



CANCER SUPPORT
COMMUNITY
SAN FRANCISCO
BAY AREA



PROGRAM CALENDAR MARCH | APRIL | 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 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.



"Cancer Support Community is warm and welcoming. It offers hope and help when you feel that you have none. It is a refuge in the storm of cancer."

— Gerry, 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 MARCH | 2024

MONDAY

EVERY MONDAY IN MARCH

- 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)

MARCH 4

- 4 pm Mindfulness Meditation Series (Start)

MARCH 11

- 4 pm Mindfulness Meditation Series



MARCH 18

- 4 pm Mindfulness Meditation Series

MARCH 25

- 4 pm Mindfulness Meditation Series

TUESDAY

EVERY TUESDAY IN MARCH

- 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

MARCH 5

- 9:30 am Pranayama
- 11 am Cooking with Chef Chandra
- 1:30 pm Gynecologic/Ovarian Cancer Group
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm Ayurvedic Body Clock
- 6 pm Breast Cancer Group (stages 0–3)

MARCH 12

- 9:30 am Pranayama
- 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 & Healing

MARCH 19

- 9:30 am Pranayama
- 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

MARCH 26

- 9:30 am Pranayama
- 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 WEDNESDAY IN MARCH

- 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

MARCH 6

- 5 pm Feldenkrais Awareness Through Movement



MARCH 13

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

MARCH 20

- 4 pm Monthly Long-Term Grief & Loss Group
- 6 pm Managing Lymphedema

MARCH 27

- 6 pm Healthy Detoxing



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 MARCH | 2024

THURSDAY

EVERY THURSDAY IN MARCH

- 9:30 am Mindful Somatic Yoga
- 9:30 am Self Reiki & Meditation
- 11:30 am Gentle Healing Yoga
- 12:30 pm Lunch Bunch
- 1 pm Osteo-Pilates
- 2 pm Tai Chi Chih
- 5:30 pm Yoga

MARCH 7

- 11 am Garden of Books Book Club
- 5:30 pm Grief and Loss
- 6 pm Brain Tumor Group
- 6 pm Stress and the Mind (Spanish/Women)

MARCH 14

- 11 am Metastatic Prostate Cancer Group



MARCH 21

- 3 pm African Drumming
- 4 pm Intro to Trauma Release Exercise
- 6 pm Blood Cancers Group (LLS East Bay Adult Family Support)

MARCH 28

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

FRIDAY

EVERY FRIDAY IN MARCH

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

MARCH 1

MARCH 8

- 3 pm Sing Along with Ukuleles & You

MARCH 15

MARCH 22

- 3:30 pm Sing for Life



MARCH 29

SATURDAY

EVERY SATURDAY IN MARCH

- 8:30 am Yoga Flow



MARCH 2

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

MARCH 9

- 10 am Eating the Mediterranean Way
- 10 am Kids Circle & Teen Talk

MARCH 16

- 10:30 am Pranayama
- 11 am Nutrition and Cancer Treatment
- 1 pm Roll, Release, Relax, & Restore

MARCH 23

- 11 am Circle Dancing
- 1 pm Urban Zen

MARCH 30

- 10:30 am Exploring Guided Imagery
- 1 pm Sound Healing: Listening to the Rhythm of Spring

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 APRIL | 2024

MONDAY

EVERY MONDAY IN APRIL

- 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)

APRIL 1

- 4 pm Mindfulness Meditation Series

APRIL 8

- 4 pm Mindfulness Meditation Series

APRIL 15

- 4 pm Mindfulness Meditation Series



APRIL 22

- 4 pm Mindfulness Meditation Series

APRIL 29

- 4 pm Mindfulness Meditation Series (End)

TUESDAY

EVERY TUESDAY IN APRIL

- 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

APRIL 2

- 9:30 am Pranayama
- 11 am Cooking with Chef Chandra
- 1:30 pm Gynecologic/Ovarian Cancer Group
- 4 pm Understanding your Medical Insurance
- 5 pm Feldenkrais Awareness Through Movement
- 5:30 pm Jin Shin Jyutsu Self-Help
- 6 pm Ayurvedic Body Clock
- 6 pm Breast Cancer Group (stages 0-3)

APRIL 9

- 9:30 am Pranayama
- 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

APRIL 16

- 9:30 am Pranayama
- 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

APRIL 23

- 9:30 am Pranayama
- 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

APRIL 30

- 9:30 am Pranayama
- 6 pm Compassion and Choices

WEDNESDAY

EVERY WEDNESDAY IN APRIL

- 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

APRIL 3



APRIL 10

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

APRIL 17

- 4 pm Monthly Long-Term Grief & Loss Group
- 5 pm Community Cook-Along

APRIL 24



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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EVERY THURSDAY IN APRIL

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- 1 pm Osteo-Pilates
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- 5:30 pm Yoga

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- 11 am Garden of Books Book Club
- 6 pm Brain Tumor Group
- 6 pm Stress and Breathing (Spanish/Women)

APRIL 11

- 11 am Metastatic Prostate Cancer Group
- 5:30 pm Coping with a New Cancer Diagnosis

APRIL 18

- 2:30 pm Deepening Your TRE Practice
- 3 pm African Drumming
- 6 pm Blood Cancers Group (LLS East Bay Adult Family Support)

APRIL 25

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

FRIDAY

EVERY FRIDAY IN APRIL

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

APRIL 5

- 11 am Eating for Healing



APRIL 12

- 3 pm Sing Along with Ukles & You

APRIL 19



APRIL 26

- 3:30 pm Sing for Life

SATURDAY

EVERY SATURDAY IN APRIL

- 8:30 am Yoga Flow



APRIL 6

- 10 am Eating the Mediterranean Way
- 10 am Lymphedema Support Group
- 1 pm Neuroendocrine Cancer (NETS) Group
- 1 pm Writing It All Down

APRIL 13

- 10 am Kids Circle & Teen Talk
- 10:30 am Pranayama

APRIL 20

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

APRIL 27

- 10:30 am Exploring the Edges of Grief (Women)
- 11 am Circle Dancing
- 1 pm Sound Healing: For Unity and Hope

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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MARCH

EATING FOR HEALING

Saturday: March 2, 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: March 2, 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.

MINDFULNESS MEDITATION SERIES

Mondays: March 4, 11, 18 & 25, 4 pm

Meditation has proven to increase happiness, regulate your emotions, reduce stress, cultivate states of well-being, stimulate memory, and improve your immune function. If you are new to meditation or you have been practicing for a while, coming together in community to meditate is a powerful healing journey. Open to the natural awareness of mindfulness meditation with R. Consuelo Inez, internationally certified mindfulness teacher.

PRANAYAMA-CONSCIOUS BREATHING

Every Tuesday in March: 9:30 am

Saturday: March 16, 10:30 am

With Mirtha Carballo, learn simple and effective breathing techniques to expand energy and vitality, achieving a balanced nervous system, and physical, mental, emotional and spiritual well-being.

AYURVEDIC BODY CLOCK

Tuesday: March 5, 6 pm

With Dana Chloe Morgan, Ayurvedic Health Coach. An introduction to the Ayurvedic health practices that teaches us to follow a daily schedule of eating, sleeping, digesting our food, working and exercising in accordance with natural elemental rhythms in order to achieve optimal health. Explore this natural way of finding a sense of ease and overall well-being.

FELDENKRAIS AWARENESS THROUGH MOVEMENT

Wednesday: March 6, 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.

GRIEF AND LOSS

Thursday: March 7, 5:30 pm

With Eve Bazo, LCSW, CSC Facilitator. Whatever kind of loss you've suffered, there's no wrong way to grieve. By understanding the stages and types of grief, you may find alternative ways to cope and manage. We'll introduce concepts and strategies for coping with loss.

STRESS AND THE MIND (SPANISH)

Thursday: March 7, 6 pm

Kristen Tamsil, Akhila Health facilitator, focuses on how women's mindset affects the way we perceive stress, and she will share strategies to help become more grounded in our life experiences. Being able to focus and be aware of your thoughts, feelings, and sensations is important for self-connection and managing stress.

EATING THE MEDITERRANEAN WAY

Saturday: March 9, 10 am

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

KIDS CIRCLE & TEEN TALK

Saturday: March 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: March 12, 6 pm

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

NUTRITION & CANCER TREATMENT

Saturday: March 16, 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: March 16, 1 pm

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

HEALING IMAGERY

Tuesday: March 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 during the healing process.

MANAGING LYMPHEDEMA

Wednesday: March 20, 6 pm

With Lisa Sylvestri, MSPT, CLT-LANA. This class will ensure all patients are aware of, and have a basic understanding of what lymphedema is, and what signs and symptoms to look out for. Learn about basic anatomy, prevention strategies, as well as the gold standard of care.

INTRODUCTION TO TRAUMA RELEASE EXERCISE (TRE)

Thursday: March 21, 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.

CIRCLE DANCING

Saturday: March 23, 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.

URBAN ZEN

Saturday: March 23, 1 pm

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

YOGA TO SUPPORT IMMUNITY

Tuesday: March 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.

HEALTHY DETOXING

Wednesday: March 27, 6 pm

With Susie White, NC, BCHN. Optimizing your body's natural detoxification processes is one of the most important ways to improve overall health. Food is an integral part of the equation. In this workshop you will learn about the essential foods and supplemental nutrients that will make detoxing a delicious part of every meal.

SPECIAL PROGRAMS MARCH | APRIL | 2024

HEALTHY COOKING ON A BUDGET

Thursday: March 28, 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.

EXPLORING GUIDED IMAGERY

Saturday: March 30, 10:30 am
With Akhila Health facilitator Shekinah Grandison. This class focuses on women to explore guided imagery as a meditative practice and how it can be used to manage one's stress. She will share practical strategies for implementation and lead attendees through experiential meditative practices.

SOUND HEALING: LISTENING TO THE RHYTHM OF SPRING

Saturday: March 30, 1 pm
Mother Nature sheds her winter coat as we release stress in your body, ease your mind and restore your spirit to the harmonies of Earth's Opening Song. Inez, certified naturalist, and sound healer guides you on a healing journey into the emergence of Spring.

APRIL

MEDITATION SERIES

Mondays: April 1, 8, 15, 22 and 29, 5 pm
See March for program description.

PRANAYAMA-CONSCIOUS BREATHING

Every Tuesday in April: 9:30 am
Saturday: April 13, 10:30 am
See March for program description.

UNDERSTANDING YOUR MEDICAL INSURANCE

Tuesday: April 2, 4 pm
Navigating medical insurance can be a daunting experience for patients and their caregivers, especially when dealing with something as serious as a cancer diagnosis and treatment. This presentation will cover the basics of medical insurance, the terminology used, what questions should be asked of your medical providers before treatments, and how to keep yourself organized while navigating the medical system.

FELDENKRAIS AWARENESS THROUGH MOVEMENT

Tuesday: April 2, 5 pm
See March 6 for program description.

AYURVEDIC BODY CLOCK

Tuesday: April 2, 6 pm
See March 5 program description.

STRESS AND BREATHING (SPANISH)

Thursday: April 4, 6 pm
One mind-body practice to help manage our stress and ground us back in the present is breath work. Join Akhila Health facilitator, Kristen Tamsil, for this women-focused workshop that explores various breathing practices to restore calm and instill bodily relaxation.

EATING FOR HEALING

Friday: April 5, 11 am
See March 2 for program description.

EATING THE MEDITERRANEAN WAY

Saturday: April 6, 10 am
See March 9 for program description.

WRITING IT ALL DOWN

Saturday: April 6, 1 pm
See March 2 for program description.

COPING WITH A NEW CANCER DIAGNOSIS

Thursday: April 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: April 13, 10 am
See March 9 program description.

THE FIVE WISHES

Tuesday: April 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.

COMMUNITY COOK-ALONG

Wednesday: April 17, 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!

DEEPENING YOUR TRE PRACTICE

Thursday: April 18, 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.

NUTRITION FOR SURVIVORSHIP

Saturday: April 20, 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: April 20, 1 pm
See March 16 for program description.

YOGA TO SUPPORT IMMUNITY

Tuesday: April 23, 6 pm
See March 26 for program description.

HEALTHY COOKING ON A BUDGET

Thursday: April 25, 4 pm
See March 28 for program description.

EXPLORING THE EDGES OF GRIEF

Saturday: April 27, 10:30 am
With Shekinah Grandison, Akhila Health facilitator. This women-focused class touches on how grief can affect our mind, body, and spirit in different ways. She will share practical strategies for implementation and lead attendees through discussions and experiential activities.

CIRCLE DANCING

Saturday: April 27, 11 am
See March 23 for program description.

SOUND HEALING: FOR UNITY & HOPE

Saturday: April 27, 1 pm
Rediscover connections within the spiritual self, mind, heart, and body. Through the harmony of music and sound. Acknowledge messages of interconnectedness of all life. R. Consuelo Inez, certified naturalist and sound healer, will provide a sound journey of healing, hope and oneness.

COMPASSION AND CHOICES

Tuesday: April 30, 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.

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
March: *Tom Lake*, by Ann Patchet
April: *The Heaven & Earth Grocery Store*, by James McBride

LUNCH BUNCH

Thursdays: 12:30 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 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.

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.

MARCH | APRIL | 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: April 6, 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



2024
HOPE
...walk...

**SATURDAY,
 May 18, 2024**

**Heather Farm Park,
 Walnut Creek**

REGISTER TODAY AT:
HOPEWALKBAYAREA.NET

\$35 per walker
 (ages 10+)

All registered walkers will receive a Hope Walk t-shirt!

Can't make it on May 18?
 The Hope Walk is also virtual so you can walk from anywhere the week of May 12 – 18.

FOR MORE INFORMATION contact Susan Moon at 925-953-2145 or smoon@cancersupport.net

