



**Our name and logo have changed. Our free of charge services remain the same.**

We are now Cancer Support Community East Bay. This is the result of our national Wellness Community organization joining with Gilda's Clubs to form an international federation called Cancer Support Community.

In addition to our Walnut Creek location, we have a sister site in Mountain View serving the Silicon Valley.

To obtain information about those programs, please call 650-968-5000 or visit our website at [www.cancersupportcommunity.net](http://www.cancersupportcommunity.net).

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

#### Bead Creative

**Saturday: September 4, 10 am–12 noon**

**Tuesday: September 7, 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. Each class is separate.

#### 20th Anniversary Celebration!

**Friday: September 10, 6–8 pm**

Along with our new name, we are celebrating 20 years of providing programs for people affected by cancer. Join us for great food, camaraderie and entertainment by NÇ Mamo No'eau.

#### Kids Circle and Teen Talk

**Saturdays: September 11 and October 9, 10 am–1 pm**

With CSC 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.

#### Making Memories

**Tuesdays: Sept. 14 and Oct. 19, 2–4 pm**

With Alisa Scarano. Join us on September 14 as we get in the spirit of Halloween, creating festive decorations using paper and embellishments. Love being creative? On October 19, the focus is Thanksgiving, creating a colorful Fall leaf wreath. All level crafters welcome. Please bring scissors. Alisa is an inveterate crafter and cancer survivor.

#### Knowing the Body Through the Earth Element

**Tuesday: September 14, 6–8 pm**

With Lourdes Gonzalez, MA, LAC, MMQ. Traditional Chinese Medicine uses the concept of 5 elements to create health and wellness.

Late summer, the period of abundance is associated with the earth element. Learn about the connection to the spleen, stomach, mouth, muscles and the color yellow. In addition, learn about foods associated with the earth element. Lourdes is a holistic health specialist who works with Chinese medicine and dreamwork.

#### Mindful Chi Kung & Healthy Being

**Wednesdays:**

**September 15 and October 20, 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.

#### Update on Ovarian Cancer Treatment

**Thursday: September 16 12:30–2 pm**

With Giuseppe Ciaravino, MD. Learn about the latest in treatment options for women dealing with ovarian cancer. Novel therapies and promising clinical trials will be discussed. Dr. Ciaravino is a gynecologic oncologist with Kaiser Oakland. A light lunch will be served. The gynecologic ovarian group will meet prior from 11 am–12:30 pm.

#### African Drumming

**Thursdays: Sept. 16 and Oct. 21, 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 multitude of drums to enjoy.

#### Healing with Acupressure

**Tuesday: September 21, 6–8 pm**

With Kathryn Chess, CMP. Stimulate and balance your body using your own internal healing powers with acupressure, gentle yoga, and meditation. Discover how to use these ancient holistic methods to gently restore your health during and after cancer

# special PROGRAMS & SERIES

SEPTEMBER/OCTOBER 2010 SPECIAL PROGRAMS

## Are you new to Cancer Support 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 Cancer Support Community programs. Psychosocial services include educational seminars, stress reduction programs, creative expressive programs and support groups. Cancer Support 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.

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treatment. Kathryn is a certified acupressurist and yoga instructor.

### Nutrition and Cancer Treatment

**Saturday: September 18, 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.

### Lunch and Lecture: Update on Prostate Cancer Treatment

**Thursday: September 23, 12–2 pm**

With Brian Hopkins, MD. Dr. Hopkins will provide an overview of the latest treatment information for both localized and metastatic prostate cancer. He will also discuss how best to monitor disease progress. Dr. Hopkins is a urologist with Pacific Urology. Note that the metastatic group will meet prior to the lecture from 11 am–12 noon while the localized group will meet from 2–3 after the lecture.

### Living Well Beyond Cancer: Survivorship Conference

**Saturday: Sept. 25, 8:30 am–3:30 pm**

*At John Muir Health Ball Auditorium.* This day-long program presented in partnership with John Muir Health will focus on recovery after treatment, hormones/mood, nutrition and cooking demo, and a wellness panel and discussion. To register, please call 925-947-4447.

### Frankly Speaking About Coping with the Cost of Care

**Saturday: October 2, 10 am–1 pm**

With Tiffany Sirkulvadhana, Esq. and Susan Wichmann. Cancer can amplify or create challenging financial issues. This program developed by our national headquarters focuses on dealing with insurance, disability, work leave, prescription coverage and other complexities. There will also be a focus on

managing and prioritizing debt, and income considerations. Tiffany is an attorney with Cancer Legal Resource Center. Susan is President of our Board of Directors and a financial planner.

### Frankly Speaking About Advanced Breast Cancer

**Tuesday: October 12, 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. A light dinner will be served. Dr. Svahn is a medical oncologist with Diablo Valley Oncology.

### The Many Faces of Breast Cancer

**Saturday: October 16, 10 am–12 noon**

*At Leshner Center for the Arts, Stage 3 Theatre, 1601 Civic Drive, Walnut Creek.* With Drs. Tiffany Svahn and Sondra Altman. This event speaks to issues that directly affect breast cancer survivors, including the latest data surrounding treatment and exploring key survivorship issues.

### Survivorship 101

**Saturday: October 23, 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 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.

### Art for Healing

**Tuesday: October 26, 6–8 pm**

With Caroline Thomas, MSW. Using acrylic paints along with guided exercises, participants will access and express their feelings through painting. Caroline is an Art and Creativity for Healing trained facilitator. No art experience necessary.



## SPECIAL SERIES AND ONGOING PROGRAMS

### SPECIAL SERIES

Please call 925-933-0107 to register.

#### Food for Life

#### Nutrition & Cooking Classes

**Fridays: 8/27 thru 9/24, 6–8 pm**

Limited to those who started in August. Call us register for the next series.

#### Compassionate Communication

**Fridays: 8/4 thru 9/17, 2–4 pm**

Limited to those who started in August.

#### Mindfulness Meditation

**Fridays: 9/24 thru 11/19, 1–3 pm**

With Margaret Cullen, MFT. 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. Please plan to attend all sessions. (no class October 15)

#### Cultivating Compassion

**Fridays: 09/24 thru 11/19, 3:30–5:30 pm**

With Margaret Cullen, MFT. 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 8 week commitment.

#### Moving Beyond Fear Series

**Mondays: 09/27 thru 10/18, 4–6 pm**

With Tony Newey, PhD. Participants will discover ways of connecting with a source of deep personal calmness, strength and clarity which most people don't know has always been a part of them.

#### Newly Diagnosed

#### Breast Cancer Series

**Tuesdays: 10/12 thru 2/1/11, 11 am–1 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 Wednesday series is limited to those who started in July.

### 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 → NEW TIME!

**2nd 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 Gonzalez

#### 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 → NEW TIME!

**Fridays: 10:45 am–12 pm**

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



**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><b>Vallejo Workshop</b> <b>Jin Shin Jyutsu</b> Wednesday, September 29, 5-7 pm Sutter Solano Cancer Center 1st floor Conference Room, 100 Hospital Drive</p> <p>With Terry Moore. Learn to work with specific areas of your body to reduce and better manage the effects of cancer and its treatment. Similar to acupuncture, it help support the immune system and reduce the effects of stress. Please call 925-933-0107 to register.</p>		<p><b>1</b> 8:45-10:15 am Yoga 9:30-10:30 am Mindfulness <b>10:30 am-12:30 pm</b> Newly Diagnosed BC Group <b>10:30 am-12:30 pm</b> Weekly Participant &amp; Support Person Groups <b>6-8 pm</b> Family Transition Group <b>6-8 pm</b> Survivorship Café Night</p>	<p><b>2</b> 9:30-10:45 am Yoga <b>11 am-1 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>3</b> 9:30-10:30 am Tai Chi Chih Qigong: Always Beginning <b>10:45 am-12 Noon</b> Awareness Through Movement <b>11 am</b> Newcomers Meeting <b>6-8 pm</b> Food for Life Nutrition &amp; Cooking Classes</p>	<p><b>4</b> <b>10 am-12 noon</b> Bead Creative</p>
<p><b>6</b> CLOSED Labor Day</p>	<p><b>7</b> 9:30-10:45 am Chi Kung <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> Bead Creative</p>	<p><b>8</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>4-6 pm</b> Colorectal Cancer Group <b>4-6 pm</b> Lung Cancer Group <b>6-8 pm</b> Family Transition Group <b>6-8 pm</b> Life After Cancer <b>7-9 pm</b> Brain Tumor Group</p>	<p><b>9</b> 9:30-10:45 am Yoga <b>11 am-1 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>10</b> 9:30-10:30 am Tai Chi Chih Qigong: Always Beginning <b>10:45 am-12 Noon</b> Awareness Through Movement <b>11 am</b> Newcomers Meeting <b>2-4 pm</b> Compassionate Communication <b>6-8 pm</b> 20th Anniversary Celebration!</p>	<p><b>11</b> <b>10 am-1 pm</b> Kids Circle &amp; Teen Talk</p>
<p><b>13</b> 8:30-9:30 am Pilates <b>2-3 pm</b> Yoga <b>7 pm</b> Newcomers Meeting <b>7-9 pm</b> Weekly Participant &amp; Support Person Groups</p>	<p><b>14</b> 9:30-10:45 am Chi Kung <b>11 am-1 pm</b> Weekly Participant &amp; Support Person Groups <b>1:15-3 pm</b> Knitting Circle <b>2-4 pm</b> Making Memories <b>6-8 pm</b> Knowing the Body Through the Earth Element</p>	<p><b>15</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>2-4 pm</b> Mindful Chi Kung &amp; Healthy Being <b>6-8 pm</b> Family Transition Group <b>6-8 pm</b> Survivorship Café Night</p>	<p><b>16</b> 9:30-10:45 am Yoga <b>11 am-12:30 pm</b> Gynecologic/Ovarian Cancer Group <b>12:30-2 pm</b> Update on Ovarian Cancer Treatment <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>17</b> 9:30-10:30 am Tai Chi Chih Qigong: Always Beginning <b>10:45 am-12 Noon</b> Awareness Through Movement <b>11 am</b> Newcomers Meeting <b>2-4 pm</b> Compassionate Communication <b>6-8 pm</b> Food for Life Nutrition &amp; Cooking Classes</p>	<p><b>18</b> <b>10 am-1 pm</b> Nutrition &amp; Cancer Treatment <b>1-4 pm</b> Carcinoid Neuroendocrine Group</p>
<p><b>20</b> 8:30-9:30 am Pilates <b>2-3 pm</b> Yoga <b>7 pm</b> Newcomers Meeting <b>7-9 pm</b> Weekly Participant &amp; Support Person Groups</p>	<p><b>21</b> 9:30-10:45 am Chi Kung <b>11 am-1 pm</b> Weekly Participant &amp; Support Person Groups <b>1:15-3 pm</b> Knitting Circle <b>6-8 pm</b> Healing with Acupressure</p>	<p><b>22</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 <b>6-8 pm</b> Life After Cancer <b>7-9 pm</b> Brain Tumor Group</p>	<p><b>23</b> 9:30-10:45 am Yoga <b>11 am-1 pm</b> Breast Cancer Group <b>11 am-12 Noon</b> Metastatic Prostate Group <b>12-2 pm</b> Lunch &amp; Lecture: Update on Prostate Cancer Treatment <b>2-3 pm</b> Prostate Cancer Group <b>5-6:30 pm</b> Yoga <b>7-9 pm</b> Weekly Participant &amp; Support Person Groups</p>	<p><b>24</b> 9:30-10:30 am Tai Chi Chih Qigong: Always Beginning <b>10:45 am-12 Noon</b> Awareness Through Movement <b>11 am</b> Newcomers <b>1-3 pm</b> Mindfulness Meditation <b>3:30-5:30 pm</b> Cultivating Compassionate <b>6-8 pm</b> Food for Life Nutrition &amp; Cooking</p>	<p><b>25</b> <b>3:30 am-3:30 pm</b> Living Well Beyond Cancer Survivorship Conference at John Muir Health Ball Auditorium</p>
<p><b>27</b> 8:30-9:30 am Pilates <b>2-3 pm</b> Yoga <b>4-6 pm</b> Moving Beyond Fear <b>7 pm</b> Newcomers Meeting <b>7-9 pm</b> Weekly Participant &amp; Support Person Groups</p>	<p><b>28</b> 9:30-10:45 am Chi Kung <b>11 am-1 pm</b> Weekly Participant &amp; Support Person Groups <b>1:15-3 pm</b> Knitting Circle</p>	<p><b>29</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>5-7 pm</b> Vallejo Workshop: Jun Shin Jyutsu <b>6-8 pm</b> Family Transition Group</p>	<p><b>30</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>Antioch Workshop</b> <b>Update on Breast Cancer Treatment</b> <b>Wednesday, October 13, 6-8 pm</b> With Drs. Samuel Choi, Mary Cardoza, Nicola Ally, and Shoba Kankipati. 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. To register, please call 925-933-0107.</p>	

# OCTOBER 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>All of the programs and services at Cancer Support 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"> <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>For more information 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>				<p><b>1</b> 9:30–10:30 am Tai Chi Chih Qigong; Always Beginning 10:45 am–12 Noon Awareness Through Movement 11 am Newcomers Meeting 1–3 pm Mindfulness Meditation 3:30–5:30 pm Cultivating Compassion</p>	<p><b>2</b> 10 am–1 pm Frankly Speaking About Coping with Cost of Care</p>
<p><b>4</b> 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 &amp; Support Person Groups</p>	<p><b>5</b> 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant &amp; Support Person Groups 1:15–3 pm Knitting Circle</p>	<p><b>6</b> 8:45–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed Breast Cancer Group 10:30 am–12:30 pm Weekly Participant &amp; Support Person Groups 6–8 pm Family Transition Group 6–8 pm Survivorship Café Night</p>	<p><b>7</b> 9:30–10:45 am Yoga 11 am–1 pm Gynecologic/Ovarian Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant &amp; Support Person Groups</p>	<p><b>8</b> 9:30–10:30 am Tai Chi Chih Qigong; Always Beginning 10:45 am–12 Noon Awareness Through Movement 11 am Newcomers Meeting 1–3 pm Mindfulness Meditation 3:30–5:30 pm Cultivating Compassion</p>	<p><b>9</b> 10 am–12 Noon Kids Circle &amp; Teen Talk</p>
<p><b>11</b> 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 &amp; Support Person Groups</p>	<p><b>12</b> 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant &amp; Support Person Groups 11 am–1 pm Newly Diagnosed Breast Cancer Group 1:15–3 pm Knitting Circle 6–8 pm Frankly Speaking About Advanced Breast Cancer</p>	<p><b>13</b> 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 Person Groups 4–6 pm Colorectal Cancer Group 4–6 pm Lung Cancer Group 6–8 pm Antioch Workshop: Breast Cancer Treatment Update 6–8 pm Family Transition Group 6–8 pm Life After Cancer 7–9 pm Brain Tumor Group</p>	<p><b>14</b> 9:30–10:45 am Yoga 11 am–1 pm Breast Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant &amp; Support Person Groups</p>	<p><b>15</b> 9:30–10:30 am Tai Chi Chih Qigong; Always Beginning 10:45 am–12 Noon Awareness Through Movement 11 am Newcomers Meeting No Mindfulness or Cultivating Compassion Classes</p>	<p><b>16</b> 10 am–12 Noon The Many Faces of Breast Cancer at Dean Leshar Center for the Arts</p>
<p><b>18</b> 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 &amp; Support Person Groups</p>	<p><b>19</b> 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant &amp; Support Person Groups 11 am–1 pm Newly Diagnosed Breast Cancer Group 1:15–3 pm Knitting Circle 2–4 pm Making Memories</p>	<p><b>20</b> 8:45–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed Breast Cancer Group 10:30 am–12:30 pm Weekly Participant &amp; Support Person Groups 2–4 pm Mindful Chi Kung 6–8 pm Family Transition Group 6–8 pm Survivorship Café Night</p>	<p><b>21</b> 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 &amp; Support Person Groups</p>	<p><b>22</b> 9:30–10:30 am Tai Chi Chih Qigong; Always Beginning 10:45 am–12 Noon Awareness Through Movement 11 am Newcomers Meeting 1–3 pm Mindfulness Meditation 3:30–5:30 pm Cultivating Compassion</p>	<p><b>23</b> 10 am–12 noon Survivorship 101</p>
<p><b>25</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>26</b> 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant &amp; Support Person Groups 11 am–1 pm Newly Diagnosed Breast Cancer Group 1:15–3 pm Knitting Circle 6–8 pm Art for Healing</p>	<p><b>27</b> 8:45–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed Breast Cancer Group 10:30 am–12:30 pm Weekly Participant &amp; Support Person Groups 6–8 pm Family Transition Group 6–8 pm Life After Cancer 7–9 pm Brain Tumor Group</p>	<p><b>28</b> 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 &amp; Support Person Groups</p>	<p><b>29</b> 9:30–10:30 am Tai Chi Chih Qigong; Always Beginning 10:45 am–12 Noon Awareness Through Movement 11 am Newcomers Meeting 1–3 pm Mindfulness Meditation 3:30–5:30 pm Cultivating Compassion</p>	<p><b>30</b></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...**

Cancer Support 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@cancersupportcommunity.net](mailto:mstauffer@cancersupportcommunity.net).

## 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

www.cancersupportcommunity.net  
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*Formerly The Wellness Community*



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