

JULY/AUGUST 2010 PROGRAM CALENDAR



Are you new to The Wellness Community?

We provide free support services for people with cancer and their loved ones. Use this calendar to find out about our programs.

We suggest that you learn more by attending a Newcomers Meeting, held Mondays at 7 pm or Fridays at 11 am.

These informal meetings are led by a cancer survivor who will introduce you to The Wellness Community programs. Psychosocial services include educational seminars, stress reduction programs, creative expressive programs and support groups. The Wellness Community also offers brief individual, couples and family counseling to participants and their loved ones dealing with issues related to their cancer experience.

Please call us at 925-933-0107 for information.

You may attend workshops, stress reduction programs and networking groups prior to attending a Newcomers Meeting.

SPECIAL PROGRAMS Please call 925-933-0107 to register.

Kids Circle and Teen Talk

Saturdays:

July 10 and August 14, 10 am–1 pm

With TWC licensed therapists. For families with school-age children 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 workshop ends with lunch and a family activity to enhance communication.

Feldenkrais

Awareness Through Movement

Saturday:

July 10, 1–4 pm

With Peter Boffey, GCFT. The Feldenkrais Method is designed to open up new possibilities for movement and well-being through a gentle, guided, pain-free approach, leading to greater ease and comfort. This is an experiential workshop that incorporates rest periods and ample opportunities for questions and discussion. Please wear comfortable clothes that allow you to move both in chairs and on mats. A direct beneficiary of this approach to wellness, Peter is a Guild Certified Feldenkrais Teacher.

Awakening Joy

Tuesday:

July 13, 6–8 pm

With James Baraz, PhD. In this workshop based on his book *Awakening Joy: 10 Steps That Will Put You on the Road to Real Happiness* and popular "Awakening Joy" online course, James Baraz presents principles and strategies to optimize your natural capacity for well-being and happiness regardless of the circumstances. The workshop will include experiential exercises and practices offered in a user-friendly, fun atmosphere. James has been teaching meditation since 1978 and the "Awakening Joy" class since 2003. He is a founding teacher of Spirit Rock Meditation Center.

African Drumming

Thursdays:

July 15 and August 19, 4:30–5:30 pm

With Patricia Frame. Come experience this way to get "good vibrations." Drumming has been shown to boost immune system function and metabolism. No rhythmic or musical ability needed! Patricia is a talented musician and brings a multitude of drums to enjoy.

Let's Sing—Karaoke Party

Friday: July 16, 6–9 pm

With United We Sing. Enjoy a wonderful performance about the cancer journey through popular song performed by this dynamic quartet. Then, you can take the stage, choosing from over 9,000 songs and perform with backup in a supportive, fun atmosphere. Refreshments provided.

Knowing the Body

Through the Fire Element

Saturday: July 17, 10 am–12 pm

With Lourdes Gonzalez, MA, LAc, MMQ. Traditional Chinese Medicine uses the concept of 5 elements to create health and wellness. Summer, the season of maturation is strongly associated with the fire element. Learn about the connection to the heart, see how your like or dislike of the color red figures in, and what foods are associated with fire and how you can achieve balance. Lourdes is a holistic health specialist who works with Chinese medicine and dreamwork.

Reiki for Healing

Tuesdays: July 20 and 27, 6–8 pm

With Michael Brabant. Learn the basics of this healing practice to balance the energy in the body. Use it with yourself or others to help minimize side effects and promote deep relaxation. The first class focuses on history, practice and benefits, and must be attended to participate in the second class where the practice is taught. Michael has been a doctor of psychology intern with us and is a Reiki Master.

special PROGRAMS & SERIES

JULY/AUGUST 2010 SPECIAL PROGRAMS

Special Announcements

The Wellness Community San Francisco Bay Area is an affiliate of a network of cancer support organizations. In 2009, the national Wellness Community organization joined with Gilda's Clubs to form an international federation called the Cancer Support Community.



Our Mountain View location is now open and serving people affected by cancer in the Silicon Valley. What's important to know is that while the new facility is called the Cancer Support Community, only the name has changed — we will offer the same services and programs, and they will continue to be delivered with the same caring, quality and effectiveness that have always been the hallmark of The Wellness Community.

The Cancer Support Community is located at The Vineyard, 455 No. Whisman Road, Mountain View, CA 94043.

The website is www.cancersupportcommunity.net. Telephone 650-968-5000. Please pass on this information if you know of someone who could benefit from the services.

SPECIAL PROGRAMS Please call 925-933-0107 to register.

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Mindful Chi Kung & Healthy Being Wednesdays:

July 21 and August 18, 2–4 pm

With Chau Yoder. Chi Kung means energy cultivation. It is a moving meditation that integrates mind, body and spirit to enhance health and strengthen the immune system. Chau has been providing workshops for us for close to 20 years.

Nutrition and Cancer Treatment

Saturday: July 24, 10 am–1 pm

With Tinrin Chew, RD. Learn what to eat during and after treatment, how to establish nutritional goals, and how foods help in maintaining and regaining health. Tinrin has been an oncology dietitian for over 20 years.

Jin Shin Jyutsu

Saturday: July 31, 10 am–12:30 pm

With Terry Moore. Learn to work with specific areas of your body to reduce and better manage the effects of cancer and its treatment. This practice, similar to acupressure can help support the immune system and reduce the physical and emotional impact of stress on your body. Terry has a private practice in Jin Shin Jyutsu.

Am I Just Forgetful or Is It Chemobrain?

Tuesday: August 3, 6–8 pm

With Alice Barlattani, RN. During and after cancer treatment, many report difficulty with their thinking abilities. Learn symptoms, tips and helpful strategies to help manage this frustrating side effect. Alice is an oncology nurse with Epic-Care.

Managing Symptoms & Side Effects

Saturday: August 7, 10 am–12 noon

With Diana Longacre, OCN. Learn what you can do to feel better during cancer treatment. In this informal workshop, Diana, a Kaiser oncology nurse and cancer survivor herself,

will discuss methods for managing fatigue, nausea and other treatment side effects.

Bead Creative

Tuesday: August 17, 4–6 pm

With Pam Taylor. Design your own bracelet using stone, crystal and silver. Everything you need is provided in this fun, interactive class. Pam is an artist and cancer survivor. Priority is given to those who have not previously attended.

Getting Your Groove Back

Friday: August 20, 6–9 pm

With Sueann Mark, PhD. Join us for this relaxed evening focused on a topic everyone wants to know about but didn't know who to ask. The evening will combine discussion of bringing passion, sensuality and fun back in your lives with "mocktails," music and communicating with your partner. Sueann is a clinical sexologist and cancer survivor.

Survivorship 101

Saturday: August 28, 10 am–12 noon

With Shell Portner, R.N. This is an introduction to post-treatment recovery and beyond. Learn how to create a summary of your treatment and map out a care plan for your recovery. You will leave empowered with the tools and guidance to improve your quality of life and achieve a greater sense of well-being. Shell is the Survivorship Nurse Navigator at John Muir Cancer Institute and also a cancer survivor.

Yin Yoga for Recovery

Tuesday: August 31, 6–8 pm

With Susan Blackwood Reynolds. Yin Yoga postures are held longer to allow muscles to gently grow, increasing blood, lymph and digestive circulation. While the focus is on the breath and increasing energy flow awareness, the practice visualizations and readings enhance the depth of meditations on the mat. Susan teaches our Thursday morning Yoga class.



SPECIAL SERIES AND ONGOING PROGRAMS

SPECIAL SERIES

Please call 925-933-0107 to register.

Newly Diagnosed Breast Cancer Series

Wednesdays: July 14 thru October 27, 10:30 am–12:30 pm

With Ilene Scharlach, PhD. For those in or just starting treatment. Guest oncology experts present information and group support provides tools to assist in coping and sharing experiences. The Tuesday series is limited to those who started in April.

Compassionate Communication

Fridays:

August 6 thru September 17, 2–4 pm

With Jared Finklestein. Nonviolent Communication (NVC) or Compassionate Communication is a way to communicate with greater compassion and clarity. It focuses on two things: honest self-expression — exposing what matters to oneself in a way that's likely to inspire compassion in others; and empathy — listening with deep compassion. This 6 week series will combine learning the concepts along with experiential practice in each session.

Food for Life

Nutrition & Cooking Classes

Fridays:

August 27 thru September 24, 6–8 pm

With Stephanie Roston, RD, Millenium Chef. This four week series provides information about how certain foods and nutrients work to promote or discourage cancer growth. Includes plant based recipes and cooking demonstrations.

Moving Beyond Fear Series

Mondays: June 28 thru July 26, 4–6 pm

With Tony Newey, PhD. In this 4 week series, participants will discover practical ways of connecting with a source of deep personal calmness, strength and clarity from deep within. This can be used to deal with illness and with life situations outside of cancer. (no class July 5)

ONGOING PROGRAMS

NETWORKING GROUPS

No need to RSVP.

Brain Tumor

2nd and 4th Wednesdays: 7–9 pm

Breast Cancer

2nd and 4th Thursdays: 11 am–1 pm

Carcinoid Neuroendocrine Cancers

3rd Saturday, Odd Months: 1–4 pm

Colorectal Cancer

2nd Wednesday: 4–6 pm

Gynecologic/Ovarian Cancer

**1st and 3rd Thursdays:
11 am–1 pm**

Lung Cancer

**1st Wednesday:
4–6 pm**

Metastatic Prostate Cancer

**4th Thursday:
11 am–1 pm**

Prostate Cancer

**4th Thursday:
1–3 pm**

Family Transition

Wednesdays: 6–8 pm

For bereaved TWC members who have experienced a loved one's death from cancer.

Life After Cancer

**2nd and 4th Wednesdays:
6–8 pm**

For those beyond day to day treatment.

Survivorship Café Nights

1st and 3rd Wednesdays: 6–8 pm
Social get togethers for long term survivors.

MIND BODY

Ongoing Stress Reduction and Exercise Programs. No need to RSVP.

Pilates Mondays: 8:30–9:30 am

This system of exercise combines the suppleness of yoga with strength training, creating a strong core for physical activities including recovery. Instructor: Ivy Noceto

Yoga Mondays: 2–3 pm;

Wednesdays: 8:45–10:15 am;

Thursdays: 9:30–10:45 am & 5–6:30 pm

Gentle breathing and stretching exercises improve muscle tone and aid in stress management. Instructors Sandy Stober, Mary Cameron Smith, Betsy Shandalov and Susan Blackwood Reynolds

Chi Kung

Tuesdays: 9:30–10:45 am

These gentle, flowing movements are designed to increase flexibility, develop physical strength, build energy and improve overall health. Wear comfortable clothes and socks. Instructor: Lourdes Gonzales

Knitting Circle

Tuesdays: 1:15–3 pm

Knitting has been clinically shown to induce states of tranquility similar to meditation. The relaxed atmosphere of the group makes creating fun. Instructor: Janet Correia

Mindfulness

Wednesdays: 9:30–10:30 am

Ongoing group meditation practice. Instructor: Margaret Cullen, MFT

Tai Chi Chih/Qigong: Always

Beginning Fridays: 9:30–10:30 am

Moving meditation. Twenty easy, gentle movements for calmness, balance and self healing. Instructor: Wendy Helms, PhD

Feldenkrais: Awareness Through Movement Fridays: 1–2 pm

This gentle approach to movement focuses on flexibility, balance and coordination to help overcome physical limitations brought on by treatment. Instructor: Peter Boffey

JULY 2010 PROGRAM CALENDAR



CALENDAR KEY: GREEN=Mind/Body/Creative Expressive • BLUE=Support • RED=Special Programs • ORANGE=Special Series • Please register for programs in red and orange by calling 925-933-0107.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Offsite Workshops Please call 925-933-0107 for more information.</p> <p>VALLEJO: Nutrition and Cancer Treatment Tuesday, July 27, 5-7 pm With Tinrin Chew, RD. Sutter Solano Cancer Center 1st floor conference room, 100 Hospital Drive. Learn what to eat during and after treatment, how to establish nutritional goals, and how foods help in maintaining and regaining health. Tinrin has been an oncology dietitian for over 20 years.</p> <p>ANTIOCH: Guided Imagery & Stress Reduction Wednesday, August 18, 6-8 pm With Julie Kaldveer, MA Sutter Delta Medical Center, Main Hospital Board Room, 3901 Lone Tree Way. Learn how to focus and relax the body and mind to help experience relief from negative emotional states. Guided imagery can help stimulate the immune system, decrease pain, and reduce the impact of stress on the body. Julie has a masters degree in counseling and is a professional interactive imagery guide.</p>			<p>1 9:30-10:45 am Yoga 11 am-1 pm Gynecologic/Ovarian Cancer Group 5-6:30 pm Yoga 7-9 pm Weekly Participant & Support Person Groups</p>	<p>2 9:30-10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 1-2 pm Feldenkrais Awareness Through Movement</p>	<p>3 CLOSED 4th of July Holiday No Saturday Workshops</p>
<p>5 CLOSED 4th of July Holiday</p>	<p>6 9:30-10:45 am Chi Kung 11 am-1 pm Newly Diagnosed BC Group 11 am-1 pm Weekly Participant & Support Person Groups 1:15-3 pm Knitting Circle</p>	<p>7 8:45-10:15 am Yoga 9:30-10:30 am Mindfulness 10:30 am-12:30 pm Weekly Support Groups 4-6 pm Lung Cancer Group 6-8 pm Family Transition Group 6-8 pm Survivorship Café</p>	<p>8 9:30-10:45 am Yoga 11 am-1 pm Breast Cancer Group 5-6:30 pm Yoga 7-9 pm Weekly Participant & Support Person Groups</p>	<p>9 9:30-10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 1-2 pm Feldenkrais Awareness Through Movement</p>	<p>10 10 am-1 pm Kids Circle & Teen Talk 1-4 pm Introduction to Feldenkrais Awareness Through Movement</p>
<p>12 8:30-9:30 am Pilates 2-3 pm Yoga 4-6 pm Moving Beyond Fear 7 pm Newcomers Meeting 7-9 pm Weekly Participant & Support Person Groups</p>	<p>13 9:30-10:45 am Chi Kung 11 am-1 pm Newly Diagnosed BC Group 11 am-1 pm Weekly Participant & Support Person Groups 1:15-3 pm Knitting Circle 6-8 pm Awakening Joy</p>	<p>14 8:45-10:15 am Yoga 9:30-10:30 am Mindfulness 10:30 am-12:30 pm Newly Diagnosed BC Group 10:30 am-12:30 pm Weekly Participant & Support Person Groups 4-6 pm Colorectal Cancer 6-8 pm Family Transition Group 6-8 pm Life After Cancer 7-9 pm Brain Tumor Group</p>	<p>15 9:30-10:45 am Yoga 11 am-1 pm Gynecologic/Ovarian Cancer Group 4:30-5:30 pm African Drumming Circle 5-6:30 pm Yoga 7-9 pm Weekly Participant & Support Person Groups</p>	<p>16 9:30-10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 1-2 pm Feldenkrais Awareness Through Movement 6-9 pm Let's Sing - Karaoke Night</p>	<p>17 10 am-12 noon Knowing the Body Through the Fire Element</p>
<p>19 8:30-9:30 am Pilates 2-3 pm Yoga 4-6 pm Moving Beyond Fear 7 pm Newcomers Meeting 7-9 pm Weekly Participant & Support Person Groups</p>	<p>20 9:30-10:45 am Chi Kung 11 am-1 pm Newly Diagnosed BC Group 11 am-1 pm Weekly Participant & Support Person Groups 1:15-3 pm Knitting Circle 6-8 pm Reiki for Healing</p>	<p>21 8:45-10:15 am Yoga 9:30-10:30 am Mindfulness 10:30 am-12:30 pm Newly Diagnosed BC Group 10:30 am-12:30 pm Weekly Participant & Support Person Groups 2-4 pm Mindful Chi Kung 6-8 pm Family Transition Group 6-8 pm Survivorship Café</p>	<p>22 9:30-10:45 am Yoga 11 am-1 pm Breast Cancer Group 11 am-1 pm Metastatic Prostate Group 1-3 pm Prostate Cancer Group 5-6:30 pm Yoga 7-9 pm Weekly Participant & Support Person Groups</p>	<p>23 9:30-10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 1-2 pm Feldenkrais Awareness Through Movement</p>	<p>24 10 am-1 pm Nutrition and Cancer Treatment No Carcinoid Group</p>
<p>26 8:30-9:30 am Pilates 2-3 pm Yoga 4-6 pm Moving Beyond Fear 7 pm Newcomers Meeting 7-9 pm Weekly Participant & Support Person Groups</p>	<p>27 9:30-10:45 am Chi Kung 11 am-1 pm Newly Diagnosed BC Group 11 am-1 pm Weekly Participant & Support Person Groups 1:15-3 pm Knitting Circle 5-7 pm Vallejo Workshop: Nutrition and Cancer Treatment 6-8 pm Reiki for Healing</p>	<p>28 8:45-10:15 am Yoga 9:30-10:30 am Mindfulness 10:30 am-12:30 pm Newly Diagnosed BC Group 10:30 am-12:30 pm Weekly Support Groups 6-8 pm Family Transition Group 6-8 pm Life After Cancer 7-9 pm Brain Tumor Group</p>	<p>29 9:30-10:45 am Yoga 5-6:30 pm Yoga 7-9 pm Weekly Participant & Support Person Groups</p>	<p>30 9:30-10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting No Feldenkrais Awareness Through Movement Class</p>	<p>31 10 am-12:30 pm Jin Shin Jyutsu</p>



CALENDAR KEY: GREEN=Mind/Body/Creative Expressive • BLUE=Support • RED=Special Programs • ORANGE=Special Series • Please register for programs in red and orange by calling 925-933-0107.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>2</p> <p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>7 pm Newcomers Meeting</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>3</p> <p>9:30–10:45 am Chi Kung</p> <p>11 am–1 pm Weekly Participant & Support Person Groups</p> <p>1:15–3 pm Knitting Circle</p> <p>6–8 pm Am I Just Forgetful or Is it Chemobrain?</p>	<p>4</p> <p>8:45–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Newly Diagnosed BC Group</p> <p>10:30 am–12:30 pm Weekly Participant & Support Person Groups</p> <p>4–6 pm Lung Cancer Group</p> <p>6–8 pm Family Transition Group</p> <p>6–8 pm Survivorship Café Night</p>	<p>5</p> <p>9:30–10:45 am Yoga</p> <p>11 am–1 pm Gynecologic/Ovarian Cancer Group</p> <p>5–6:30 pm Yoga</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>6</p> <p>9:30–10:30 am Tai Chi Chih Qigong: Always Beginning</p> <p>11 am Newcomers Meeting</p> <p>1–2 pm Feldenkrais Awareness Through Movement</p> <p>2–4 pm Compassionate Communication</p>	<p>7</p> <p>10 am–12 noon Managing Symptoms & Side Effects</p>
	<p>9</p> <p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>7 pm Newcomers Meeting</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>10</p> <p>9:30–10:45 am Chi Kung</p> <p>11 am–1 pm Weekly Participant & Support Person Groups</p> <p>1:15–3 pm Knitting Circle</p>	<p>11</p> <p>8:45–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Newly Diagnosed BC Group</p> <p>10:30 am–12:30 pm Weekly Support Groups</p> <p>4–6 pm Colorectal Cancer Group</p> <p>6–8 pm Family Transition Group</p> <p>6–8 pm Life After Cancer</p> <p>7–9 pm Brain Tumor Group</p>	<p>12</p> <p>9:30–10:45 am Yoga</p> <p>11 am–1 pm Breast Cancer Group</p> <p>5–6:30 pm Yoga</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>13</p> <p>9:30–10:30 am Tai Chi Chih Qigong: Always Beginning</p> <p>11 am Newcomers Meeting</p> <p>1–2 pm Feldenkrais Awareness Through Movement</p> <p>2–4 pm Compassionate Communication</p>	<p>14</p> <p>10 am–1 pm Kids Circle & Teen Talk</p>
	<p>16</p> <p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>7 pm Newcomers Meeting</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>17</p> <p>9:30–10:45 am Chi Kung</p> <p>11 am–1 pm Weekly Participant & Support Person Groups</p> <p>1:15–3 pm Knitting Circle</p> <p>4–6 pm Bead Creative</p>	<p>18</p> <p>8:45–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Newly Diagnosed BC Group</p> <p>10:30 am–12:30 pm Weekly Participant & Support Person Groups</p> <p>2–4 pm Mindful Chi Kung</p> <p>6–8 pm Antioch Workshop: Stress Reduction & Guided Imagery</p> <p>6–8 pm Family Transition Group</p> <p>6–8 pm Survivorship Café Night</p>	<p>19</p> <p>9:30–10:45 am Yoga</p> <p>11 am–12:30 pm Gynecologic/Ovarian Cancer Group</p> <p>4:30–5:30 pm African Drumming Circle</p> <p>5–6:30 pm Yoga</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>20</p> <p>9:30–10:30 am Tai Chi Chih Qigong: Always Beginning</p> <p>11 am Newcomers Meeting</p> <p>1–2 pm Feldenkrais Awareness Through Movement</p> <p>2–4 pm Compassionate Communication</p> <p>6–9 pm Getting Your Groove Back</p>	<p>21</p> <p>10 am–1 pm Multiple Myeloma Group</p>
	<p>23</p> <p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>7 pm Newcomers Meeting</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>24</p> <p>9:30–10:45 am Chi Kung</p> <p>11 am–1 pm Weekly Participant & Support Person Groups</p> <p>1:15–3 pm Knitting Circle</p>	<p>25</p> <p>8:45–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Newly Diagnosed BC Group</p> <p>10:30 am–12:30 pm Weekly Participant & Support Person Groups</p> <p>6–8 pm Family Transition Group</p> <p>6–8 pm Life After Cancer</p> <p>7–9 pm Brain Tumor Group</p>	<p>26</p> <p>9:30–10:45 am Yoga</p> <p>11 am–1 pm Breast Cancer Group</p> <p>11 am–1 pm Metastatic Prostate Group</p> <p>1–3 pm Prostate Cancer Group</p> <p>5–6:30 pm Yoga</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>27</p> <p>9:30–10:30 am Tai Chi Chih Qigong: Always Beginning</p> <p>11 am Newcomers Meeting</p> <p>1–2 pm Feldenkrais Awareness Through Movement</p> <p>2–4 pm Compassionate Communication</p> <p>6–8 pm Food for Life Nutrition & Cooking Classes</p>	<p>28</p> <p>10 am–12 noon Survivorship 101</p>
	<p>30</p> <p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>7 pm Newcomers Meeting</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>31</p> <p>9:30–10:45 am Chi Kung</p> <p>11 am–1 pm Weekly Participant & Support Person Groups</p> <p>1:15–3 pm Knitting Circle</p> <p>6–8 pm Yin Yoga for Recovery</p>	<p>All of the programs and services at The Wellness Community are provided free of charge in order to be readily accessible to people affected by cancer. This is made possible by gifts, grants and sponsorships from over 2,000 individuals and organizations each year. Every contribution makes a difference and is greatly appreciated.</p> <p>We would like to give special acknowledgement to our Leadership Sponsors, who have provided extraordinary support during the past year:</p> <ul style="list-style-type: none"> • Genentech • John Muir Health • Safeway • Kaiser Permanente • McKesson • Verizon <p>For more information on how you can support The Wellness Community, call 925-933-0107 or visit our website at www.twcba.org/donate.html.</p>			

OFFSITE SUPPORT GROUPS

Call 925-933-0107 for more information.

ANTIOCH Mondays: 1:30–3:30 pm.

Weekly drop-in group for people with cancer and their loved ones. Sutter Delta Medical Center (Fallman Education Center), 3901 Lone Tree Way

SAN RAMON 2nd Tuesday: 7:30–9 pm

Drop-in Prostate Cancer Group for men and their loved ones. San Ramon Regional Medical Center, South Building, West Day Room

VALLEJO 1st and 3rd Wednesdays: 4–5:30 pm

Twice monthly drop-in group for people with cancer and their loved ones. Sutter Solano Cancer Center, 1st Floor Conference Room, 100 Hospital Drive

Grupos De Apoyo Emocional en Espanol Los Jueves De: 12–2 pm

Los grupos estan localizados en Pittsburg, Concord, Martinez, San Pablo y Walnut Creek. Si necesita un grupo de apoyo en espanol, por favor llame Cyndi Lezcano al 1-800-556-0477.

Do you have a blood cancer? We offer support...

The Wellness Community is offering individual sessions to explore treatment options and concerns through a pilot study called Open to Options. We believe that decision support will help you better plan for your medical appointments and help you ask the questions you need to help ensure that your treatment decisions fit your personal objectives. To learn more or schedule an appointment, call Margaret Stauffer at 925.933.0107 or e-mail mstauffer@twcba.org.

Would you like to be in a weekly support group?

Ongoing professionally facilitated support groups for people with cancer and/or support persons are the heart of our program. Support groups have been shown to decrease distress and improve quality of life. Adult group members of different ages and with different types of cancer come together each week to get support and learn from each other.

Attendance at a Newcomers Meeting and a brief group preparation interview are necessary before joining a weekly group.

Weekly Group Times

FOR PEOPLE WITH CANCER AND THEIR SUPPORT PERSONS

- Mondays: 7 pm–9 pm
- Tuesdays: 11 am–1 pm
- Wednesdays: 10:30 am–12:30 pm
- Thursdays: 7 pm–9 pm

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