

MAY/JUNE 2010 PROGRAM CALENDAR



Welcome to the 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 invite you to stop by and visit Tuesday through Thursday between 9 am and 5 pm to learn more our services.

You can also learn more by attending a Newcomers Meeting, held Tuesdays at 6 pm or Thursdays at 11 am.

These informal meetings introduce you to 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 community members dealing with issues related to their cancer experience.

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. Groups are forming now for Thursdays 6:30–8:30 pm and Wednesdays 10 am–12 noon. If you are interested in being in a support group, please attend a Newcomers meeting and we'll schedule you for a brief pre-group interview.

PROGRAM DESCRIPTIONS Please call 650-968-5000 to register.

SPECIAL PROGRAMS

Nutrition & Cancer Treatment

Saturday: May 22, 11 am–1 pm

With Grace Avila. Learn ways to eat during cancer treatment that can help in the recovery process, how to establish nutritional goals, stay hydrated, and cope with changes in taste and tolerance. Grace is a certified nutrition educator, consultant, and certified Cancer Guide. She specializes in nutrition for individuals wishing to nourish their bodies and replenish their spirits while healing from cancer or going through treatment.

Medical Chi Kung and Cancer Treatment

Wednesday: May 26, 6–8 pm

With Lourdes Gonzalez, MA, LAc, MMQ. Medical Chi Kung is a branch of Traditional Chinese Medicine that combines breath work, movement and sound to aid in recovery and sustain health. Come ready to learn and practice. Lourdes is a holistic health specialist who works with Chinese medicine and dreamwork.

Cancer Support Community's Grand Opening

Saturday: June 5, 12–1:30 pm

Join us as we celebrate Cancer Support Community becoming a reality for people affected by cancer in Silicon Valley. Ribbon cutting ceremony, food and music.

Frankly Speaking About Cancer: Coping with the Cost of Care

Saturday: June 5, 2–5 pm

Presenters include Tiffany Sirikulvadhana, Esq. This program, developed by our national headquarters, addresses the psychological impact of navigating insurance and financial systems, and often, incurring debt. Learn about resources available to people in treatment for cancer to help them deal with the numerous and complex challenges of managing the cost of cancer care. Tiffany is an attorney with the Cancer Legal Resource Center. There will also be a speaker addressing income and debt considerations.

Nutrition for Survivorship

Saturday: June 19, 11 am–1 pm

With Grace Avila. This presentation will focus on nutritional needs after treatment has been completed. Learn how nutrition can help you be proactive in recovering health and staying well. Grace is a certified nutrition educator, consultant, and certified Cancer Guide. She specializes in nutrition for individuals wishing to nourish their bodies and replenish their spirits while healing from cancer or going through treatment.

Guided Imagery for Stress Reduction

Wednesday: June 30, 6–8 pm

With Julie Kaldveer, MA. Learn to focus and relax the mind and body to experience relief from negative emotional states. Guided imagery can help stimulate the immune system and reduce the impact of stress on the body. Julie has a masters degree in counseling and is a professional interactive imagery guide.

MIND BODY

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

Mindfulness

Tuesdays: 5–6 pm starting June 1st

Ongoing group meditation practice. For both new and experienced meditators. Instructor: Amber Hill

Yoga

Wednesdays: 3:30–5 pm

Gentle restorative breathing and stretching exercises improve muscle tone and aid in stress management. Instructor: Michelle Duguay

Chi Kung

Thursdays: 10–11 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, MA, LAc, MMQ.



CALENDAR KEY: GREEN=Mind/Body/Creative Expressive • RED=Special Programs BLUE=Support

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Separate Support Groups for People with Cancer and Support Persons are forming for Wednesday mornings and Thursday evenings. See the front of the calendar for more information.	MAY 18 6 pm Newcomers Meeting	19 3:30–5 pm Yoga	20 10–11 am Chi Kung 11 am Newcomers Meeting	21	22 11 am–1 pm Nutrition and Cancer Treatment
24	25 6 pm Newcomers Meeting	26 3:30–5 pm Yoga 6–8 pm Medical Chi Kung and Cancer Treatment	27 10–11 am Chi Kung 11 am Newcomers Meeting	28	29
31	JUNE 1 5–6 pm Mindfulness Practice 6 pm Newcomers Meeting	2 3:30–5 pm Yoga	3 10–11 am Chi Kung 11 am Newcomers Meeting	4	5 12 noon–1:30 pm Grand Opening Celebration 2–5 pm Frankly Speaking About Cancer: Coping with the Cost of Care
7	8 5–6 pm Mindfulness Practice 6 pm Newcomers Meeting	9 3:30–5 pm Yoga	10 10–11 am Chi Kung 11 am Newcomers Meeting	11	12
14	15 5–6 pm Mindfulness Practice 6 pm Newcomers Meeting	16 3:30–5 pm Yoga	17 10–11 am Chi Kung 11 am Newcomers Meeting	18	19 11 am–1 pm Nutrition and Survivorship
21	22 5–6 pm Mindfulness Practice 6 pm Newcomers Meeting	23 3:30–5 pm Yoga	24 10–11 am Chi Kung 11 am Newcomers Meeting	25	26
28	29 5–6 pm Mindfulness Practice 6 pm Newcomers Meeting	30 3:30–5 pm Yoga 6–8 pm Guided Imagery & Stress Reduction	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 <i>Open to Options</i> . 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 us at 650-968-5000.		