



CANCER SUPPORT  
**COMMUNITY**  
SAN FRANCISCO  
BAY AREA

**CSC 33<sup>RD</sup>  
ANNIVERSARY  
BRUNCH+**

**SEPTEMBER 30**

*See page 6 for  
details.*

## PROGRAM CALENDAR | SEPTEMBER | OCTOBER | 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

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.

# PROGRAM CALENDAR SEPTEMBER | 2023

## MONDAY

### EVERY MON. IN SEPTEMBER

- 8:30 am Pilates
- 10 am Sunlight Chair Yoga
- 1 pm American Mah Jong
- 2 pm Qigong
- 5:30 pm Gentle Restorative Yoga
- 7 pm Weekly Groups (2)
- 9 pm Meditation for Sleep

### SEPTEMBER 4

**CLOSED — LABOR DAY**

### SEPTEMBER 11



### SEPTEMBER 18

### SEPTEMBER 25

#### 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.

## TUESDAY

### EVERY TUES. IN SEPTEMBER

- 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

### SEPTEMBER 5

- 11 am **Cooking with Chef Chandra**
- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5 pm Feldenkrais Awareness Through Movement
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm Breast Cancer Group (stages 0-3)

### SEPTEMBER 12

- 11 am **Cooking with Chef Chandra**
- 1:30 pm Breast Cancer Group (stages 0-3)
- 1:30 pm Metastatic Breast Cancer Group
- 4 pm Young Adult Group
- 6 pm Hypnosis for Pain Relief and Healing

### SEPTEMBER 19

- 11 am **Cooking with Chef Chandra**
- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5 pm Introduction to Trauma Release Exercise (TRE)
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm Breast Cancer Group (stages 0-3)
- 6 pm The Healing Power of Greens

### SEPTEMBER 26

- 1:30 pm Breast Cancer Group (stages 0-3)
- 1:30 pm Metastatic Breast Cancer Group
- 4 pm Young Adult Group
- 6 pm Yoga to Support Immunity

## WEDNESDAY

### EVERY WED. IN SEPTEMBER

- 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
- 6 pm Grief & Loss Groups (2)
- 6 pm Weekly Support Person Group

### SEPTEMBER 6

- 6 pm Introduction to the Healing Practices of Ayurveda

### SEPTEMBER 13

- 4 pm Colorectal Cancer Group
- 4 pm Lung Cancer Group
- 6 pm Demystifying Psychedelic Integration
- 6 pm Life After Cancer Group

### SEPTEMBER 20

- 4 pm Monthly Long-Term Grief & Loss Group
- 6 pm Many Faces of Gynecologic Cancer

### SEPTEMBER 27

- 5 pm Community Cook-Along



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 SEPTEMBER | 2023

## THURSDAY

### EVERY THURS. IN SEPTEMBER

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

### SEPTEMBER 7

- 11 am Garden of Books  
Book Club: *Elevation*  
by Stephen King
- 6 pm Brain Tumor Group

### SEPTEMBER 14

- 11 am Metastatic Prostate  
Cancer Group

### SEPTEMBER 21

- 3 pm African Drumming
- 6 pm Blood Cancers Group  
(LLS East Bay Adult Family  
Support)
- 6 pm Directly Facing Death Group

### SEPTEMBER 28

- 11 am Metastatic Prostate  
Cancer Group
- 12 pm Prostate Cancer Lunch  
& Lecture
- 1 pm Prostate Cancer Group
- 6:30 pm The Four Pillars of  
Generational Health

## FRIDAY

### EVERY FRI. IN SEPTEMBER

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

### SEPTEMBER 1

### SEPTEMBER 8

- 3 pm Sing Along with  
Ukes & You

### SEPTEMBER 15

- 1 pm Healing Yoga for Cancer  
Series Start

### SEPTEMBER 22

- 1 pm Healing Yoga for Cancer  
Series



### SEPTEMBER 29

- 1 pm Healing Yoga for Cancer  
Series
- 3:30 pm Sing for Life

## SATURDAY

### EVERY SAT. IN SEPTEMBER

- 8:30 am Yoga Flow



### SEPTEMBER 2

- 10 am Lymphedema Support Group

### SEPTEMBER 9

- 10 am Kids Circle & Teen Talk

### SEPTEMBER 16

- 10:30 am Stress Management Series  
Part III
- 11 am Nutrition & Cancer  
Treatment
- 1 pm Sound Healing: Restoring  
the Art of Forgiveness

### SEPTEMBER 23

- 11 am Eating for Healing
- 1 pm Roll, Release, Relax  
& Restore

### SEPTEMBER 30

- 10 am CSC's 33rd Anniversary  
Brunch and Special Workshop:  
When Cancer Visits
- 10:30 am The Power of Our Body  
Wheel Energy for Optimal  
Health Part I



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# PROGRAM CALENDAR OCTOBER | 2023

## MONDAY

### EVERY MON. IN OCTOBER

- 8:30 am Pilates
- 10 am Sunlight Chair Yoga
- 1 pm American Mah Jong
- 2 pm Qigong
- 5:30 pm Gentle Restorative Yoga
- 7 pm Weekly Groups (2)
- 9 pm Meditation for Sleep

### OCTOBER 2

### OCTOBER 9



### OCTOBER 16

### OCTOBER 23

### OCTOBER 30

## TUESDAY

### EVERY TUES. IN OCTOBER

- 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

### OCTOBER 3

- 11 am **Cooking with Chef Chandra**
- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5:30 pm Jin Shin Jyutsu Self-Help
- 4 pm Digital Sherpa
- 6 pm Breast Cancer Group (stages 0-3)

### OCTOBER 10

- 11 am **Cooking with Chef Chandra**
- 1:30 pm Breast Cancer Group (stages 0-3)
- 1:30 pm Metastatic Breast Cancer Group
- 4 pm Young Adult Group
- 6 pm Hypnosis for Pain Relief and Healing

### OCTOBER 17

- 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 Healing Imagery

### OCTOBER 24

- 11 am **Cooking with Chef Chandra**
- 1:30 pm Breast Cancer Group (stages 0-3)
- 1:30 pm Metastatic Breast Cancer Group
- 4 pm Young Adult Group
- 6 pm Yoga to Support Immunity

### OCTOBER 31

## WEDNESDAY

### EVERY WEDS. IN OCTOBER

- 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
- 6 pm Grief & Loss Group
- 6 pm Weekly Support Person Group

### OCTOBER 4

- 5 pm Feldenkrais Awareness Through Movement

### OCTOBER 11

- 4 pm Colorectal Cancer Group
- 4 pm Lung Cancer Group
- 6 pm Ayurvedic Nutrition for Your Dosha Type
- 6 pm Life After Cancer Group

### OCTOBER 18

- 4 pm Monthly Long-Term Grief & Loss Group
- 6 pm Update on Precision Medicine

### OCTOBER 25

- 6:30 pm Many Faces of Breast Cancer

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 OCTOBER | 2023

## THURSDAY

### EVERY THURS. IN OCTOBER

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

### OCTOBER 5

- 11 am A Garden of Books Book Club: *Guncle* by Steven Rowley
- 5:30 pm Cancer Transitions Series Start
- 6 pm Brain Tumor Group

### OCTOBER 12

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

### OCTOBER 19

- 3 pm African Drumming
- 5:30 pm Cancer Transitions Series
- 6 pm Blood Cancers Group (LLS East Bay Adult Family Support)
- 6 pm Directly Facing Death Group

### OCTOBER 26

- 11 am Metastatic Prostate Cancer Group
- 1 pm Prostate Cancer Group
- 5:30 pm Cancer Resources
- 5:30 pm Cancer Transitions Series End

## FRIDAY

### EVERY FRI. IN OCTOBER

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

### OCTOBER 6

- 1 pm Healing Yoga for Cancer Series

### OCTOBER 13

- 1 pm Healing Yoga for Cancer Series
- 3 pm Sing Along with Ukles & You

### OCTOBER 20

- 1 pm Healing Yoga for Cancer Series



### OCTOBER 27

- 11 am Eating for Healing
- 1 pm Healing Yoga for Cancer Series
- 3:30 pm Sing for Life

## SATURDAY

### EVERY SAT. IN OCTOBER

- 8:30 am Yoga Flow



### OCTOBER 7

- 10 am Lymphedema Support Group
- 11 am Osteo-Pilates 2.0
- 1 pm Neuroendocrine Cancer (NETS) Networking Group
- 1 pm Urban Zen

### OCTOBER 14

- 10 am Kids Circle & Teen Talk
- 10:30 am Psychological Techniques to Deal with a Cancer Diagnosis

### OCTOBER 21

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

### OCTOBER 28

- 10 am Eating the Mediterranean Way
- 10:30 am The Power of Our Body Wheel Energy for Optimal Health Part II
- 1 pm Sound Healing: Connecting with the Spirit of the Unknown

**OPEN TO OPTIONS DECISION SUPPORT:** Recently been diagnosed with a new or recurrent cancer? Do you need to make decisions about treatment options? We offer a question listing service to help you prepare for your upcoming oncology visit. This session helps you communicate clearly with your medical team, ask critical questions about your options, and help ensure that your treatment decision fits your personal concerns, and priorities. To make an appointment, please email Margaret Stauffer, LMFT, at [mstauffer@cancersupport.net](mailto:mstauffer@cancersupport.net).

**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).

## SEPTEMBER

### FELDENKRAIS AWARENESS THROUGH MOVEMENT

**Tuesday: September 5, 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.

### INTRODUCTION TO THE HEALING PRACTICES OF AYURVEDA

**Wednesday: September 6, 6 pm**

With Dana Chloe Morgan, Ayurvedic Health Coach. In this introductory workshop find out what Dosha (body/personality type) you are and discover some simple daily practices that will help you feel better, sleep better, clear your mind, increase your energy, improve digestion and support your wellbeing.

### KIDS CIRCLE & TEEN TALK

**Saturday: September 9, 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.

### HYPNOSIS FOR PAIN RELIEF & HEALING

**Tuesday: September 12, 6 pm**

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

### DEMYSTIFYING PSYCHEDELIC INTEGRATION

**Wednesday: September 13, 6 pm**

With Tomas Frymann, PsyD. We'll explore the ways in which psychedelics are used to improve mental health and cancer related mental distress, risks and benefits of psychedelics use, different types of psychedelics, an in-depth understanding of what psychedelic integration is and how psychedelics use can translate into shifts in personal identity.

### HEALING YOGA FOR CANCER SERIES

**Fridays: Sept. 15 through Nov. 17, 1 pm**

With Cheryl Fenner Brown, C-IAY.T. Learn how yoga boosts immunity and reduces treatment side effects. Experience yoga therapy self-care techniques such as intention, movement, breathing, sound, mudra, and guided visualization. Each week we will focus on a different topic including lymphedema, anxiety, pain, cognitive fog, digestive distress, depression, neuropathy, fatigue, and insomnia.

### STRESS MANAGEMENT SERIES, PART III

**Saturday: September 16, 10:30 am**

With Courtney Marchesani, Akhila Health. Explore the six koshas 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.

### NUTRITION & CANCER TREATMENT

**Saturday: September 16, 11 am**

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

### SOUND HEALING: RESTORING THE ART OF FORGIVENESS

**Saturday: September 16, 1 pm**

R. Consuelo Inez, certified sound therapist, will help guide you to open pathways of the heart of compassion to tap into the awareness to forgive. Calm and balance the nervous system through the beat of the native drum and awaken a deep joy.

### INTRODUCTION TO TRAUMA RELEASE EXERCISE (TRE)

**Tuesday: September 19, 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.

### THE HEALING POWER OF GREENS

**Tuesday: September 19, 6 pm**

With Shell Portner, RN, BSN. Shell will demonstrate both a smoothie and a sauce made with nutrient-packed herbs and veggies. Taste the wonderful results by attending in person.

### MANY FACES OF GYNECOLOGIC CANCER

**Wednesday: September 20, 6 pm**

With Gigi Chen, Medical Oncologist, Sravana Chennupati, Radiation Oncologist, and Sharon Chan, Genetic Counselor. Learn about the latest surgical techniques, treatment options, supportive care and survivorship issues for those with gynecologic cancers.

### EATING FOR HEALING

**Saturday: September 23, 11 am**

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

### ROLL, RELEASE, RELAX & RESTORE

**Saturday: September 23, 1 pm**

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

### YOGA TO SUPPORT IMMUNITY

**Tuesday: September 26, 6 pm**

With Dana Chloe Morgan, Ayurvedic Lifestyle Coach. 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.

### COMMUNITY COOK-ALONG

**Wednesday: September 27, 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!

### PROSTATE CANCER LUNCH & LECTURE

**Thursday: September 28, 12 Noon**

Dr. Chao from BASS Cancer Center will discuss advances in radiation therapy and allow plenty of time for questions. Lunch provided for those in person attendees.

### THE 4 PILLARS OF GENERATIONAL HEALTH

**Thursday: September 28, 6:30 pm**

With Dr. Donna Carey. Learn about the four pillars and importance of self-knowledge and advocacy in ending premature death in the Black Community. "Dr. Donna" has been a pediatrician for over 20 years and is active as an advocate for health equity.

### CSC 33<sup>RD</sup> ANNIVERSARY BRUNCH AND SPECIAL WORKSHOP

#### — WHEN CANCER VISITS

**Saturday: September 30, 10 am**

With Manuela Kogon, MD, Integrative Medicine Internist. Cancer turns your world and that of your loved ones upside-down. This workshop offers a hands-on practical approach to managing yourself, your illness, and your surroundings in the best possible way during an exceptionally stressful time. The exercises in the workshop are based on audience questions, requests, and the book *When Cancer Visits: How to Free Your Mind from the Grip of Distress and Heal Your Jolted Nervous System*. Join us in person for brunch at 10 am, then stay for the presentation at 11 am.

### THE POWER OF OUR BODY WHEEL ENERGY FOR OPTIMAL HEALTH PART I

**Saturday: September 30, 10:30 am**

With Mirtha Carballo, Yoga, Meditation and Ayurveda Perfect Health Certified Teacher. Become aware of your 7 body energy centers (Chakras). We will practice holistic yoga sequences, breathwork, meditation and affirmations to release blocked energies for the healthy functioning of the mind, body and spirit.

# SPECIAL PROGRAMS SEPT | OCT



*"I feel more supported being at Cancer Support Community. It's giving me the strength to face each new phase of my cancer. — Therese*

## OCTOBER

### DIGITAL SHERPA WORKSHOP: LEARNING TO USE YOUR PHONE, TABLET OR COMPUTER TO FIND HELP ONLINE

Tuesday: October 3, 4 pm

Learn to access online resources and information and connect with other patients, advocates and experts. We'll discover together how to engage with an online community of support. This is an in-person workshop so bring your smartphone, computer or tablet.

### FELDENKRAIS AWARENESS THROUGH MOVEMENT

Wednesday: October 4, 5 pm

See September 5 program description.

### CANCER TRANSITIONS SERIES

Thursdays: October 5 – 26, 5:30 pm

With Debbie Rosenberg, LMFT, CSC Facilitator. This 4 week series helps cancer survivors transition from active treatment to post-treatment care. Topics include: getting back to wellness; emotional health; eating well and staying active; and medical management beyond cancer. For those who have completed active treatment.

### OSTEO-PILATES 2.0

Saturday: October 7, 11 am

With Melinda Teutschel, Certified Pilates Instructor. It's important to take the skills we build in Osteo-Pilates, and apply them to when we're standing (vertically), living our lives. We will discuss this, and practice skills and strategies to help us to move and live optimally with low bone density. Please come to class dressed to move — no skirts!!

### URBAN ZEN

Saturday: October 7, 1 pm

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

### HYPNOSIS FOR PAIN RELIEF & HEALING

Tuesday: October 10, 6 pm

See September 12 program description.

### AYURVEDA NUTRITION FOR YOUR DOSHA TYPE

Wednesday: October 11, 6 pm

With Dana Chloe Morgan, Ayurveda Health Coach. This workshop will focus specifically on a simplistic, healing approach to foods that will support wellbeing for your specific Dosha (body/personality type). It is often surprising how one small shift can make all the difference in how we feel.

### COPING WITH A NEW CANCER DIAGNOSIS

Thursday: October 12, 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: October 14, 10 am

See September 9 program description.

### PSYCHOLOGICAL TECHNIQUES TO DEAL WITH A CANCER DIAGNOSIS

Saturday: October 14, 10:30 am

With Robin Scooler, CSC Facilitator. Learn how to manage the emotionally overwhelming experience that can lead you to experience feelings of denial, anger, bargaining, depression, and eventually acceptance.

### HEALING IMAGERY

Tuesday: October 17, 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.

### UPDATE ON PRECISION MEDICINE

Wednesday: October 18, 6 pm

With Dr. Candace Westgate, Adventist Health St. Helena. Learn how genetic testing and multi-cancer screening aid in early detection and cancer prevention for patients and their families along with how it can impact treatment and assessing risk of future cancers.

### NUTRITION FOR SURVIVORSHIP

Saturday: October 21, 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: October 21, 1 pm

See September 23 program description.

### YOGA TO SUPPORT IMMUNITY

Tuesday: October 24, 6 pm

See September 26 program description.

### MANY FACES OF BREAST CANCER

Wednesday: October 25, 6:30 pm

With Tiffany Svahn, Medical Oncologist, Shellie Campos, NP and Debbie Rosenberg, LMFT. Learn about the latest treatment options, genetic testing, supportive care and survivorship issues for those with breast cancer as well as a guided meditation.

### CANCER RESOURCES

Thursday: October 26, 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 FOR HEALING

Friday: October 27, 11 am

See September 23 program description.

### EATING THE MEDITERRANEAN WAY

Saturday: October 28, 10 am

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

### THE POWER OF OUR BODY WHEEL ENERGY FOR OPTIMAL HEALTH PART II

Saturday: October 28, 10:30 am

See September 30 program description.

### SOUND HEALING: CONNECTING WITH THE SPIRIT OF THE UNKNOWN

Saturday: October 28, 1 pm

Finding comfort in the mystery of sound healing. Taking a journey into the unknown and yielding to the messages from beyond, perhaps with an ancestor or spirit animal. R. Consuelo Inez is a certified sound healer and will guide you on this magic journey of discovery.

## 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

September: *Elevation*, Stephen King

October: *Guncle*, Steven Rowley

November: *Still Life*, Sarah Winman

### LUNCH BUNCH

Thursdays: 1 pm

### AFRICAN DRUMMING

3rd Thursday: 3 pm

### SING ALONG WITH UKES & YOU

2nd Friday: 3 pm

### SING FOR LIFE

September 29 and October 27: 3:30 pm

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).

## SEPTEMBER | OCTOBER | 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  
**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: October 7, 1 pm  
**Prostate Cancer Group**  
4th Thursday: 1 pm  
**Youngish Adult Group**  
2nd & 4th Tuesdays: 4 pm

### WEEKLY ADAPTIVE MOVEMENT, MIND BODY CLASSES & COOKING

**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  
**Cooking with Chef Chandra**  
Tuesdays: 11 am (*no class last Tuesday of month*)  
**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: 9:30 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



### Shannon McGowan Legacy Society

Join the Shannon McGowan Legacy Society and learn how you can leave a meaningful gift to Cancer Support Community through your estate planning. Choose a way that works best for you to support valuable programs to cancer patients and their loved ones for years to come.

For more information contact Libby Eppinga at 925.953.1216 or [leppinga@cancersupport.net](mailto:leppinga@cancersupport.net).

### ADVICE FROM LEADING ONCOLOGY PROFESSIONALS

We are proud to relaunch our Professional Advisory Board, comprised of leading oncology health professionals in the Bay Area. This impressive group serves as an expert resource in guiding programs for cancer patients and their loved ones and raising awareness about the benefits of the programs provided by Cancer Support Community.

Learn more at [cancersupport.net](http://cancersupport.net).