

## SEPTEMBER/OCTOBER 2011 PROGRAM CALENDAR



### Are you new to Cancer Support Community?

We provide free services for people with cancer and their loved ones. We suggest you learn more by attending a Newcomers Meeting, held **Mondays at 7 pm** or **Fridays at 11 am**.

These informal sessions are led by a cancer survivor who will introduce you to our programs. Call us at 925.933.0107 for information.

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

### 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.

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

### Weekly Group Times

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

## SPECIAL PROGRAMS & SERIES

Please call 925-933-0107 to register.

### Kids Circle & Teen Talk

**Saturdays: September 10 and October 8  
10 am–1 pm**

With CSC 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.

### Cancer Transitions

**Mondays: September 12 thru October 17  
6–8:30 pm**

With Anne Case, MFT. This six week series is for those two weeks to two years out of treatment. Learn how to enhance your lifestyle habits to assist in preventing recurrence. Enjoy a light dinner, customized exercise, group support, and presentations on survivorship issues. Please plan to attend all six sessions.

### From Panic to Powerful

**Tuesdays: September 13 thru October 18  
4–6 pm**

With Shariann Tom, CPCC. This experiential series will utilize the SLAMS model and group coaching to explore panic and various ways to handle it, create a community of support, and discover your pathway to personal power. You will have new tools for dealing with panic, a sense of your future and plans to confidently move forward. Shariann is a personal coach and cancer survivor.

### African Drumming

**Thursdays: September 15 and October 20  
4:30–5:30 pm**

With Patricia Frame. 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 variety of drums to enjoy.

### Mindfulness Based Stress Reduction

**Fridays: September 16 thru November 11  
1–3 pm**

With Margaret Cullen, MFT, CSC Facilitator. Meditation practice aids in achieving emotional balance, managing pain, and using the wisdom of body and mind. It is a powerful way to manage stress, be present in the moment, and enhance quality of life. Open to participants and caregivers. Requires an eight week commitment.

### Cultivating Compassion

**Fridays: September 16 thru November 11  
3:30–5:30 pm**

With Margaret Cullen, MFT, CSC Facilitator. Learn specific tools and practices for the cultivation of compassion along with exploration of what it is across traditions. One of the most precious of our capacities as human beings, it can benefit ourselves and others. The practice of self-compassion will be emphasized. Open to participants and caregivers. Requires an eight week commitment.

### Nutrition & Cancer Treatment

**Saturday: September 17, 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. Sample tasty, nutrition-packed foods to support your body’s recovery. Tinrin has been an oncology dietitian for more than 20 years.

### Herbs & Cancer Treatment

**Tuesday:  
September 20, 6–8 pm**

With J. Blythe Adams. Many people face the challenge of receiving aggressive treatments for cancer which can often severely compromise the immune system. We will discuss medicinal mushrooms, herbs, foods and supplements that can be

# special PROGRAMS & SERIES

## SEPTEMBER/OCTOBER 2011 SPECIAL PROGRAMS

### SPECIAL PROGRAMS & SERIES —CONTINUED FROM PAGE 1

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used by cancer patients with excellent results to safely build and support the immune system during and after cancer treatment. Blythe is a Western Clinical Herbalist in private practice.

#### Update on Prostate Cancer Lunch & Lecture

**Thursday: September 22, 11 am–1 pm**

With Patrick Swift, MD. Dr. Swift will provide an overview of advances in prostate cancer treatment with plenty of time left for questions. A light lunch will be provided. Dr. Swift is a radiation oncologist with Alta Bates Summit Cancer Center. *A combined Prostate Cancer Support group will meet from 1–2:30 pm, directly after the lecture.*

#### Under Construction: Managing Change

**Saturday:**

**September 24, 1–4 pm**

With Salomé Rodriguez-Thorson, MS. Managing and adapting to change can be difficult for anyone, cancer diagnosis or not. Learn how to apply elements from classic Change Models into your own situation to support your ability to move forward and transition from your cancer treatment into your next steps. Participants will receive a workbook to begin to list short-term and long-term goals around the 7 spokes of the “Balance Wheel.” Three Modules include: change is a part of life; adapting to change, and: visioning your future. Salomé is a career coach and breast cancer survivor.

#### Update on Ovarian Cancer Treatment

**Tuesday: September 27**

**6–8 pm**

With Dimitry Lerner, MD. Learn the latest in treatment options for women dealing

with ovarian cancer, including clinical trials. Dr. Lerner is a gynecologic oncologist with John Muir Health.

#### Survivorship 101

**Saturday: October 1**

**10 am–Noon**

With Shell Portner, RN. Focusing on post-treatment recovery and beyond, learn how to create a summary of your treatment and map out a care plan for survivorship. You will leave empowered with the tools 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.

#### Frankly Speaking About Advanced Breast Cancer

**Tuesday: October 4**

**6–8 pm**

With Tiffany Svahn, MD. Dr. Svahn will discuss the latest treatments for advanced breast cancer and side effect management. Social and emotional challenges of the diagnosis will be addressed. Light refreshments will be served. Dr. Svahn is a medical oncologist with Diablo Valley Oncology.

#### Guided Imagery & Stress Reduction

**Tuesday: October 11**

**6–8 pm**

With Julie Kaldveer, MA. Learn how to focus and relax the body and mind to help experience relief from negative emotional states and physical discomfort. This 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.

#### The Many Faces of Breast Cancer

**Saturday: October 15**

**10 am–Noon**

*At Leshar Center for the Arts, Stage 3 Theatre, 1601 Civic Drive, Walnut Creek.* Speakers include Dr. Tiffany Svahn and Betsy Shandalov. This event speaks to issues that directly affect breast cancer survivors, including the latest data surrounding treatment and exploring key survivorship issues.

#### Newly Diagnosed Breast Cancer Series

**Tuesdays:**

**October 18 through February 7**

**11 am–1 pm**

With Ilene Scharlach, PhD. This 16 week group is for those in or just starting treatment. Guest oncology experts present information about breast cancer issues. Group support allows for sharing experiences and provides tools to assist in coping. *The Wednesday series is for those who started in July.*

#### Art for Healing

**Tuesday: October 18, 6–8 pm**

With Caroline Thomas, LCSW. Using acrylic paints and guided exercises, participants will access and express their feelings through painting. Caroline is an art and creativity for healing trained facilitator.

#### Bead Creative

**Saturday: October 22**

**10 am–Noon**

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 long-time cancer survivor. Priority is given to those who have not previously attended.



## ONGOING PROGRAMS & COMMUNITY NEWS

### ONGOING PROGRAMS

#### NETWORKING GROUPS

No need to RSVP.

#### Brain Tumor

2nd and 4th Wednesday: 7–8:30 pm

#### Breast Cancer

2nd and 4th Thursday:  
11 am–12:30 pm

#### Carcinoid Neuroendocrine Cancers

1st Saturday, Even Months: 1–4 pm  
Hosted but not facilitated by Cancer Support Community.

#### Colorectal Cancer

2nd Wednesday: 4–5:30 pm

#### Family Transition

Wednesday: 6–8 pm  
For bereaved CSC members.

#### Gynecologic/Ovarian Cancer

1st and 3rd Thursday: 11 am–12:30 pm

#### Life After Cancer

2nd and 4th Wednesday: 6–7:30 pm  
For those beyond day-to-day-treatment.

#### Lung Cancer

2nd Wednesday: 4–5:30 pm

#### Metastatic Breast Cancer

3rd Wednesday: 4:30–6 pm

#### Metastatic Prostate Cancer

4th Thursday: 11 am–12:30 pm

#### Multiple Myeloma

3rd Saturday: April, August and December, 10 am–1 pm  
Hosted but not facilitated by CSC.

#### Prostate Cancer

4th Thursday: 1–2:30 pm

#### 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;**

**New Class on Tuesdays 9:30–10:30 am beginning September 20;**

**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: Madelyn Kimball, Cheryl Brown, Mary Cameron Smith, Noel Sivazlian-Rodela, and Betsy Shandalov.

#### 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: 10:45 am–Noon**

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

### COMMUNITY NEWS

#### Open to Options Decision Support Program Available

Have you recently been diagnosed with a new or recurrent cancer? Do you need to make decisions about treatment options? Do you have an appointment scheduled to meet with your doctor?

Cancer Support Community now offers a question listing service to help you prepare for your upcoming oncology visit. This service is available at no cost to anyone diagnosed with a new or recurrent cancer who has to make decisions about treatment options. The goals of this program are to help you communicate clearly with your medical team, ask critical questions about your options, and help ensure that your treatment decisions fit your personal hopes and goals. To make an appointment, please call us at 925-933-0107.

#### Counseling Services

Cancer Support Community offers short-term counseling to members with cancer and their families who may be dealing with issues related to their cancer experience. Counseling is provided by doctor of psychology students under the supervision of our clinical staff.



Find Us On Facebook

Cancer Support Community  
San Francisco Bay Area



Please register for programs in **red** by calling 925-933-0107.

\*Requires attendance at a newcomers meeting and brief interview prior to placement in group.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Do you know?</b></p> <p>The Wellness Community San Francisco East Bay has provided support for over 20 years. Last year, we changed our name. This is an outcome of our national Wellness Community organization joining with Gilda's Clubs to form an international federation called Cancer Support Community. Cancer Support Community San Francisco Bay Area now has two locations. In addition to Cancer Support Community East Bay in Walnut Creek, we now are offering programs at Cancer Support Community Silicon Valley in Mountain View. Information for both locations can be accessed online at <a href="http://www.cancersupportcommunity.net">www.cancersupportcommunity.net</a>. You are also welcome to call us at: 925.933.0107 East Bay; or 650.968.5000 Silicon Valley.</p>			<p><b>1</b> 9:30–10:45 am Yoga <b>11 am–12:30 pm</b> Gynecologic/Ovarian Cancer Group <b>5–6:30 pm</b> Yoga <b>7–9 pm*</b> Weekly Participant &amp; Support Person Groups</p>	<p><b>2</b> 9:30–10:30 am Tai Chi Chih Qigong <b>10:45 am–Noon</b> Feldenkrais: Awareness Through Movement <b>11 am</b> Newcomers Meeting</p>	<p><b>3</b></p>
<p><b>5</b> CLOSED Labor Day Holiday</p>	<p><b>6</b> <b>11 am–1 pm*</b> Weekly Participant &amp; Support Person Groups <b>1:15–3 pm</b> Knitting Circle</p>	<p><b>7</b> 8:45–10:15 am Yoga <b>9:30–10:30 am</b> Mindfulness <b>10:30 am–12:30 pm*</b> Weekly Participant &amp; Support Person Groups <b>10:30 am–12:30 pm</b> Newly Diagnosed Breast Cancer Group <b>6–8 pm</b> Family Transition Group</p>	<p><b>8</b> 9:30–10:45 am Yoga <b>11 am–12:30 pm</b> Breast Cancer Group <b>5–6:30 pm</b> Yoga <b>7–9 pm*</b> Weekly Participant &amp; Support Person Groups</p>	<p><b>9</b> 9:30–10:30 am Tai Chi Chih Qigong <b>10:45 am–Noon</b> Feldenkrais: Awareness Through Movement <b>11 am</b> Newcomers Meeting</p>	<p><b>10</b> <b>10 am–1 pm</b> Kids Circle &amp; Teen Talk</p>
<p><b>12</b> 8:30–9:30 am Pilates <b>2–3 pm</b> Yoga <b>6–8:30 pm</b> Cancer Transitions Series <b>7 pm</b> Newcomers Meeting <b>7–9 pm*</b> Weekly Participant &amp; Support Person Groups</p>	<p><b>13</b> <b>11 am–1 pm*</b> Weekly Participant &amp; Support Person Groups <b>1:15–3 pm</b> Knitting Circle <b>4–6 pm</b> From Panic to Powerful</p>	<p><b>14</b> 8:45–10:15 am Yoga <b>9:30–10:30 am</b> Mindfulness <b>10:30 am–12:30 pm</b> Newly Diagnosed Breast Cancer Group <b>10:30 am–12:30 pm*</b> Weekly Participant &amp; Support Person Groups <b>4–5:30 pm</b> Colorectal Cancer Group <b>4–5:30 pm</b> Lung Cancer Group <b>6–8 pm</b> Family Transition Group <b>6–7:30 pm</b> Life After Cancer <b>7–8:30 pm</b> Brain Tumor Group</p>	<p><b>15</b> 9:30–10:45 am Yoga <b>11 am–12:30 pm</b> Gynecologic/Ovarian Cancer Group <b>4:30–5:30 pm</b> African Drumming Circle <b>5–6:30 pm</b> Yoga <b>7–9 pm*</b> Weekly Participant &amp; Support Person Groups</p>	<p><b>16</b> 9:30–10:30 am Tai Chi Chih Qigong <b>No Feldenkrais: Awareness Through Movement class</b> <b>11 am</b> Newcomers <b>1–3 pm</b> Mindfulness Based Stress Reduction Series <b>3:30–5:30 pm</b> Cultivating Compassion Series</p>	<p><b>17</b> <b>10 am–1 pm</b> Nutrition &amp; Cancer Treatment</p>
<p><b>19</b> 8:30–9:30 am Pilates <b>2–3 pm</b> Yoga <b>6–8:30 pm</b> Cancer Transitions <b>7 pm</b> Newcomers Meeting <b>7–9 pm*</b> Weekly Participant &amp; Support Person Groups</p>	<p><b>20</b> <b>New Class!</b> 9:30–10:30 am Yoga <b>11 am–1 pm*</b> Weekly Participant &amp; Support Person Groups <b>1:15–3 pm</b> Knitting Circle <b>4–6 pm</b> From Panic to Powerful <b>6–8 pm</b> Herbs &amp; Cancer Treatment</p>	<p><b>21</b> 8:45–10:15 am Yoga <b>9:30–10:30 am</b> Mindfulness <b>10:30 am–12:30 pm</b> Newly Diagnosed Breast Cancer Group <b>10:30 am–12:30 pm*</b> Weekly Participant &amp; Support Person Groups <b>4:30–6 pm</b> Metastatic Breast Cancer Group <b>6–8 pm</b> Family Transition Group</p>	<p><b>22</b> 9:30–10:45 am Yoga <b>11 am–12:30 pm</b> Breast Cancer Group <b>11 am–1 pm</b> Update on Prostate Cancer Lunch &amp; Lecture <b>1–2:30 pm</b> Combined Prostate Cancer Group <b>5–6:30 pm</b> Yoga <b>7–9 pm*</b> Weekly Participant &amp; Support Person Groups</p>	<p><b>23</b> 9:30–10:30 am Tai Chi Chih Qigong <b>10:45 am–Noon</b> Feldenkrais: ATM <b>11 am</b> Newcomers <b>1–3 pm</b> Mindfulness Based Stress Reduction Series <b>3:30–5:30 pm</b> Cultivating Compassion Series</p>	<p><b>24</b> <b>1–4 pm</b> Under Construction: Managing Change</p>
<p><b>26</b> 8:30–9:30 am Pilates <b>2–3 pm</b> Yoga <b>6–8:30 pm</b> Cancer Transitions <b>7 pm</b> Newcomers Meeting <b>7–9 pm*</b> Weekly Participant &amp; Support Person Groups</p>	<p><b>27</b> <b>New Class!</b> 9:30–10:30 am Yoga <b>11 am–1 pm*</b> Weekly Participant &amp; Support Person Groups <b>1:15–3 pm</b> Knitting Circle <b>4–6 pm</b> From Panic to Powerful <b>6–8 pm</b> Update on Ovarian Cancer Treatment</p>	<p><b>28</b> 8:45–10:15 am Yoga <b>9:30–10:30 am</b> Mindfulness <b>10:30 am–12:30 pm</b> Newly Diagnosed Breast Cancer Group <b>10:30 am–12:30 pm*</b> Weekly Participant &amp; Support Person Groups <b>5–7 pm</b> VALLEJO Workshop: Art for Healing <b>6–8 pm</b> Family Transition Group <b>6–7:30 pm</b> Life After Cancer <b>7–8:30 pm</b> Brain Tumor Group</p>	<p><b>29</b> 9:30–10:45 am Yoga <b>5–6:30 pm</b> Yoga <b>7–9 pm</b> Weekly Participant &amp; Support Person Groups</p>	<p><b>30</b> 9:30–10:30 am Tai Chi Chih Qigong <b>10:45 am–Noon</b> Feldenkrais: ATM <b>11 am</b> Newcomers <b>1–3 pm</b> Mindfulness Based Stress Reduction Series <b>3:30–5:30 pm</b> Cultivating Compassion Series</p>	



Please register for programs in **red** by calling 925-933-0107.

\*Requires attendance at a newcomers meeting and brief interview prior to placement in group.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>3</b> 8:30–9:30 am Pilates 2–3 pm Yoga <b>6–8:30 pm</b> Cancer Transitions 7 pm Newcomers Meeting 7–9 pm* Weekly Participant &amp; Support Person Groups</p>	<p><b>4</b> <b>New Class!</b> 9:30–10:30 am Yoga 11 am–1 pm* Weekly Participant &amp; Support Person Groups 1:15–3 pm Knitting Circle <b>4–6 pm</b> From Panic to Powerful <b>6–8 pm</b> Frankly Speaking About Advanced Breast Cancer</p>	<p><b>5</b> 8:45–10:15 am Yoga 9:30–10:30 am Mindfulness <b>10:30 am–12:30 pm</b> Newly Diagnosed Breast Cancer Group <b>10:30 am–12:30 pm*</b> Weekly Participant &amp; Support Person Groups <b>6–8 pm</b> Family Transition Group</p>	<p><b>6</b> 9:30–10:45 am Yoga 11 am–12:30 pm Gynecologic/Ovarian Cancer Group <b>5–6:30 pm</b> Yoga 7–9 pm* Weekly Participant &amp; Support Person Groups</p>	<p><b>7</b> 9:30–10:30 am Tai Chi Chih Qigong <b>10:45 am–Noon</b> Feldenkrais: ATM 11 am Newcomers <b>1–3 pm</b> Mindfulness Based Stress Reduction Series <b>3:30–5:30 pm</b> Cultivating Compassion Series</p>	<p><b>1</b> <b>10 am–Noon</b> Survivorship 101 <b>1–4 pm</b> Carcinoid Neuroendocrine Cancer Group</p> <hr/> <p><b>8</b> <b>10 am–1 pm</b> Kids Circle &amp; Teen Talk</p>
<p><b>10</b> 8:30–9:30 am Pilates 2–3 pm Yoga <b>6–8:30 pm</b> Cancer Transitions 7 pm Newcomers Meeting 7–9 pm* Weekly Participant &amp; Support Person Groups</p>	<p><b>11</b> <b>New Class!</b> 9:30–10:30 am Yoga 11 am–1 pm* Weekly Participant &amp; Support Person Groups 1:15–3 pm Knitting Circle <b>4–6 pm</b> From Panic to Powerful <b>6–8 pm</b> Guided Imagery &amp; Stress Reduction</p>	<p><b>12</b> 8:45–10:15 am Yoga 9:30–10:30 am Mindfulness <b>10:30 am–12:30 pm</b> Newly Diagnosed Breast Cancer Group <b>10:30 am–12:30 pm*</b> Weekly Participant &amp; Support Person Groups <b>4–5:30 pm</b> Colorectal Cancer Group <b>4–5:30 pm</b> Lung Cancer Group <b>6–7:30 pm</b> Life After Cancer <b>6–8 pm</b> Family Transition Group <b>7–8:30 pm</b> Brain Tumor Group</p>	<p><b>13</b> 9:30–10:45 am Yoga 11 am–12:30 pm Breast Cancer Group <b>5–6:30 pm</b> Yoga 7–9 pm* Weekly Participant &amp; Support Person Groups</p>	<p><b>14</b> 9:30–10:30 am Tai Chi Chih Qigong <b>10:45 am–Noon</b> Feldenkrais: Awareness Through Movement 11 am Newcomers Meeting <b>No MBSR or Cultivating Compassion</b></p>	<p><b>15</b> <b>10 am–Noon</b> The Many Faces of Breast Cancer at Dean Leshner Center for the Arts</p>
<p><b>17</b> 8:30–9:30 am Pilates 2–3 pm Yoga <b>6–8:30 pm</b> Cancer Transitions 7 pm Newcomers Meeting 7–9 pm* Weekly Participant &amp; Support Person Groups</p>	<p><b>18</b> <b>New Class!</b> 9:30–10:30 am Yoga 11 am–1 pm Newly Diagnosed Breast Cancer Group 11 am–1 pm* Weekly Participant &amp; Support Person Groups 1:15–3 pm Knitting Circle <b>4–6 pm</b> From Panic to Powerful <b>6–8 pm</b> Art for Healing</p>	<p><b>19</b> 8:45–10:15 am Yoga 9:30–10:30 am Mindfulness <b>10:30 am–12:30 pm</b> Newly Diagnosed Breast Cancer Group <b>10:30 am–12:30 pm*</b> Weekly Participant &amp; Support Person Groups <b>4:30–6 pm</b> Metastatic Breast Cancer Group <b>6–8 pm</b> Family Transition Group</p>	<p><b>20</b> 9:30–10:45 am Yoga 11 am–12:30 pm Gynecologic/Ovarian Cancer Group <b>4:30–5:30 pm</b> African Drumming Circle <b>5–6:30 pm</b> Yoga 7–9 pm* Weekly Participant &amp; Support Person Groups</p>	<p><b>21</b> 9:30–10:30 am Tai Chi Chih Qigong <b>10:45 am–Noon</b> Feldenkrais: ATM 11 am Newcomers <b>1–3 pm</b> Mindfulness Based Stress Reduction Series <b>3:30–5:30 pm</b> Cultivating Compassion Series</p>	<p><b>22</b> <b>10 am–Noon</b> Bead Creative</p>
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<p><b>31</b> 8:30–9:30 am Pilates 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm* Weekly Participant &amp; Support Person Groups</p>	<p><b>All of the programs and services at Cancer Support Community are provided free of charge</b> 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><b>We would like to give special acknowledgement to our Leadership Sponsors,</b> who have provided extraordinary support during the past year:</p> <ul style="list-style-type: none"> <li style="width: 33%;">• Genentech</li> <li style="width: 33%;">• John Muir Health</li> <li style="width: 33%;">• Safeway</li> <li style="width: 33%;">• Kaiser Permanente</li> <li style="width: 33%;">• McKesson</li> <li style="width: 33%;">• Verizon</li> </ul> <p><b>For more information</b> on how you can support Cancer Support Community, please call us at 925-933-0107 or visit our website at <a href="http://www.cancersupportcommunity.net/donate.html">www.cancersupportcommunity.net/donate.html</a>.</p>				

## OFFSITE SUPPORT GROUPS

Call 925-933-0107 for more information.

### ANTIOCH

**Monday: 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 Wednesday: 4–5:30 pm**

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

### Grupos De Apoyo Emocional en Español

**Los Viernes De: 12–2 pm**

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

## OFFSITE WORKSHOPS

Please call 925-933-0107 to register

### VALLEJO:

#### Art for Healing

**Wednesday: September 28, 5–7 pm**

Sutter Solano Cancer Center, First Floor Conference Room. With Caroline Thomas, LCSW. Using acrylic paints and guided exercises, participants will access and express their feelings through painting. Caroline is an art and creativity for healing trained facilitator.

### ANTIOCH:

#### Update on Breast Cancer Treatment

**Wednesday: October 26, 6–8 pm**

Sutter Delta Medical Center, Board Room. With Drs. Samuel Choi, Mary Cardoza, Nicola Ally and Jeffrey Cronk. This expert panel will provide updates on advances in breast cancer diagnostics, surgical options, radiation and chemotherapy both at initial diagnosis and in the case of recurrence.

www.cancersupportcommunity.net  
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Walnut Creek, CA 94597  
3276 McNutt Avenue

*Formerly The Wellness Community*



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