



PROGRAM CALENDAR JANUARY | FEBRUARY | 2024

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.

WE PROVIDE BOTH IN-PERSON AND VIRTUAL SERVICES

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.



"My cancer diagnosis at 39-years-old changed me. I don't know where I would be without CSC. Their support brought me so much comfort during this difficult time."

—Emmy, A CSC Participant

OUR SERVICES

To register for any of our programs, please visit our website at 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 JANUARY | 2024

MONDAY

EVERY MON. IN JANUARY

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

JANUARY 1

CLOSED — Happy New Year!

JANUARY 8

JANUARY 15

CLOSED — Martin Luther King Day

JANUARY 22



JANUARY 29

TUESDAY

EVERY TUES. IN JANUARY

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

JANUARY 2

- 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)

JANUARY 9

- 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 The Ayurvedic Body Clock Part III

JANUARY 16

- 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 The Five Wishes

JANUARY 23

- 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

JANUARY 30

- 6 pm Cannabis & Cancer

WEDNESDAY

EVERY WEDS. IN JANUARY

- 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

JANUARY 3



JANUARY 10

- 4 pm Colorectal Cancer Group
- 4 pm Lung Cancer Group
- 5 pm Community Cook-Along
- 6 pm Life After Cancer Group

JANUARY 17

- 4 pm Monthly Long-Term Grief & Loss Group
- 5:30 pm Finding the Missing Pieces Part I

JANUARY 24

- 5:30 pm Finding the Missing Pieces Part II

JANUARY 31

- 6 pm Jin Shin Jyutsu for Self Care & Symptom Management

TO REGISTER for any of the special programs, please go to the online calendar. Programs in gold 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.

PROGRAM CALENDAR JANUARY | 2024

THURSDAY

EVERY THURS. IN JANUARY

- 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

JANUARY 4

- 11 am Garden of Books Book Club:
The Vaster Wilds
by Lauren Groff
- 6 pm Brain Tumor Group

JANUARY 11

- 11 am Metastatic Prostate Cancer Group
- 4 pm Introduction to Trauma Release Exercise (TRE)
- 5:30 pm Coping with a New Cancer Diagnosis

JANUARY 18

- 3 pm African Drumming
- 5 pm Reducing Health Care Disparities in Breast Cancer Treatments for Patients of Color
- 6 pm Blood Cancers Group (LLS East Bay Adult Family Support)

JANUARY 25

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

FRIDAY

EVERY FRI. IN JANUARY

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

JANUARY 5

JANUARY 12

- 3 pm Sing Along with Ukuleles & You



JANUARY 19

JANUARY 26

- 3:30 pm Sing for Life

SATURDAY

EVERY SAT. IN JANUARY

- 8:30 am Yoga Flow



JANUARY 6

- 10 am Lymphedema Support Group
- 11 am Eating for Healing
- 1 pm Writing It All Down

JANUARY 13

- 10 am Kids Circle & Teen Talk

JANUARY 20

- 10:30 am **Emotional Intelligence: Looking At The Mind**
- 11 am Nutrition & Cancer Treatment
- 1 pm Roll, Release, Relax & Restore

JANUARY 27

- 10 am Eating the Mediterranean Way
- 10:30 am **El Milagro de Respiración Coherente Para Alcanzar La Salud Perfecta**
- 1 pm Sound Healing: Awaking of a New Day

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 Debbie Rosenberg, LMFT, at drosenberg@cancersupport.net.

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PROGRAM CALENDAR FEBRUARY | 2024

MONDAY

EVERY MON. IN FEBRUARY

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



FEBRUARY 5

FEBRUARY 12

FEBRUARY 19

CLOSED — Presidents' Day

FEBRUARY 26

TUESDAY

EVERY TUES. IN FEBRUARY

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

FEBRUARY 6

- 11 am **Cooking with Chef Chandra**
- 1:30 pm Gynecologic/Ovarian Cancer Group
- 4 pm Estate Planning When It's Only You
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm Breast Cancer Group (stages 0-3)
- 6 pm Introduction to Cancer Rehabilitation

FEBRUARY 13

- 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 The Ayurvedic Body Clock Part IV

FEBRUARY 20

- 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 Pelvic Floor Health

FEBRUARY 27

- 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 FEBRUARY

- 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

FEBRUARY 7

- 5:30 pm Cancer Transitions Series Start



FEBRUARY 14

- 4 pm Colorectal Cancer Group
- 4 pm Lung Cancer Group
- 5:30 pm Cancer Transitions Series
- 6 pm Life After Cancer Group

FEBRUARY 21

- 4 pm Monthly Long-Term Grief & Loss Group
- 5:30 pm Cancer Transitions Series

FEBRUARY 28

- 5:30 pm Cancer Transitions Series End

TO REGISTER for any of the special programs, please go to the online calendar. Programs in gold 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.

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- 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

FEBRUARY 1

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

FEBRUARY 8

- 11 am Metastatic Prostate Cancer Group
- 5:30 pm Cancer Resources
- 6 pm Brain Tumor Group

FEBRUARY 15

- 3 pm African Drumming
- 5 pm Feldenkrais Awareness through Movement
- 6 pm Blood Cancers Group (LLS East Bay Adult Family Support)

FEBRUARY 22

- 11 am Metastatic Prostate Cancer Group
- 1 pm Prostate Cancer Group
- 2:30 pm Deepening Your TRE Practice
- 4 pm Healthy Cooking on a Budget

FEBRUARY 29



FRIDAY

EVERY FRI. IN FEBRUARY

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

FEBRUARY 2

- 11 am Eating for Healing

FEBRUARY 9

- 3 pm Sing Along with Ukes & You



FEBRUARY 16

FEBRUARY 23

- 3:30 pm Sing for Life

SATURDAY

EVERY SAT. IN FEBRUARY

- 8:30 am Yoga Flow



FEBRUARY 3

- 10 am Lymphedema Support Group
- 1 pm Managing Symptoms & Side Effects
- 1 pm Neuroendocrine Cancer (NETS) Group

FEBRUARY 10

- 10 am Kids Circle & Teen Talk
- 10:30 am Emotional Intelligence: Embracing Growth, Kindness, and Gratitude
- 1 pm Writing It All Down

FEBRUARY 17

- 10:30 am El Cáncer y la Salud Mental
- 11 am Nutrition for Survivorship
- 1 pm Sound Healing: Imagine Harmony and Peace

FEBRUARY 24

- 10:30 am Benefits to Practicing Tai Chi Chih for Cancer Patients
- 11 am Circle Dancing
- 1 pm Roll, Release, Relax & Restore

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.

JANUARY

EATING FOR HEALING

Saturday: January 6, 11 am

With Susie White, Holistic Nutrition Consultant. Susie will demonstrate nutritious recipes with ingredients known for both their healing and disease prevention benefits.

WRITING IT ALL DOWN

Saturday: January 6, 1 pm

With Peter Dudley, author, publisher and professional life coach. Writing is an art form that can lead to both healing and profound self-discovery. Flex your creativity, improve your skills, and enjoy a supportive community in this writing group where you will focus on telling your story, your way. Includes both writing and group discussion.

THE AYURVEDIC BODY CLOCK PART III

Tuesday: January 9, 6 pm

With Dana Chloe Morgan, Ayurvedic Health Coach. A deeper exploration of the Ayurvedic body clock and daily schedule of eating, sleeping, digesting our food, working, and exercising in accordance with natural elemental rhythms in order to achieve optimal health.

COMMUNITY COOK-ALONG

Wednesday: January 10, 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!

INTRODUCTION TO TRAUMA RELEASE EXERCISE (TRE)

Thursday: January 11, 4 pm

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

COPING WITH A NEW CANCER DIAGNOSIS

Thursday: January 11, 5:30 pm

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.

KIDS CIRCLE & TEEN TALK

Saturday: January 13, 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.

THE FIVE WISHES

Tuesday: January 16, 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.

FINDING THE MISSING PIECES PART I & II

Wednesdays: January 17 & 24, 5:30 pm

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.

REDUCING HEALTH CARE DISPARITIES IN BREAST CANCER TREATMENTS FOR PATIENTS OF COLOR

Thursday: January 18, 5 pm

With Dr. Candice Thompson. Dr. Thompson will address reducing healthcare disparities in breast cancer and take a deep dive into breast cancer among young black women and how the high rate of breast cancer is affecting the African American community in the Bay Area as a whole. She is a breast surgical oncologist and clinical assistant professor at Stanford University.

EMOTIONAL INTELLIGENCE: LOOKING AT THE MIND

Saturday: January 20, 10:30 am

Join Akhila Health facilitator, Suzanne Bowers, in exploring how worrying affects the brain and how we can use mindfulness practices to change our perspective.

NUTRITION & CANCER TREATMENT

Saturday: January 20, 11 am

With Tinrin Chew, RD, Oncology Dietitian. Learn what to eat during treatment to help you get through chemotherapy/radiation/immunotherapy and maintain health to the greatest extent possible.

ROLL, RELEASE, RELAX & RESTORE

Saturday: January 20, 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: January 23, 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.

HEALTHY COOKING ON A BUDGET

Thursday: January 25, 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.

EATING THE MEDITERRANEAN WAY

Saturday: January 27, 10 am

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

EL MILAGRO DE RESPIRACIÓN COHERENTE PARA ALCANZAR LA SALUD PERFECTA

Saturday: January 27, 10:30 am

Aprende la técnica de la Respiración Coherente para balancear el sistema nervioso y alcanzar un estado de calma física, mental y emocional. También practica la respiración consciente en una secuencia de posturas lentas de Hatha Yoga. Con Mirtha Carballo, Instructora Certificada en Yoga y Salud Perfecta.

SOUND HEALING:

AWAKING OF A NEW DAY

Saturday: January 27, 1 pm

We begin again with the spirit of hope, open our hearts to healing to all beings in the world including our mother earth. R Consuelo Inez is a certified sound and music therapist, she will lead you into the realm of renewal.

CANNABIS & CANCER

Tuesday: January 30, 6 pm

With Eloise Thiesen, RN, MSN, NP. Learn how cannabis can assist in managing and relieving side effects from cancer treatment. Eloise is a nurse practitioner with extensive experience in oncology and the use of cannabis for cancer patients.

JIN SHIN JYUTSU FOR SELF-CARE & SYMPTOM MANAGEMENT

Wednesday: January 31, 6 pm

With Kathy O'Hare, Certified Asian Body Work Therapist. Learn a style of acupressure that uses gentle touch to hold specific combinations to help the energy meridians flow more smoothly for health and symptom management.

FEBRUARY

EATING FOR HEALING

Friday: February 2, 11 am
See January 6 program description.

MANAGING SYMPTOMS & SIDE EFFECTS

Saturday: February 3, 1 pm
With Allison Gervis, OCN. Learn strategies to management treatment side effects such as fatigue, anemia, infection, skin rashes, nausea and pain to optimize quality of life during and after treatment.

ESTATE PLANNING WHEN IT'S ONLY YOU

Tuesday: February 6, 4 pm
Join us for a discussion with experts from the Financial Planners Association – East Bay Chapter on a broad overview of estate and financial planning when it's only you.

INTRODUCTION TO CANCER REHABILITATION

Tuesday: February 6, 6 pm
With Hilary Nakao, PT, DT, ATC. Are you one of the 60-90% of people affected by cancer with at least one treatment side effects such as limited strength or mobility? Learn how physical therapy can help you manage common side effects and get you back to the things you love.

CANCER TRANSITIONS SERIES

Wednesdays: February 7 thru 28, 5:30 pm
With Debbie Rosenberg, LMFT, CSC Facilitator. This series is designed to help cancer survivors transition from active treatment to post-treatment care. Topics include: getting back to wellness; emotional health; eating well/staying active; and medical management in survivorship. For those who have completed active treatment.

CANCER RESOURCES

Thursday: February 8, 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.

KIDS CIRCLE & TEEN TALK

Saturday: February 10, 10 am
See January 13 program description.

EMOTIONAL INTELLIGENCE: EMBRACING GROWTH, KINDNESS, AND GRATITUDE

Saturday: February 10, 10:30 am
Join Akhila Health facilitator, Suzanne Bowers, in exploring the growth mindset and how we can be more grateful and compassionate to ourselves and the people in our lives.

WRITING IT ALL DOWN

Saturday: February 10, 1 pm
See January 6 program description.

THE AYURVEDIC BODY CLOCK PART IV

Tuesday: February 13, 6 pm
See January 9 program description.

FELDENKRAIS AWARENESS THROUGH MOVEMENT

Thursday: February 15, 5 pm
With Naffie Fischbacher, Guild Certified Feldenkrais Teacher. Experience gentle movement explorations that can help you stand straighter, be more flexible and have fewer aches and pains.

EL CÁNCER Y LA SALUD MENTAL

Saturday: February 17, 10:30 am
Con facilitator Zenaida Burgos Staff CSC. Aprenda cómo sobrellevar la carga emocional del diagnóstico del cáncer. Hablaremos sobre los conceptos del estrés, depresión, ansiedad, ataques de pánico y pérdida de ilusión factores que afectan nuestro estado emocional.

NUTRITION FOR SURVIVORSHIP

Saturday: February 17, 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.

SOUND HEALING: IMAGINE HARMONY AND PEACE

Saturday: February 17, 1 pm
Immerse yourself with a sense of well-being, peace, loving kindness, understanding and joy through music, melodic tunes, heart opening movements and vibrations of unconditional love. R Consuelo Inez is a Certified Sound healer who will guide you on an expedition of self-compassion/self-love healing.

PELVIC FLOOR HEALTH

Tuesday: February 20, 6 pm
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.

DEEPENING YOUR TRE PRACTICE

Thursday: February 22, 2:30 pm
With Jenny Schneider, Certified TRE Provider. This session is for anyone who has done TRE in the past and would like to grow their practice by being guided through alternative light stretches and exercises.

HEALTHY COOKING ON A BUDGET

Thursday: February 22, 4 pm
See January 25 program description.

BENEFITS TO PRACTICING TAI CHI CHIH FOR CANCER PATIENTS

Saturday: February 24, 10:30 am
With Eddie Roberts. Learn how to practice T'ai Chi Chih to lower overall cancer-related fatigue, as well as help alleviate insomnia associated with cancer treatment, creating beneficial wellness effects in mind, body and spirit.

CIRCLE DANCING

Saturday: February 24, 11 am
With Pam Derks and Robannie Smidebush. Circle dancing is one of the oldest known forms of dance. The dances honor the earth and its rhythms and invoke a peaceful, meditative space where dancers can connect with each other and with life. The dance steps are easy and repetitive and will be taught before each dance. No partners are needed because everyone in the circle is your partner.

ROLL, RELEASE, RELAX & RESTORE

Saturday: February 24, 1 pm
See January 20 program description.

YOGA TO SUPPORT IMMUNITY

Tuesday: February 27, 6 pm
See January 23 program description.

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

- January: *The Vaster Wilds*, Lauren Groff

See online calendar for February and March selections.

LUNCH BUNCH

Thursdays: 1 pm

AFRICAN DRUMMING

Third Thursdays: 3 pm

SING ALONG WITH UKES & YOU

2nd Friday: 3 pm

SING FOR LIFE

4th Friday: 3:30 pm

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 gold 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.

JANUARY | FEBRUARY | 2024 | 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: 6–8 pm (2 groups)
 Tuesdays: 11 am–1 pm, Newly Diagnosed Breast Cancer Group
 Tuesdays: 11 am–1 pm (3 groups)
Tuesdays: 1:30–3:30 pm (1 group)
 Wednesdays: 10:30 am–12:30 pm (4 groups)
 Wednesdays: 6–8 pm, Grief & Loss Group
 Wednesdays: 6–8 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
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: February 3, 1 pm
Prostate Cancer Group
 4th Thursdays: 1 pm
Young Adult Group
 2nd & 4th Tuesdays: 4 pm

WEEKLY ADAPTIVE MOVEMENT, MIND BODY, & COOKING CLASSES

Pilates
 Mondays: 8:30 am
Sunlight Chair Yoga
 Mondays: 10 am
QiGong
 Mondays: 2 pm
Gentle Restorative Yoga
 Mondays: 5:30 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
Mindful Somatic Yoga
 Thursdays: 9:30 am
Self Reiki & Meditation
 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

THANK YOU!

Cancer Support Community's free support programs are made possible in part by the generosity of corporations and foundations. We thank them for their incredible support.



DONALD ZONSHINE FAMILY FOUNDATION



Community Health Fund
 Building Bridges to Better Health



UCSF Health



GRAIL

