

Weekly Adaptive Movement, Mind Body, & Cooking Classes

Exercise

Osteo-Pilates, Pilates, Line Dance, Moving for Life, Essentrics-Classic Stretch

Mind Body Classes

Sunlight Chair Yoga, QiGong, Gentle Restorative Yoga, Yoga, Pranayama-Conscious Breathing, Gentle Yoga & Urban Zen, Self Reiki & Meditation, Gentle Healing Yoga, Tai Chi Chih, Integral Tai Chi, Mindful Somatic Yoga, Jin Shin Jyutsu Self-Help, Kundalini Chanting Meditation, Kundalini Yoga, Yoga Nidra, Contemplative Practices, Yoga Flow

Social Connections

American Mah Jong, Knitting Circle, Garden Of Books Book Club, Lunch Bunch, African Drumming, Sing Along with Ukles and You

For class schedule information, please visit our website cancersupport.net or scan the QR code.



"I'm so very grateful for the support I received from CSC when my husband was suddenly diagnosed with stage 4 colon cancer. I really feel like I may not have made it through that time - his diagnosis, hospitalization, hospice care, and passing - without CSC. Cancer is a traumatic disease and your organization is invaluable to those affected by it."

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.



PROGRAM GUIDE

**Your Guide to Support Groups and
Classes Available for Those Affected by
Cancer, Their Families, and Caregivers**

We support people facing cancer and their loved ones to become healthier, live longer, and live better, at no cost.

Our Mission: Cancer Support Community uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

What We Do: Cancer Support Community San Francisco Bay Area provides free comprehensive support programs including counseling, support groups, nutrition, exercise, emergency financial assistance and patient education programs as well as special programs for teens and children. Our evidence-based programs enable cancer patients and their loved ones to partner with their treatment team to manage their treatment and improve health outcomes and quality of life.

Cancer Support Community services are open to anyone impacted by cancer. **It's free and easy to join.**

STEP
1

Complete the New Member Registration on our website cancersupport.net or scan the QR code.



STEP
2

To join a support group, call Maricela at 925.933.0107 or email mbecerra@cancersupport.net to start the process.

STEP
3

Join us for any program or activity by signing up on our online calendar at cancersupport.net or call 925.933.0107.

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:

6–8PM (2 groups)

Tuesdays:

11AM–1PM, Newly Diagnosed Breast Cancer Group

11AM–1PM (3 groups)

1:30–3:30PM (1 group-Antioch)

Wednesdays:

10:30AM–12:30PM (3 groups)

6–8PM, Grief & Loss Group

6–8PM, Support Person Group

Networking Group Times

Blood Cancers Group

(LLS East Bay Adult Family Support) 3rd Thursday: 6PM

Brain Tumor Group

1st Thursday: 6PM

Breast Cancer Groups

1st & 3rd Tuesdays:
6PM (Stages 0–3)

2nd & 4th Tuesdays:
1:30PM (Stages 0–3)

2nd & 4th Tuesdays:
1:30PM (Metastatic)

Colorectal Cancer Group

2nd Wednesday: 4PM

Gynecologic/Ovarian Cancer Group

1st & 3rd Tuesdays: 1:30PM

Life After Cancer Group

2nd Wednesday: 5PM

Lung Cancer Group

2nd Wednesday: 4PM

Lymphedema Support Group

1st Saturday: 10AM

Metastatic Prostate Cancer Group

2nd & 4th Thursdays: 11AM

Neuroendocrine Cancer (NETS) Networking Group

Saturday: August 3, 1PM

Prostate Cancer Group

4th Thursdays: 1PM

Young Adult Group

2nd & 4th Tuesdays: 4PM

New Support Group: Alone Together

2nd and 4th Mondays from 1-3pm, starting August 12th: This support group is for individuals living with a cancer diagnosis who do not have a dedicated caregiver. Would you like to connect with others facing similar challenges? Do you want to share ideas and resources to better navigate your diagnosis? This group meets twice a month—once virtually and once in person—offering opportunities to connect and build relationships with others in similar situations. Sessions are facilitated by a licensed clinician and a social worker navigator, ensuring you have access to the resources and support you need.