



# PROGRAM CALENDAR

APRIL/MAY/JUNE 2026



## Impacted By Cancer? We Can Help.

### Find Your Community Here

From cooking classes to support groups, yoga to art, we're here to help you feel connected, supported, and inspired, at no cost.

### Support That Meets You Where You Are

In-person or online, our programs give you tools, connection, and care. Join us to move, learn, create, and heal together.

Our programs include:

- Support Groups
- Nutrition and Cooking Classes
- Exercise/Movement Classes
- Educational Workshops
- Social Connections, and more!



**SCAN TO REGISTER**  
for all programs or access the online  
calendar at [www.cancersupport.net](http://www.cancersupport.net)

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## A New Year Message of Gratitude and Hope

Dear Friends of Cancer Support Community San Francisco Bay Area,

Every day, we are inspired by the strength and resilience of the individuals and families we serve. As we look ahead, our commitment is clear: to ensure that no one faces cancer alone, and to bring our programs and services directly into the communities where people live, work, and heal.

This year, we are expanding our reach beyond our walls. In addition to the support groups, counseling, education, and movement programs offered at our Walnut Creek center as well as virtually, we are actively building partnerships throughout the Bay Area to deliver services directly in the community. By meeting people where they are, we are removing barriers to care and increasing access to the vital emotional and social support that complements medical treatment.

At the same time, I am thrilled to share that construction of our new cancer support center is progressing on schedule. This beautiful, welcoming space has been thoughtfully designed to provide comfort, connection, and healing for thousands of individuals and families each year. Construction remains on target to be completed during Winter 2026, and we look forward to opening our doors and inviting you in to see firsthand what your support has made possible.

There are also many meaningful opportunities ahead for us to gather as a community. Please save the date for our upcoming events and learn more at [cancersupport.net](http://cancersupport.net).

- **Bay Area Mom Prom** – Friday, May 8th
- **Hope Walk** – Saturday, May 16th
- **Golf Classic** – Monday, July 27th
- **Annual Gala** – Sunday, September 27th

These events are more than fundraisers—they are celebrations of hope, connection, and the collective strength of our community. Your participation and partnership make everything we do possible.

As we expand our programs and prepare to open our new cancer support center, we are reminded that progress is powered by people—people like you who believe in compassionate and accessible support for all who are impacted by cancer.

Together, we are building a stronger, more connected community of care across the Bay Area.

With gratitude,

– Lucinda

**Lucinda Bazile, MPH**

*Chief Executive Officer*

*Cancer Support Community San Francisco Bay Area*



# Bay Area Mom Prom

Friday, May 8th | 7-11 pm  
Ultimate Fieldhouse, Walnut Creek

**Tickets are on sale now at [cancersupport.net](https://cancersupport.net)!**

MOM PROM® is coming to the SF Bay Area—this unforgettable night of dancing, connection, and celebration, will benefit Cancer Support Community SF Bay Area. If you're a woman or someone who identifies as one, this is your excuse to go all out while supporting families impacted by cancer. Grab your friends and join us for a night that gives back while celebrating women at Bay Area Mom Prom!



## BAY AREA MOM PROM



## 2026 Hope Walk & Community Fair

Saturday, May 16, 2026  
Civic Park, Walnut Creek  
8:30AM - 12:00PM

It's time to lace up, show up, and light up the day at our annual Hope Walk! Join us for an inspiring celebration filled with energy, heart, and community spirit—all in support of people impacted by cancer in our community. Together, we'll take powerful steps toward hope, connection, and impact. Register, create a team, or make a gift at [hopewalkbayarea.net](https://hopewalkbayarea.net).

Save the Date  
Elevate & Celebrate Gala on September 27







# APRIL 2026

## WORKSHOPS & CLASSES

 Virtual  In-Person






### Mondays

#### Every Monday in April

- 8:30AM Pilates  
- 10AM Sunlight Chair Yoga  
- 1PM Mah Jong 
- 4PM Gentle Restorative Yoga 

### Tuesdays

#### Every Tuesday in April


- 9:30AM Yoga 
- 1:15PM Knitting Circle 
- 1:30PM Moving for Life  
- 3:15PM Gentle Yoga/Urban Zen 

### Wednesdays




#### Every Wednesday in April

- 9:15AM Yoga  
- 9:30AM Contemplative Practices 
- 1PM Tai Chi Chih  
- 3PM Integral Tai Chi 
- 5PM Therapeutic Yoga 

#### APRIL 6

- 11AM Mindfulness Meditation (6 of 8) 


#### APRIL 7

- 1PM Chef's Table with Chandra 
- 5:30PM Jin Shin Jyutsu Self Help 
- 6PM Autogenics for Pain Management 



#### APRIL 1

- 2PM Daily Wellness Practices  

#### APRIL 8

- 5:30PM Strength and Stability for Oncology Patients Series (1 of 3) 


#### APRIL 13

- 11AM Mindfulness Meditation (7 of 8) 
- 1PM Healing Expressions Series 


#### APRIL 14

- 3PM Hula Fit  
- 6PM An Author Reading: Thunderclap: A Defining Silence 


#### APRIL 15

- 5:30PM Strength and Stability for Oncology Patients Series (2 of 3) 


#### APRIL 20

- 11AM Mindfulness Meditation (8 of 8) 

#### APRIL 21

- 1PM Chef's Table with Chandra  
- 5:30PM Jin Shin Jyutsu Self Help 




#### APRIL 22

- 5:30PM Strength and Stability for Oncology Patients Series (3 of 3) 

#### APRIL 27

- 1PM Healing Expressions Series 

#### APRIL 28

- 3PM Hula Fit  
- 6PM Leaving Words That Matter: A Guide to Letter Writing at End of Life 

#### APRIL 29









# APRIL 2026

## WORKSHOPS & CLASSES



 Virtual  In-Person

### Thursdays



#### Every Thursday in April

- 9:00AM Chair Yoga 
- 9:30AM Self Reiki & Meditation 
- 12:30PM Lunch Bunch (Antioch) 
- 1PM Osteo-Pilates  
- 4PM Essentrics-Classic Stretch  
- 5:30PM Yoga 

#### APRIL 2

- 11AM Garden of Books Book Club 
- 6PM Navigating Relationships During Cancer: A Trauma-Informed Workshop for Young Adults 



#### APRIL 9

- 11AM Individual Reiki 
- 6PM Hypnosis for Pain Relief & Healing 

#### APRIL 16

- 3PM African Drumming 

#### APRIL 23








- 11AM Trauma Release Exercises (TRE) 
- 6PM Healing Through Sound: Vibrational Support for the Cancer Journey 

#### APRIL 30

- 4PM Healthy Cooking: Tips, Techniques and Recipes 

### Fridays





#### Every Friday in April

- 8:30AM Strengthening Class    
\*no class last Fri of the month
- 9:30AM Qigong    
\*no class last Fri of the month
- 3:30PM Individual Guided Stretch and Release 
- 4PM Yoga Nidra 
- 6PM Line Dance 

#### APRIL 3

- 11AM Eating for Healing 




#### APRIL 10

- 10:30AM Joyful Circle Dance 
- 11AM Healing Touch Individual Sessions 
- 1PM Creative Art Journaling 
- 3PM Sing Along with Ukes and You 

#### APRIL 17

- 3PM Protecting your Medical Info Online 

#### APRIL 24




- 10:30AM Joyful Circle Dance 
- 11AM Acupressure-Individual Sessions 
- 1PM Lunch and Learn at Lifelong Medical-Richmond 

### Saturdays



#### Every Saturday in April

- 8:30AM Yoga Flow 





#### APRIL 4

- 10AM Yoga Sangraha and Breathing/Pranayama 
- 10:30AM Joyful Circle Dance 
- 1PM Sound Healing 

#### APRIL 11

- 10AM Kids Circle & Teen Talk 
- 11AM Roll, Release, Relax, & Restore 

#### APRIL 18

- 9AM Nourish and Renew 
- 10AM Yoga Sangraha and Breathing/Pranayama 
- 11AM Nutrition for Survivorship 
- 1PM Writing It All Down 

#### APRIL 25

- 10AM Eating the Mediterranean Way 
- 1PM Urban Zen Restorative Practice 







# MAY 2026

## WORKSHOPS & CLASSES

 Virtual  In-Person






### Mondays

#### Every Monday in May

- 8:30AM Pilates  
- 10AM Sunlight Chair Yoga  
- 1PM Mah Jong 
- 4PM Gentle Restorative Yoga 




### Tuesdays

#### Every Tuesday in May

- 9:30AM Yoga 
- 1:15PM Knitting Circle 
- 1:30PM Moving for Life  
- 3:15PM Gentle Yoga/Urban Zen 




### Wednesdays

#### Every Wednesday in May




- 9:15AM Yoga  
- 9:30AM Contemplative Practices 
- 1PM Tai Chi Chih  
- 3PM Integral Tai Chi 
- 5PM Therapeutic Yoga 

MAY 4

MAY 5

- 1PM Chef's Table with Chandra 
- 5PM Feldenkrais Awareness Through Movement 
- 5:30PM Jin Shin Jyutsu Self Help 




MAY 6

- 2PM Daily Wellness Practices  
- 4PM Cancer Transitions Series (1 of 4) 

MAY 11

- 1PM Healing Expressions Series 

MAY 12




- 3PM Hula Fit  
- 6PM Unfinished Business-Writing Letters to Those No Longer With Us 

MAY 13


- 1PM Healing Imagery 

MAY 18

MAY 19

- 1PM Chef's Table with Chandra  
- 5:30PM Jin Shin Jyutsu Self Help 

MAY 20

- 4PM Cancer Transitions Series (2 of 4) 




MAY 25

**MEMORIAL DAY HOLIDAY**  
(No programs)

MAY 26

- 3PM Hula Fit  

MAY 27

- 2PM Yoga Basics  
- 5PM Community Cook Along 









# MAY 2026

## WORKSHOPS & CLASSES



 Virtual  In-Person

### Thursdays



#### Every Thursday in May

- 9:00AM Chair Yoga 
- 9:30AM Self Reiki & Meditation 
- 12:30PM Lunch Bunch (Antioch) 
- 1PM Osteo-Pilates  
- 4PM Essentrics-Classic Stretch  
- 5:30PM Yoga 




#### MAY 7

- 11AM Garden of Books Book Club 
- 6PM Hypnosis for Pain Relief & Healing 

#### MAY 14

- 11AM Individual Reiki 
- 6PM Intro to Guided Autobiography 








#### MAY 21

- 3PM African Drumming 
- 4PM Healthy Cooking: Tips, Techniques and Recipes 
- 6PM Healing Through Sound: Vibrational Support for the Cancer Journey 



#### MAY 28

### Fridays







#### Every Friday in May

- 8:30AM Strengthening Class    
\*no class last Fri of the month
- 9:30AM Qigong    
\*no class last Fri of the month
- 3:30PM Individual Guided Stretch and Release 
- 4PM Yoga Nidra 
- 6PM Line Dance 



#### MAY 1

- 11AM Eating for Healing 
- 1PM Qigong & Self-help Acupressure for Cancer Patients and Caregivers Series (1 of 3) 





#### MAY 8

- 10:30AM Joyful Circle Dance 
- 11AM Healing Touch Individual Sessions 
- 1PM Creative Art Journaling 
- 1PM Qigong & Self-help Acupressure for Cancer Patients and Caregivers Series (2 of 3) 
- 3PM Sing Along with Ukuleles and You 
- 7PM Bay Area Mom Prom 

#### MAY 15

- 1PM Qigong & Self-help Acupressure for Cancer Patients and Caregivers Series (3 of 3) 
- 3PM Healthcare and Tech at a Glance 

#### MAY 22

- 10:30AM Joyful Circle Dance 
- 11AM Acupressure-Individual Sessions 
- 12PM Lunch and Learn: Understanding and Addressing Compassion Fatigue and Caregiver Burnout  



#### MAY 29

### Saturdays




#### Every Saturday in May

- 8:30AM Yoga Flow 

#### MAY 2

- 10AM Yoga Sangraha and Breathing/Pranayama 
- 10:30AM Joyful Circle Dance 



#### MAY 9

- 10AM Kids Circle & Teen Talk 
- 11AM Roll, Release, Relax, & Restore 
- 1PM Writing It All Down 



#### MAY 16

### Hope Walk and Community Fair

#### MAY 23

- 10AM Yoga Sangraha and Breathing/Pranayama 
- 11AM Nutrition and Cancer Treatment 

#### MAY 30

- 10AM Eating the Mediterranean Way 
- 1PM Sound Healing 







# JUNE 2026

## WORKSHOPS & CLASSES

 Virtual  In-Person






### Mondays

Every Monday in June

- 8:30AM Pilates  
- 10AM Sunlight Chair Yoga  
- 1PM Mah Jong 
- 4PM Gentle Restorative Yoga 






### Tuesdays

Every Tuesday in June

- 9:30AM Yoga 
- 1:15PM Knitting Circle 
- 1:30PM Moving for Life  
- 3:15PM Gentle Yoga/Urban Zen 



### Wednesdays

Every Wednesday in June




- 9:15AM Yoga  
- 9:30AM Contemplative Practices 
- 1PM Tai Chi Chih  
- 3PM Integral Tai Chi 
- 5PM Therapeutic Yoga 

JUNE 1

JUNE 2

- 1PM Chef's Table with Chandra 
- 5:30PM Jin Shin Jyutsu Self Help 




JUNE 3

- 2PM Daily Wellness Practices  
- 4PM Cancer Transitions Series (3 of 4) 

JUNE 8

- 1PM Healing Expressions Series 





JUNE 9

- 3PM Hula Fit  
- 6PM Managing Anxiety: Taking a Deeper Look 

JUNE 10

JUNE 15

JUNE 16

- 1PM Chef's Table with Chandra  
- 4PM Cancer Transitions Series (4 of 4) 
- 5:30PM Jin Shin Jyutsu Self Help 

JUNE 17

JUNE 22

- 1PM Healing Expressions Series 


JUNE 23

- 3PM Hula Fit  

JUNE 24

- 2PM Yoga Basics  

JUNE 29

- 5PM Meditation Immersion (1 of 4) 

JUNE 30









# JUNE 2026

## WORKSHOPS & CLASSES

 Virtual  In-Person








### Thursdays

#### Every Thursday in June

- 9:00AM Chair Yoga 
- 9:30AM Self Reiki & Meditation 
- 12:30PM Lunch Bunch (Antioch) 
- 1PM Osteo-Pilates  
- 4PM Essentrics-Classic Stretch  
- 5:30PM Yoga 

### Fridays

#### Every Friday in June


- 8:30AM Strengthening Class    
\*no class last Fri of the month
- 9:30AM Qigong    
\*no class last Fri of the month
- 3:30PM Individual Guided Stretch and Release 
- 4PM Yoga Nidra 
- 6PM Line Dance 

### Saturdays



#### Every Saturday in June

- 8:30AM Yoga Flow 



#### JUNE 4

- 11AM Garden of Books Book Club 



#### JUNE 5

- 11AM Eating for Healing 
- 12:30PM Understanding Grief & Loss 





#### JUNE 6

- 10AM Yoga Sangraha and Breathing/Pranayama 
- 10:30AM Joyful Circle Dance 




#### JUNE 11

- 11AM Individual Reiki 
- 6PM Hypnosis for Pain Relief and Healing 



#### JUNE 12

- 10:30AM Joyful Circle Dance 
- 11AM Healing Touch Individual Sessions 
- 1PM Creative Art Journaling 
- 3PM Sing Along with Ukes and You 

#### JUNE 13

- 10AM Kids Circle & Teen Talk 
- 11AM Roll, Release, Relax, & Restore 
- 1PM Writing It All Down 



#### JUNE 18

- 3PM African Drumming 
- 6PM Healing Through Sound: Vibrational Support for the Cancer Journey 




#### JUNE 19

**JUNETEENTH HOLIDAY**  
(No programs)



#### JUNE 20

- 10AM Yoga Sangraha and Breathing/Pranayama 
- 1PM Urban Zen Restorative Practice 




#### JUNE 25

- 11AM Trauma Release Exercises (TRE) 
- 4PM Healthy Cooking: Tips, Techniques and Recipes 
- 6PM Caregiver Burnout: Prevention, Recognition & Recovery 

#### JUNE 26

- 10:30AM Joyful Circle Dance 
- 11AM Acupressure-Individual Sessions 

#### JUNE 27

- 10AM Eating the Mediterranean Way 
- 11AM Nutrition and Survivorship 
- 1PM Sound Healing 

# CLASS DESCRIPTIONS

## APRIL, MAY, JUNE 2026

### **African Drumming**

#### **3rd Thursdays at 3:00 PM (Virtual)**

Experience this way to get “good vibrations,” boosting immune function and metabolism. Patricia Frame, a talented musician, creates a fun, experiential class. Household items like pots or empty buckets can be used if you don’t have a drum at home.

### **An Author Reading: Thunderclap: A Defining Silence**

#### **Tuesday, 4/14 at 6:00 PM (Virtual)**

Longtime cancer survivor and patient advocate, Juliane Lee shares her memoir, and offers valuable insights into the healing power of the writing process.

### **Autogenics for Pain Management**

#### **Tuesday, 4/7 at 6:00 PM (Virtual)**

With Cynthia McDonald, PhD, CMHT. Autogenic training works through a series of self-statements about heaviness and warmth in different parts of the body. Through this process, a positive effect is induced on the autonomic nervous system thereby reducing the perception of pain. You will learn about pain perception and the “pain cycle” as well as experience the Autogenics technique.

### **Cancer Transitions (4-part Series)**

#### **Wednesday, 5/6, 5/20, 6/3, 6/16 (Tuesday) at 4:00 PM (Virtual)**

Join Debbie Rosenberg, LMFT, CSC Facilitator, offers a series to help cancer survivors transition from active treatment to post-treatment care, covering wellness, emotional health, nutrition, activity, and medical management.

### **Caregiver Burnout: Prevention, Recognition & Recovery**

#### **Thursday, 6/25 at 6:00 PM (Virtual)**

With Adam Matchak, PT, DPT. Board-Certified Clinical Specialist in Oncologic Physical Therapy. Identifying early burnout, setting boundaries, and building sustainable routines to support both the caregiver and the patient.

### **Chef’s Table with Chandra**

#### **1st Tuesdays at 1:00 PM (Virtual)**

#### **3rd Tuesdays at 1:00 PM (Hybrid)**

With Chef Chandra Collins. Explore different plant-based recipes and learn tips and techniques using healing foods to maintain strength and boost immunity. Join us on the 3rd Tuesdays for an immersion class and the opportunity to taste her dishes in person at our Walnut Creek location!

### **Community Cook Along**

#### **Wednesday, 5/27 at 5:00 PM (Virtual)**

Join Holistic Nutrition Consultant Susie White from your home kitchen to prepare two-meal dishes, with a detailed shopping and equipment list provided in advance.

### **Creative Art Journaling**

#### **2nd Fridays at 1:00 PM (In Person)**

No art experience necessary. Colored pens, pencils, chalk, pastels, watercolors will be available for this journey into imagination, dreams, creativity, and visualization. With R Consuelo Inez, certified sound and music therapist, art curator and consultant.

### **Daily Wellness Practices**

#### **1st Wednesdays at 2:00 PM (Hybrid)**

Join Ayurvedic Coach Dana Chloe Morgan to explore tools and techniques that harmonize mind, body, soul, and senses, striving for the blissful equilibrium known as “svastha.”

### **Eating for Healing**

#### **Friday, 4/3, 5/1, 6/5 at 11:00 AM (Virtual)**

Join Holistic Nutrition Consultant Susie White as she demonstrates nutritious recipes featuring ingredients with healing and disease prevention benefits.

### **Eating the Mediterranean Way**

#### **Saturdays, 4/25, 5/30, and 6/27 at 10:00 AM (Virtual)**

Join Camila Loew, PhD, Certified Nutrition Consultant, and trained chef and culinary instructor, from Spain, as she demonstrates delicious recipes based on the Mediterranean diet.

### **Feldenkrais Awareness Through Movement**

#### **Tuesday, 5/5 at 5:00 PM (Virtual)**

With Naffie Fishbacher, Guild Certified Feldenkrais Teacher. Is there something about how you move and feel that you would like to change? Perhaps you’d like to stand straighter, be more flexible, or have fewer aches and pains. This workshop provides gentle movement explorations that can help you achieve these goals.

### **Garden of Books Book Club (Virtual)**

#### **Thursday, 4/2 at 11:00 AM: Squeeze Me by Carl Haaisen**

#### **Thursday, 5/7 at 11:00 AM: Life in a Jar: The Irena Sandler Project (NF) by Jack Mayer**

#### **Thursday, 6/4 at 11:00 AM: The Correspondent by Virginia Evans**

### **Healing Expressions Series (Virtual)**

#### **2nd and 4th Mondays at 1-3 PM (Virtual)**

April Series: Exploring Anger

May Series: Self Compassion

June Series: Gratitude and Acceptance

### **Healing Imagery**

#### **Wednesday, 5/13 at 1:00 PM (Virtual)**

With Cynthia McDonald, PhD, CMHT. Aristotle said that “a vivid imagination compels the body to obey it.” Our imaginations are powerful tools that influence our physical body for the better or worse. Join us as we learn about the mind body connection and how we can use meaningful, positive imagery for deep relaxation and to support the healing process.

### **Healing Through Sound: Vibrational Support for the Cancer Journey**

#### **Thursday 4/23, 5/21, 6/18 at 6:00 PM (Virtual)**

Led by Maryam Nemazie (April) and Riya Wang (May/June), this restorative session is designed for those affected by cancer—whether in treatment, recovery, or caregiving. Using Tibetan singing bowls and guided vibrational alignment, participants will experience deep relaxation, emotional ease, and renewed inner balance. No experience is needed—just a quiet space and, ideally, earphones for the most immersive experience.

### **Healthcare and Tech at a Glance**

#### **Friday, 5/15 at 3:00 PM (Virtual)**

Curious how technology is transforming healthcare? This workshop explores how tools like AI, telehealth, and wearable devices are helping doctors diagnose and treat conditions—and how patients can use these technologies to better manage their health. Presented by Older Adults Technology Services from AARP.

### **Healthy Cooking: Tips, Techniques and Recipes**

#### **Thursday, 4/30, 5/21, 6/25 at 4:00 PM (Virtual)**

Linda Carucci, culinary educator, author and chef, demonstrates seasonal recipes imbued with her characteristic tips and professional chef secrets that make cooking fun and enjoyable.

### **Hula Fit**

#### **2nd and 4th Tuesdays at 3:00 PM (Hybrid)**

Mary Medina is a compassionate movement instructor and long-time haumana hula (hula student) who brings the healing spirit of Hawai’i to every class. Her Hula Fit program offers a gentle, adaptive approach to traditional Hawaiian dance, welcoming all bodies and abilities to reconnect with movement, find calm, and experience joyful expression.

### **Hypnosis for Pain Relief and Healing**

#### **Thursday, 4/9, 5/7, and 6/11 at 6:00 PM (Virtual)**

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

### **Intro to Guided Autobiography**

#### **Thursday, 5/14 at 6:00 PM (Virtual)**

Join Writing Instructor Linda De La Ysla, Ph.D. for this small-group, reflective writing experience that uses participants’ life stories to foster connection, insight, and personal growth. We’ll discuss sample themes like family, health, and life transitions, and then explore one theme in a brief guided writing exercise, offering a warm preview of how participants share stories, build community, and deepen self-awareness in a non-judgmental space.

### **Jin Shin Jyutsu Self-Help**

#### **1st and 3rd Tuesdays at 5:30 PM (Virtual)**

With Kathy O’Hare. Learn simple finger pressure applications to your body to strengthen energy and support healing.

### **Joyful Circle Dance**

#### **2nd and 4th Fridays at 10:30 AM (In Person)**

#### **& Saturday, 4/4, 5/2, 6/6 at 10:30 AM (In Person)**

Join Pam Derks and Robannie Smidebush for circle dancing, an ancient, meditative dance form that honors the earth and connects dancers, with easy, repetitive steps taught before each dance and no need for partners.

### **Kids Circle & Teen Talk**

#### **2nd Saturdays at 10:00 AM (In Person)**

CSC Therapists provide workshops for families with school-age children (ages 6-18) when a parent has cancer, featuring activity-based groups for children to identify feelings and learn coping skills, a support group for teens, and a group for parents. Each session concludes with lunch and a family activity.

### **Leaving Words That Matter: A Guide to Letter Writing at End of Life**

#### **Tuesday, 4/28 at 6:00 PM (Virtual)**

With Margaret Stauffer, LMFT. Join us for a workshop to guide you in writing down your love, thoughts and memories to leave lasting gift for those you leave behind and help you feel complete. We’ll look at ways to create these letters that feel right and authentic to you.

# CLASS DESCRIPTIONS

## APRIL, MAY, JUNE 2026

### **Lunch and Learn: Understanding and Addressing Compassion Fatigue and Caregiver Burnout**

**Friday, 5/22 at 12:00 PM (Hybrid)**

Join Peter Dudley and Antoinette LeCouteur for this in-person workshop exploring caregiving, resilience, and lessons from their book, RELIT. Through personal stories, readings, and practical insights, participants will gain inspiration and tools to strengthen resilience and enhance their caregiving journey.

### **Managing Anxiety: Taking a Deeper Look**

**Tuesday, 6/9 at 6:00 PM (Virtual)**

With Cynthia McDonald, PhD, CMHT. Anxiety is what psychologists call a primary or surface emotion that can actually hide deeper feelings and experiences. In this class, we will take a closer look at the levels beneath anxiety and learn tools to release the deeper feelings that often fuel it.

### **Meditation Immersion (4 Part Series- Virtual)**

**Part 1: Monday 6/29 at 5:00 PM**

**Part 2: Thursday 7/2 at 5:00 PM**

**Part 3: Monday 7/6 at 5:00 PM**

**Part 4: Thursday 7/9 at 5:00 PM**

With Cynthia McDonald, PhD, CMHT. If you ever wanted to go deeper with your meditation practice or to establish a more consistent practice of meditation, then this class is for you. We will meet 2 times per week for 2 weeks, for a total of 4 meetings. Each meeting will be one hour - the first 30 minutes for a short teaching and some coaching, and the second 30 minutes for meditation practice. You will benefit most by committing to attend all 4 classes. All levels of experience are welcome!

### **Mindfulness Meditation (8-part Series)**

**Mondays at 11 AM until 4/20 (Virtual)**

This mindfulness meditation class supports both new and experienced meditators in reducing stress, improving sleep and clarity, regulating emotions, and cultivating overall well-being through guided and silent practice. Join R Inez, CSH, CMT to deepen self-awareness and access the benefits of this powerful mind-body tool. This is an 8-week series from March 2nd - April 20th.

### **Navigating Relationships During Cancer: A Trauma-Informed Workshop for Young Adults**

**Thursday, 4/2 at 6:00 PM (Virtual)**

With Taylor Simmons, CSC Intern. A supportive, trauma-informed workshop for young adults (18-40) navigating relationships during cancer. Participants explore connection, communication, and boundaries at their own pace, with a focus on choice, self-compassion, and resilience.

### **Nourish and Renew**

**Saturday, 4/18 at 9:00 AM - 1:00 PM (In Person)**

Nourish and Renew is a new quarterly Saturday wellness gathering created for people whose lives have been touched by cancer, including patients in treatment, survivors, caregivers, family members, and friends. The program offers a balanced experience that includes a gentle wellness activity, a practical educational workshop, a nutrition class, a professionally facilitated support group, and a shared meal to close the gathering in connection and nourishment.

### **Nutrition and Cancer Treatment**

**Saturday, 5/23 at 11:00 AM (Virtual)**

Oncology Dietitian Tinrin Chew, RD, will teach what to eat during treatment to help manage chemotherapy, radiation, and immunotherapy while maintaining health.

### **Nutrition for Survivorship**

**Saturday, 4/18, 6/27 at 11:00 AM (Virtual)**

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.

### **Protecting your Medical Info Online**

**Friday, 4/17 at 3:00 PM (Virtual)**

Healthcare portals like MyChart make it easy to access medical records, communicate with providers, and manage your care. This session will cover key features, security protections, and tips to keep your accounts safe and protect your privacy. Presented by Older Adults Technology Services from AARP.

### **Qigong & Self-help Acupressure for Cancer Patients and Caregivers (3-part Series)**

**Fridays, 5/1, 5/8, 5/15 at 1:00 PM (In Person)**

Join Elise Ching, Certified Acupressure Massage Therapist and Certified Clinical Hypnotherapist and Kaleo Ching, Certified Acupressure Massage Therapist, Certified Clinical Hypnotherapist, Certified Medical Qigong Practitioner for a Qigong class that combines gentle movement, stress relief, and acupressure for vitality and balance. A cancer survivor, Elise shares self-help Qigong techniques and acupressure points, based in Chinese Medicine, to ease nausea, neuropathy, and anxiety during treatment.

### **Roll, Relax, Release & Restore**

**2nd Saturdays at 11 AM (Virtual)**

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

### **Sing Along with Ukés and You**

**2nd Fridays at 3:00 PM (Virtual)**

With Kathryn LaMar. Learn to play the ukulele as we sing well-known songs together. First half-hour for first-time beginners — how to hold it, strum it, and finger simple chords. All levels welcome!

### **Sound Healing**

**Saturday, 4/4 at 1:00 PM (Virtual): Mother of Us All**

The most natural connection we turn to is our mother. We will listen to dear mother earth's song and message of love. Find peace in embracing the relationship we share as we journey to earth's vibrational frequency.

**Saturday, 5/30 at 1:00 PM (Virtual): Cultivating Joy**

Open yourself to Joy, even during transitional or challenging times. Sometimes you must look for it. Cultivating joy is personal, building a pathway to positives and noticing the times you feel joy.

**Saturday, 6/27 at 1:00 PM (Virtual): Season of Fire and Creativity**

On our journey of awakening, we welcome the purifying heat to heal and discover pure creative beauty within that has been dormant, we will allow that inner child to break free and embrace the fun and laughter.

### **Strength and Stability for Oncology Patients Series (3-part Series)**

**4/8, 4/15, 4/22 at 5:30PM (In Person)**

Join Allison Gervis, RN, OCN, Certified Cancer Exercise Trainer, for a supportive in-person class designed to help cancer patients rebuild strength, improve balance, and boost energy. This gentle, all-level session includes light strength work, stretching, and reflection in a safe, small-group setting.

### **Understanding Grief & Loss**

**Friday, 6/5 at 12:30 PM (Virtual)**

With Eve Bazo, LCSW, CSC Facilitator. There is no right way to grieve. There is no timeline to grief. This workshop is for those with a recent loss of a loved one. We will dig into the 5 stages of grief as well as review a 6th stage. We will review things that those that have had losses commonly experience. We will talk about skills & tools to cope as well as manage difficult feelings.

### **Unfinished Business-Writing Letters to Those No Longer With Us**

**Tuesday, 5/12 at 6:00 PM (Virtual)**

With Margaret Stauffer, LMFT. So often when a loved one dies, we wish we would have told them more or left something important unsaid. Learn how letter writing can give voice to those wishes and help you heal.

### **Urban Zen Restorative Practice**

**Saturday, 4/25 and 6/20 at 1:00 PM (Virtual)**

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

### **Writing It All Down**

**Saturdays, 4/18, 5/9, 6/13 at 1:00 PM (Virtual)**

Join author and life coach Peter Dudley in a writing group that fosters creativity, skill improvement, and self-discovery. Enjoy a supportive community focused on storytelling through writing and group discussions.

### **Yoga Basics**

**4th Wednesdays at 2:00 PM (Hybrid)**

Join Ayurvedic Lifestyle Coach Dana Chloe Morgan to boost your immune system and realign your body using practices from "Yoga to Support Immunity," strengthening your lungs and becoming pain-free.

### **Yoga Sangraha and Breathing/Pranayama**

**1st and 3rd Saturday at 10:00 AM (Virtual)**

With Mirtha Carballo, CYT. Mindful Breathwork (Pranayama) and Sangraha Yoga combine traditional yoga postures with Resonance Breathing to promote calm, focus, and overall wellbeing. This practice enhances lung capacity, supports cardiovascular health, and balances the nervous system—no experience needed, just bring a yoga mat!

**INDIVIDUAL SESSIONS** Detailed descriptions available online

### **Individual Acupressure**

**4th Fridays at 11 AM (3 appts/In Person)**

### **Individual Healing Touch**

**Fridays, 4/10, 5/8, 6/12 at 11 AM (2 appts/In Person)**

### **Individual Guided Stretch and Release**

**Fridays, at 3:30 PM (4 appts/In Person)**

### **Individual Reiki**

**2nd Thursdays from 11 AM - 2:30 PM (5 appts/In Person)**

# 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.



## Ways to Give

**Recurring Gifts:** Give manageable amounts that add up over time.

**Leave Your Legacy:** Include CSC in your will, trust, or other planned gift.

**Donor Advised Funds:** Recommend a gift from your DAF.

**Vehicle Donation:** An unused car or truck can support our community.

**Stock or IRA Gifts:** Support our mission with potential tax benefits.



“I’m very grateful for CSC – the people and the programs; educational & exercise. When I was initially diagnosed, I was terrified. It was the CSC staff and counseling group that helped get me through it.”

■ Anna, CSC Participant

3276 McNutt Avenue, Walnut Creek, CA 94597

# 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. If you are interested in joining a support group, **call 925.933.0107 or email [Maricela mbecerra@cancersupport.net](mailto:Maricela.mbecerra@cancersupport.net)** to get started.

## Weekly Group Times

### Mondays:

6–8PM

Participant Group

Support Person Group

### Tuesdays:

11AM–1PM, Newly Diagnosed Breast Cancer Group

11AM–1PM

Participant Group

Support Person Group

Participant Group

1:30–3:30PM Combined Patient/Support Person Group @ Antioch Epic Care

### Wednesdays:

10:30AM–12:30PM

Participant Group

Participant Group

Support Person Group

6–8PM, Grief & Loss Group

## Networking Group Times

### Alone Together Group

2nd & 4th Mondays: 1PM

### Blood Cancers Group

Blood Cancer United (formerly LLS) East Bay Adult Family Support Group

3rd Thursday: 6PM

3rd Thursday: 6PM

### Brain Tumor Group

3rd 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)

## Gynecologic/Ovarian Cancer Group

1st & 3rd Tuesdays: 1:30PM

## LGBTQ+ Cancer Care Support Group

1st & 3rd Thursdays: 11AM

## Life Beyond Cancer Group

2nd & 4th Wednesdays: 4PM

## Lung Cancer Group

1st Wednesday: 4PM

## Lymphedema Support Group

2nd Tuesday: 5PM

## Metastatic Prostate Cancer Group

2nd & 4th Thursdays: 11AM

(1st and 3rd Thursdays in Nov./Dec.)

## Neuroendocrine Cancer (NETS)

### Networking Group

1st Saturday of even months: 1PM

(February, April, June, August, October, December)

## ROOTS (Risk, Oncology Options, and Thriving in Solidarity)

1st Thursday: 4PM

## Prostate Cancer Group

4th Thursdays: 1PM

(3rd Thursdays in Nov./Dec.)

## Young Adult Group

2nd & 4th Tuesdays: 4PM



## SCAN TO REGISTER

for all programs or access the online calendar at [www.cancersupport.net](http://www.cancersupport.net)