the opportunity to meet with other caregivers in similar circumstances with such an excellent facilitator is helpful to me on so many levels. Getting to know the other participants takes time, and makes such a difference - we hear others' journeys, become familiar with their struggles and hopes, and build empathy. The fact that these gatherings are free and unlimited is, well, extraordinary, and makes it possible for me to stay with it."

■ Cindy, 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](mailto:Maricela.mbecerra@cancersupport.net)** to get started.

Weekly Group Times

Mondays:

6-8PM

Participant Group

Support Person Group

Tuesdays:

11AM-1PM, Newly Diagnosed Breast Cancer Group

11AM-1PM

Participant Group

Support Person Group

Participant Group

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

Wednesdays:

10:30AM-12:30PM

Participant Group

Participant Group

Support Person Group

6-8PM, Grief & Loss Group

Networking Group Times

Alone Together Group

2nd Monday: 1PM

4th Monday: 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)

2nd & 4th Tuesdays:

1:30PM (Stages 0-3)

2nd & 4th Tuesdays:

1:30PM (Metastatic)

Gynecologic/Ovarian Cancer Group

1st & 3rd Tuesdays: 1:30PM

Life Beyond Cancer Group

2nd & 4th Wednesdays: 4PM

Lung Cancer Group

1st Wednesday: 4PM

Lymphedema Support Group

1st Saturday: 10AM

Metastatic Prostate Cancer Group

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

Neuroendocrine Cancer (NETS)

Networking Group

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

Responding to Cancer Risk Together

1st Thursday: 4PM

Prostate Cancer Group

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

Young Adult Group

2nd & 4th Tuesdays: 4PM

Holiday Support Group Schedule:

12/22

Grief and Loss Group: 12-2PM

Mixed Participants & Support Persons Group: 6-8PM

12/29

Mixed Participants & Support Persons Group: 12-2PM

Grief and Loss Group: 6-8PM