



CANCER SUPPORT  
**COMMUNITY**  
SAN FRANCISCO  
BAY AREA

## PROGRAM CALENDAR JULY | AUGUST | 2023

### ARE YOU NEW TO CANCER SUPPORT COMMUNITY?

Welcome! We want to connect you with our services as soon as possible. To access our programs, please call 925.933.0107 to set up a Newcomers Meeting via Zoom or in-person.



### IN-PERSON, VIRTUAL & HYBRID PROGRAMS

We have in-person options for many of our programs. Please check our ONLINE calendar for information on which programs are offered in person as well as virtually. For the latest updates, please visit [www.cancersupport.net](http://www.cancersupport.net).

### OUR SERVICES

To register for any of our programs, please visit our website at [www.cancersupport.net](http://www.cancersupport.net) and click on the program calendar.

Full descriptions of all Cancer Support Community programs are accessible in our online calendar.

### OUR PROGRAMS

Our programs include:

- Support Groups
- Networking Groups
- Educational Workshops
- Creative Expression Classes
- Nutrition & Cooking Classes
- Children, Teen, Family Programs
- Social Connections
- Adaptive Movement Classes
- Mind/Body Classes

### OUR MISSION

We are dedicated to ensuring that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Our services are provided at no cost through the generosity of individual and private contributions.

# PROGRAM CALENDAR JULY | 2023

## MONDAY

### EVERY MONDAY IN JULY

- 8:30 am Pilates
- 10 am Sunlight Chair Yoga
- 1 pm American Mah Jong
- 2 pm Qigong
- 3:45 pm The Healing Power of Writing Series
- 5:30 pm Gentle Restorative Yoga
- 7 pm Weekly Groups (2)
- 9 pm Meditation for Sleep

**JULY 3**

**JULY 10**



**JULY 17**

**JULY 24**

**JULY 31**

## TUESDAY

### EVERY TUESDAY IN JULY

- 9:30 am Yoga
- 11 am Newly Diagnosed Breast Cancer Group
- 11 am Weekly Groups (3)
- 11:30 am Arts from the Heart
- 1 pm Antioch Cancer Support Group
- 1:15 pm Knitting Circle
- 1:30 pm Moving for Life
- 3:15 pm Gentle Yoga/Urban Zen

**JULY 4**

CLOSED — Independence Day

**JULY 11**

- 10 am Grupo de Apoyo (en Español)
- 11 am Cooking with Chef Chandra
- 1:30 pm Breast Cancer Group (stages 0–3)
- 1:30 pm Metastatic Breast Cancer Group
- 4 pm Youngish Adult Group
- 6 pm Compassion & Choices: The End of Life Option Act

**JULY 18**

- 11 am Cooking with Chef Chandra
- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm Breast Cancer Group (stages 0–3)
- 6 pm Hypnosis for Pain Relief and Healing

**JULY 25**

- 10 am Grupo de Apoyo (en Español)
- 1:30 pm Breast Cancer Group (stages 0–3)
- 1:30 pm Metastatic Breast Cancer Group
- 4 pm Youngish Adult Group
- 6 pm Yoga to Support Immunity

## WEDNESDAY

### EVERY WEDNESDAY IN JULY

- 9:15 am Yoga
- 9:30 am Contemplative Practices
- 10:30 am Weekly Groups (4)
- 1 pm Tai Chi Chih
- 3 pm Integral Tai Chi Series
- 6 pm Grief & Loss Groups (2)
- 6 pm Weekly Support Person Group

**JULY 5**



**JULY 12**

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

**JULY 19**

- 4 pm Monthly Long-Term Grief & Loss Group
- 6 pm Healing Imagery

**JULY 26**

- 5 pm Feldenkrais Awareness Through Movement

TO REGISTER for any of the special programs, please go to the online calendar. Programs in orange are based in Antioch at 3505 Lone Tree Way, Suite 3 when in person but open to all via Zoom by registering online at [www.cancersupport.net](http://www.cancersupport.net).

# PROGRAM CALENDAR JULY | 2023

## THURSDAY

### EVERY THURSDAY IN JULY

9:30 am Self Reiki & Meditation  
 11 am Mindful Somatic Yoga  
 11:30 am Gentle Healing Yoga  
 1 pm Lunch Bunch  
 1 pm Osteo-Pilates  
 2 pm Tai Chi Chih  
 5:30 pm Yoga

### JULY 6

6 pm Brain Tumor Group  
 11 am Garden of Books Book Club

### JULY 13

11 am Metastatic Prostate Cancer Group  
 5 pm Introduction to Trauma Release Exercise (TRE)

### JULY 20

10:30 am La Espiritualidad en Tu Camino (en Español)  
 3 pm African Drumming  
 6 pm Blood Cancers Group (LLS East Bay Adult Family Support)  
 6 pm Directly Facing Death Group

### JULY 27

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

## FRIDAY

### EVERY FRIDAY IN JULY

10:30 am Kundalini Chanting Meditation  
 11 am Kundalini Yoga  
 4 pm Yoga Nidra  
 6 pm Line Dance

### JULY 7

11 am Eating for Healing

### JULY 14

3 pm Sing Along with Ukes & You



### JULY 21

### JULY 28

## SATURDAY

### EVERY SATURDAY IN JULY

8:30 am Yoga Flow



### JULY 1

10 am Lymphedema Support Group

### JULY 8

10 am Kids Circle & Teen Talk

### JULY 15

10:30 am Introduction to Stress Management  
 11 am Nutrition & Cancer Treatment  
 1 pm Roll, Release, Relax & Restore

### JULY 22

11 am Managing Symptoms & Side Effects  
 1 pm Sound Healing: Summertime SHAKE off the Blues

### JULY 29

10:30 am Stress Management Series Part I  
 11 am Bling and Bloom

**SHORT-TERM COUNSELING:** Counseling is available to members with cancer and their families who may be dealing with issues related to their cancer experience. Counseling is provided by doctoral students under the supervision of a psychologist. To request this service, please call us at (925) 933-0107. Attendance at a Newcomers Meeting and intake is required prior to receiving counseling.

TO REGISTER for any of the special programs, please go to the online calendar. Programs in orange are based in Antioch at 3505 Lone Tree Way, Suite 3 when in person but open to all via Zoom by registering online at [www.cancersupport.net](http://www.cancersupport.net).

# PROGRAM CALENDAR AUGUST | 2023

## MONDAY

### EVERY MONDAY IN AUGUST

- 8:30 am Pilates
- 10 am Sunlight Chair Yoga
- 1 pm American Mah Jong
- 2 pm Qigong
- 3:45 pm The Healing Power of Writing Series
- 5:30 pm Gentle Restorative Yoga
- 7 pm Weekly Groups (2)
- 9 pm Meditation for Sleep



### AUGUST 7

### AUGUST 14

### AUGUST 21

### AUGUST 28

## TUESDAY

### EVERY TUESDAY IN AUGUST

- 9:30 am Yoga
- 11 am Newly Diagnosed Breast Cancer Group
- 11 am Weekly Groups (3)
- 11:30 am Arts from the Heart
- 1 pm Antioch Cancer Support Group
- 1:15 pm Knitting Circle
- 1:30 pm Moving for Life
- 3:15 pm Gentle Yoga/Urban Zen

### AUGUST 1

- 11 am Cooking with Chef Chandra
- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm Breast Cancer Group
- 6 pm Introduction to the Healing Practices of Ayurveda

### AUGUST 8

- 10 am Grupo de Apoyo (en Español)
- 11 am Cooking with Chef Chandra
- 1:30 pm Breast Cancer Group (stages 0-3)
- 1:30 pm Metastatic Breast Cancer Group
- 4 pm Youngish Adult Group
- 6 pm The Five Wishes

### AUGUST 15

- 11 am Cooking with Chef Chandra
- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm Breast Cancer Group
- 6 pm Yoga to Support Immunity

### AUGUST 22

- 10 am Grupo de Apoyo (en Español)
- 11 am Cooking with Chef Chandra
- 1:30 pm Breast Cancer Group (stages 0-3)
- 1:30 pm Metastatic Breast Cancer Group
- 4 pm Youngish Adult Group
- 6 pm Hypnosis for Pain Relief and Healing

### AUGUST 29

- 6 pm Finding the Missing Pieces

## WEDNESDAY

### EVERY WEDS. IN AUGUST

- 9:15 am Yoga
- 9:30 am Contemplative Practices
- 10:30 am Weekly Groups (4)
- 1 pm Tai Chi Chih
- 3 pm Integral Tai Chi Series
- 6 pm Grief & Loss Groups (2)
- 6 pm Weekly Support Person Group

### AUGUST 2

- 4 pm Bead Creative
- 6 pm Emotions & Cancer

### AUGUST 9

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

### AUGUST 16

- 4 pm Monthly Long-Term Grief & Loss Group



### AUGUST 23

- 6 pm Intermittent Fasting & Cancer

### AUGUST 30

- 2 pm Deepening Your TRE Practice
- 5 pm Community Cook-Along

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# PROGRAM CALENDAR AUGUST | 2023

## THURSDAY

### EVERY THURSDAY IN AUGUST

9:30 am Self Reiki & Meditation  
 11 am Mindful Somatic Yoga  
 11:30 am Gentle Healing Yoga  
 1 pm Lunch Bunch  
 1 pm Osteo-Pilates  
 2 pm Tai Chi Chih  
 5:30 pm Yoga

### AUGUST 3

11 am A Garden of Books Book Club  
 6 pm Brain Tumor Group



### AUGUST 10

11 am Metastatic Prostate Cancer Group  
 5:30 pm Coping With A New Cancer Diagnosis

### AUGUST 17

10:30 am La Espiritualidad en Tu Camino (en Espanol)  
 3 pm African Drumming  
 6 pm Blood Cancers Group (LLS East Bay Adult Family Support)  
 6 pm Directly Facing Death Group

### AUGUST 24

11 am Metastatic Prostate Cancer Group  
 1 pm Prostate Cancer Group  
 4 pm Healthy Cooking on a Budget  
 5:30 pm Cancer Resources

### AUGUST 31

## FRIDAY

### EVERY FRIDAY IN AUGUST

10:30 am Kundalini Chanting Meditation  
 11 am Kundalini Yoga  
 4 pm Yoga Nidra  
 6 pm Line Dance

### AUGUST 4

### AUGUST 11

3 pm Sing Along with Ukes & You

### AUGUST 18

### AUGUST 25

## SATURDAY

### EVERY SATURDAY IN AUGUST

8:30 am Yoga Flow



### AUGUST 5

10 am Lymphedema Support Group  
 11 am Eating for Healing  
 1 pm Neuroendocrine Cancer (NETS) Networking Group  
 1 pm Sound Healing: Music to Inspire Creative Art Journaling

### AUGUST 12

10 am Kids Circle & Teen Talk  
 10:30 am Stress Management Series Part II

### AUGUST 19

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

### AUGUST 26

10 am Eating the Mediterranean Way  
 10:30 am Why Radiation Therapy?  
 1 pm Urban Zen



TO REGISTER for any of the special programs, please go to the online calendar. Programs in orange are based in Antioch at 3505 Lone Tree Way, Suite 3 when in person but open to all via Zoom by registering online at [www.cancersupport.net](http://www.cancersupport.net).

# SPECIAL PROGRAMS JULY | AUGUST | 2023

## JULY

### EATING FOR HEALING

Friday: July 7, 11 am

With Susie White, Holistic Nutrition Consultant. Susie will demonstrate easy, healthy, plant-based recipes.

### KIDS CIRCLE & TEEN TALK

Saturday: July 8, 10 am

With CSC Therapists. For families with school age children (ages 6–18) when a parent has cancer. Each workshop has an activity based group for children where they identify feelings and learn coping skills; a support group for teens; and a group for parents. The session ends with lunch and a family activity.

### COMPASSION & CHOICES:

#### THE END OF LIFE OPTION ACT

Tuesday: July 11, 6 pm

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

### INTRODUCTION TO TRAUMA RELEASE EXERCISE (TRE)

Thursday: July 13, 5 pm

With Jenny Schneider, Certified TRE Provider. Our muscles serve as storehouses for emotional memory. TRE guides you through a way of fatiguing muscles surrounding the body's emotional center, setting off a reaction that triggers a reset of the autonomic nervous system, leaving you calm and relaxed.

### INTRODUCTION TO STRESS MANAGEMENT

Saturday: July 15, 10:30 am

With Zoe Peltz, Akhila Health. Learn to identify stressors and recognize emotions. Strategies include breathwork, gentle movements, visualization, meditation, arts/crafts and self-compassion/gratitude.

### NUTRITION & CANCER TREATMENT

Saturday: July 15, 11 am

With Tinrin Chew, RD, Oncology Dietitian. Learn what to eat during treatment to help you regain and maintain health.

### ROLL, RELEASE, RELAX & RESTORE

Saturday: July 15, 1 pm

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

### HYPNOSIS FOR PAIN RELIEF & HEALING

Tuesday: July 18, 6 pm

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

### HEALING IMAGERY

Wednesday: July 19, 6 pm

With Cynthia McDonald, PhD. Learn about the mind-body connection and how we can use meaningful, positive imagery for deep relaxation and support the healing process.

### LA ESPIRITUALIDAD EN TU CAMINO (EN ESPAÑOL)

Jueves: Julio 20, 10:30 am

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.

### MANAGING SYMPTOMS & SIDE EFFECTS

Saturday: July 22, 11 am

With Allison Gervis, OCN. Learn strategies to manage treatment side effects such as fatigue, anemia, infection, skin rashes, nausea and pain to optimize quality of life during and after treatment.

### SOUND HEALING: SUMMERTIME SHAKE OFF THE BLUES

Saturday: July 22, 1 pm

Shake, rattle and release with the beat of the drum, let all your cares melt off the shoulders! R. Consuelo Inez, certified sound healer and intuitive medicine-woman leads a fun exhilarating releasing movement session followed by a gentle heart opening shamanic journey to allow connection within your inner truth.

### YOGA TO SUPPORT IMMUNITY

Tuesday: July 25, 6 pm

With Dana Chloe Morgan, Yoga Therapist. Boost your immune system with practices based on the book "Yoga to Support Immunity". Learn to realign your body to be pain-free and strengthen your lungs with the potent and heart-filled practice.

### FELDENKRAIS AWARENESS THROUGH MOVEMENT

Wednesday: July 26, 5 pm

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

### HEALTHY COOKING ON A BUDGET

Thursday: July 27, 4 pm

With Linda Carucci, Chef, Cookbook Author. Enjoy seasonal plant-forward recipes imbued with Linda's characteristic tips and professional chef secrets that make cooking fun and enjoyable.

### STRESS MANAGEMENT SERIES, PART I

Saturday: July 29, 10:30 am

With Courtney Marchesani, Akhila Health. Explore the six doshas and associated mind-body practices to help you to manage your stress. We'll focus on identifying stressors and how they affect our bodies and emotions.

### BLING AND BLOOM

Saturday: July 29, 11 am

Paint, draw or trace your choice of summer flowers, and decorate them with metallic paint, glitter, fake rhinestone beads and other materials. These can be used for small paintings or gift cards. Supplies will be provided, or bring your own, including collage items, watercolor, colored pencils or other.

## AUGUST

### INTRODUCTION TO THE HEALING PRACTICES OF AYURVEDA

Tuesday: August 1, 6 pm

With Dana Chloe Morgan. Learn how to identify your Ayurveda mind-body type, what the benefits are and how to implement simple habits into your daily routine based on Ayurvedic principles to support healing and well-being.

### BEAD CREATIVE

Wednesday: August 2, 4 pm

With Pam Taylor, artist. Design your own bracelet using stone and crystal. Everything is provided in this fun, interactive class.

### EMOTIONS & CANCER

Wednesday: August 2, 6 pm

With Renee Drolet, MD, Psychiatrist. Learn about treatment of commonly occurring issues when facing cancer diagnosis and treatment—adjustment-related mood symptoms, fatigue, cognitive challenges, coping with uncertainty, spiritual/existential distress, and when to use medications to manage depression and anxiety.

### EATING FOR HEALING

Saturday: August 5, 11 am

See July 7 program description.

### SOUND HEALING: MUSIC TO INSPIRE CREATIVE ART JOURNALING

Saturday: August 5, 1 pm

Stimulate awareness while listening to organic sounds and musical renderings to inspire creativity. Have your journal to document your journey. R. Consuelo Inez is a certified sound healer who will guide you into an evocative, explosion of visions to allow the flow of art to emerge.

# SPECIAL PROGRAMS JULY | AUGUST

## THE FIVE WISHES

Tuesday: August 8, 6 pm

With Michelle Russell and Delinda Brown, Hope Hospice. Learn how to create a living will that helps you express your wishes in areas that matter most.

## COPING WITH A NEW CANCER DIAGNOSIS

Thursday: August 10, 5:30 pm

With Eve Bazo, LCSW, CSC Facilitator. Disbelief, fear, anger, shock. 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.

## KIDS CIRCLE & TEEN TALK

Saturday: August 12, 10 am

See July 8 program description.

## STRESS MANAGEMENT SERIES, PART II

Saturday: August 12, 10:30 am

With Courtney Marchesani, Akhiila Health. Explore the six doshas and associated mind-body practices to help you to manage your stress. We'll focus on how stress impacts our minds and breathing practices.

## YOGA TO SUPPORT IMMUNITY

Tuesday: August 15, 6 pm

See July 25 program description.

## NUTRITION FOR SURVIVORSHIP

Saturday: August 19, 11 am

With Tinrin Chew, RD, Oncology Dietitian. Learn what to eat after treatment to help you regain and maintain health, and the importance of incorporating cancer fighting foods into your diet.

## ROLL, RELEASE, RELAX & RESTORE

Saturday: August 19, 1 pm

See July 15 program description.

## LA ESPIRITUALIDAD EN TU CAMINO (EN ESPAÑOL)

Jueves: Agosto 17, 10:30 am

Consulte la descripción del programa del 20 de Julio.

## HYPNOSIS FOR PAIN RELIEF & HEALING

Tuesday: August 22, 6 pm

See July 18 program description.

## HEALTHY COOKING ON A BUDGET

Thursday: August 24, 4 pm

See July 27 program description.

## INTERMITTENT FASTING & CANCER

Wednesday: August 23, 6 pm

With Anzonette Pittet, RD, CSO. What if it's not only about what you eat but when you eat? Join Anzonette as she reviews different types of fasting, including time-restricted eating, intermittent fasting and water fasting. Learn how this way of eating can benefit the cancer patient in all phases of treatment.

## CANCER RESOURCES

Thursday: August 24, 5:30 pm

With Eve Bazo, LCSW, CSC Facilitator. Employed and going on medical leave? Not sure what resources or benefits are available? Learn how to navigate resources and benefits such as: FMLA, SDI, Medi-Cal and IHSS.

## EATING THE MEDITERRANEAN WAY

Saturday: August 26, 10 am

With Camila Loew, PhD. From Spain, Camila will demonstrate delicious recipes based on the Mediterranean diet.

## WHY RADIATION THERAPY?

Saturday: August 26, 10:30 am

With Nicola Ally, MD, Epic-Care. Learn about why radiation therapy may be recommended with chemotherapy, before or after surgery or in place of surgery. We'll discuss the different types of radiation that may be recommended along with therapy side effects.

## URBAN ZEN

Saturday: August 26, 1 pm

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

## FINDING THE MISSING PIECES

Tuesday: August 29, 6 pm

With Debbie Rosenberg, LMFT, CSC Facilitator. A cancer diagnosis can feel overwhelming whether you are the patient or a loved one. This 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.

## DEEPENING YOUR TRE PRACTICE

Wednesday: August 30, 2 pm

With Jenny Schneider, Certified TRE Provider. This session is for anyone who has done TRE in the past and would like to deepen and grow their practice by being guided through alternative light stretches and exercises.



*"I feel so supported here. Cancer Support Community is giving me the strength to face each new phase of my cancer. I'm so thankful for this wonderful program."*

— Jorge

## COMMUNITY COOK-ALONG

Wednesday: August 30, 5 pm

With Susie White, Holistic Nutrition Consultant. Join from your home kitchen where we each will prepare dishes that can provide two meals. A detailed shopping and cooking equipment list will be emailed out in advance so we can get cooking together!

## ONGOING PROGRAMS

### THE HEALING POWER OF WRITING

Mondays: 3:45 pm

With Janet Kettelhut, LMFT. Experience a non-judgmental, deep sensing and curious approach to writing to strengthen health and build community. New members may join the first Monday of each month.

### COOKING WITH CHEF CHANDRA

Tuesdays: 11 am

With Chef Chandra Collins. Explore different plant-based recipes and learn tips and techniques using healing foods to maintain strength and boost immunity. No class the last Tuesday of the month.

## SOCIAL CONNECTIONS

### AMERICAN MAH JONG

Mondays: 1 pm

### ARTS FROM THE HEART

Tuesdays: 11:30 am

### KNITTING CIRCLE

Tuesdays: 1:15 pm

### GARDEN OF BOOKS BOOK CLUB

1st Thursday: 11 am

See online calendar for book selections.

### LUNCH BUNCH

Thursdays: 1 pm

### AFRICAN DRUMMING

3rd Thursday: 3 pm

### SING ALONG WITH UKES & YOU

2nd Friday: 3 pm

### SING FOR LIFE

On Hiatus.

**TO REGISTER** for any of the special programs, please go to the online calendar. Programs in orange are based in Antioch at 3505 Lone Tree Way, Suite 3 when in person but open to all via Zoom by registering online at [www.cancersupport.net](http://www.cancersupport.net).



TO JOIN any of the support groups listed, please call us so that we can set up a brief introductory meeting and intake. To register for any of the adaptive movement and mind/body classes, please go to the online calendar. Programs in orange are based in Antioch at 3505 Lone Tree Way, Suite 3 when in person but open to all via Zoom by registering online at [www.cancersupport.net](http://www.cancersupport.net).

## JULY | AUGUST | 2023 | CONTINUED

### 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.

### WEEKLY GROUP TIMES

Mondays: 7–9 pm (2 groups)  
Tuesdays: 11 am, Newly Diagnosed Breast Cancer Group  
Tuesdays: 11 am–1 pm (3 groups)  
**Tuesdays: 1–3 pm (1 group)**  
Wednesdays: 10:30 am–12:30 pm (4 groups)  
Wednesdays: 6 pm, Grief & Loss Group (2 groups)  
Wednesdays: 6 pm, Support Person Group

### NETWORKING GROUP TIMES

**Blood Cancers Group**  
(LLS East Bay Adult Family Support)  
3rd Thursday: 6 pm  
**Brain Tumor Group**  
1st Thursday: 6 pm  
**Breast Cancer Groups**  
1st & 3rd Tuesdays: 6 pm (Stages 0–3)  
2nd & 4th Tuesdays: 1:30 pm (Stages 0–3)  
2nd & 4th Tuesdays: 1:30 pm (Metastatic)  
**Colorectal Cancer Group**  
2nd Wednesday: 4 pm  
**Directly Facing Death Group**  
3rd Thursday: 6 pm  
**Grupo de Apoyo (en Español)**  
2nd & 4th Martes: 10 am  
**Gynecologic/Ovarian Cancer Group**  
1st & 3rd Tuesdays: 1:30 pm  
**Life After Cancer Group**  
2nd Wednesday: 6 pm  
**Lung Cancer Group**  
2nd Wednesday: 4 pm  
**Lymphedema Support Group**  
1st Saturday: 10 am  
**Metastatic Prostate Cancer Group**  
2nd & 4th Thursdays: 11 am  
**Monthly Long-Term Grief & Loss Group**  
3rd Wednesday: 4 pm  
**Neuroendocrine Cancer (NETS) Networking Group**  
Saturday: August 5, 1 pm  
**Prostate Cancer Group**  
4th Thursday: 1 pm  
**Youngish Adult Group**  
2nd & 4th Tuesdays: 4 pm

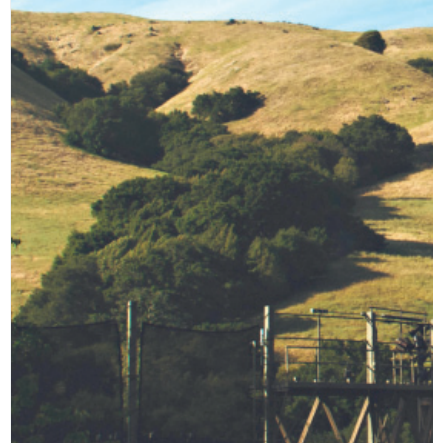
### ADAPTIVE MOVEMENT & MIND BODY CLASSES

**Pilates**  
Mondays: 8:30 am  
**Sunlight Chair Yoga**  
Mondays: 10 am  
**QiGong**  
Mondays: 2 pm  
**Gentle Restorative Yoga**  
Mondays: 5:30 pm  
**Meditation for Sleep**  
Mondays: 9:00 pm  
**Yoga**  
Tuesdays: 9:30 am  
Wednesdays: 9:15 am  
Thursdays: 5:30 pm  
**Moving for Life**  
Tuesdays: 1:30 pm  
**Gentle Yoga & Urban Zen**  
Tuesdays: 3:15 pm  
**Jin Shin Jyutsu Self-Help**  
1st & 3rd Tuesdays: 5:30 pm  
**Contemplative Practices**  
Wednesdays: 9:30 am  
**Tai Chi Chih**  
Wednesdays: 1 pm  
**Integral Tai Chi**  
Wednesdays: 3 pm  
**Self Reiki & Meditation**  
Thursdays: 9:30 am  
**Mindful Somatic Yoga**  
Thursdays: 11 am  
**Gentle Healing Yoga**  
Thursdays: 11:30 am  
**Osteo-Pilates**  
Thursdays: 1 pm  
**Tai Chi Chih**  
Thursdays: 2 pm  
**Kundalini Chanting Meditation**  
Fridays: 10:30 am  
**Kundalini Yoga**  
Fridays: 11 am  
**Yoga Nidra**  
Fridays: 4 pm  
**Line Dance**  
Fridays: 6 pm  
**Yoga Flow**  
Saturdays: 8:30 am



## GALA IN THE GROVE SEPTEMBER 10

Join us for our reimagined Gala Sunday afternoon, September 10, at Cal Shakes in Orinda, CA! For tickets and sponsorship information contact Carol Louisell at [clouisell@cancersupport.net](mailto:clouisell@cancersupport.net) or 925.953.1209.



## DONATE YOUR VEHICLE

Did you know that you can donate your car, truck, motorcycle, boat, or recreational vehicle and support those in your community facing cancer? For more information visit [cancersupport.net/donate](http://cancersupport.net/donate).