

Calendar of FREE EVENTS

October - December 2025

Cancer Support Community uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

EDUCATIONAL WORKSHOPS

Expert-led, evidence-based workshops designed to educate, empower, and support anyone impacted by cancer.

All educational workshops are open to the public.

OCTOBER

6 MONDAY | 2 - 3 PM | IN-PERSON

Long-Term Care Planning

Learn about the importance of preparing for long term care and the key considerations involved.

22 WEDNESDAY | 1 - 2 PM | IN-PERSON

Grief, Loss and Resilience

Discussion on the impact of grief and loss and healthy grieving and resiliency.

29 WEDNESDAY | 12:30 - 2PM | IN-PERSON

Lunch & Learn: Navigating Breast Cancer Together: A Multidisciplinary Approach to Screening, Diagnosis, Treatment, and Recovery

Join us for a special breast cancer awareness month seminar featuring a panel of expert physicians from Keck Medicine of USC and USC Arcadia Hospital, who will guide you in navigating through your breast cancer journey.

CLOSED FOR THE HOLIDAYS

NOV 11 TUESDAY | ALL DAY

Closed in observance of Veterans Day

NOV 26-27 WED - THURS | ALL DAY

Closed in observance of Thanksgiving

DEC 19 - JAN 4 | ALL DAY

Closed for winter holidays and New Year

NOVEMBER

4 TUESDAY | 1 - 2:30 PM | VIRTUAL

Grief and Loss During the Holidays: The Power of Rituals

Participants will learn how the practice of rituals can provide comfort and space to remember and honor those we've lost. The workshop will be one (1) hour, followed by time for optional small group discussion.

6 THURSDAY | 12- 1 PM | VIRTUAL

Advanced-Care Planning

Plan with clarity and confidence. In this workshop, Dr. Restivo will demystify advance care planning—covering medical decision-making, advance directives, and how to communicate your wishes with loved ones and providers.

13 THURSDAY | 6 - 7 PM | HYBRID

Estate Planning 101

Join estate planning expert, Vanessa Terzian, adjunct professor of Wills and Trusts at Southwestern Law School, for a practical workshop on protecting your assets, avoiding common pitfalls, and building a secure legacy for your family.

19 WEDNESDAY | 12 - 1:30PM | IN PERSON

Lunch & Learn: Nutrition for Survivorship

Learn how nutrition and lifestyle choices can support your recovery, improve your long-term health, and reduce your risk for recurrence, including lifestyle recommendations for cancer survivors.

DECEMBER

3 WEDNESDAY | 1 - 2 PM | IN PERSON

All About Wigs

Learn about different wig options available, how to measure your head for a wig, how to style and care for your wigs, how to properly put on and remove your wig. Bring your wig(s) with you if you have it!



SUPPORT GROUPS

Professionally-led psychosocial emotional support for every step of the journey.

Orientation and brief intake interview required.

Learn more at cancersupport.link/start

Mondays

11a-12:30p Patient Groups (Virtual)

6-7:30p Bereavement Groups (Virtual & In-Person)

6-7:30p Young Adult Patient & Survivor Group (Virtual)

6:30-8p (1st Monday) Multiple Myeloma Group (Hybrid)

6-7:30p (4th Monday) Survivorship Group (Hybrid)

Tuesdays

10:30a-12p Men's Patient Group (Hybrid)

10:30a-12p Women's Patient Group (In-Person)

6-7:30p Bereavement Group (In-Person)

7-8:30p Family & Friends Group (Virtual)

Wednesdays

11:30a-1p Patient Group (In-Person)

6-7:30p Patient Groups (Virtual & In-Person)

6-7:30p Family & Friends Group (In-Person)

6-7:30p Children's Corner (In-Person)

6-7:30p (1st Wednesday) Life After Loss Group (In-Person)

Thursdays

11:30a-1p Early Stage Breast Cancer Groups (Virtual)

5:30-7p Armenian Group (In-Person in Glendale)

6-7:30p Patient Group (In-Person)

7-8:30p Patient Group (Virtual)

7-8:30p Family & Friends Group (Virtual)

7-8:30p (1st Thursday) Black Support Circle (Virtual)



SPECIAL EVENTS

Boo-tiful Bones: Scare Away Pain - A Halloween Wellness Class

Thurs, Oct 2 | 1p - 2p | In person



Join Dr. Nina Lightdale and her 12-year-old son Peter for a fun Halloween-themed class with safe stretches and tips to keep your bones strong and your spirit bright.

CSC Piano Bar

Thurs, Oct 23 | 6p - 7p | In person

Join us to sing along to classics from the 60s and 70s at this family-friendly event.

Nourish & Thrive: Plant-Based Cooking Class

Wed, Nov 5 | 1p - 3p | In person

An empowering nutrition & cooking experience designed for individuals navigating cancer treatment. Explore simple, comforting ways to nourish your body and spirit through food.

Love & Laughter

Tues, Nov 18 | 6:00p - 7:00p | In person

Join us for this CSC-favorite PG-13 comedy night to let loose, laugh, and have fun!

Complementary & Natural Therapies

Thurs, Nov 20 | 5:30p - 6:30p | Virtual

Join Dr. Robert Chu to learn how acupuncture, nutrition and exercise can be integrated with standard medical protocols to help reduce the side effects of cancer.

Healthy & Delicious Holiday Recipes

Mon, Dec 15 | 5p - 7p | In person

Celebrate the season with a plethora of holiday recipes and a cooking workshop to make sure you have a delicious holiday season.

PROGRAMAS EN ESPAÑOL

Grupo fuerza y esperanza

Todos los sábados | 12-2p | En persona y Zoom

Grupo de apoyo semanal para pacientes y sus familiares.

Meditación Guiada

Segundo sábados cada mes | 10:30-11:30 | En Zoom

Una poderosa herramienta para soltar el estrés y conectar con tu interior.

Salud Mental y Estigma: cambiando la historia

Martes, 14 de oct | 4 - 5p | En Zoom

Aprende sobre la salud mental en general y cómo el estigma afecta su salud y bienestar

Taller de Pintura con Tema de Día de los Muertos

Sábado, 18 de oct | 10a - 12p | En persona

Tendrá la oportunidad de pintar piezas vibrantes e inspiradas en la tradición de Día de los Muertos

5 Estrategias Simples para Bajar de Peso (y Sentirte Con Más Energía)

Martes, 18 de nov | 12 - 1:30p | En persona

Descubre alimentos nutritivos, trucos de movimiento diario y hábitos fáciles de aplicar, en un taller práctico y culturalmente relevante para nuestra comunidad Latina.



Almorzar y Aprender: Cuerpo, Corazón y Conexión

Jueves, 4 de dic | 1:30 - 2:30p | En persona y Zoom

Un taller para mujeres que explora los cambios en la imagen corporal, la sexualidad y la intimidad después del tratamiento contra el cáncer. Aprende estrategias prácticas para afrontar estos cambios y mejorar tu conexión contigo misma y/o con tu pareja.



HEALTHY LIFESTYLE CLASSES

Fueling wellness, nourishing the body,
empowering the spirit.

Yoga (Led by Certified Yoga Instructors)

Mondays, 9-10a (Virtual)

Tatevik Sarkisian

Tuesdays, 11-12p (Hybrid)

Korie Beth Brown

Thursdays, 11a-12p (Hybrid)

Korie Beth Brown

Saturdays, 10-11a (Virtual)

Arlene Vidor

Movement with Music

Mondays, Nov & Dec 2-3p (In-Person)

Tina Ivie

Pilates Mixed Level Mat Class

Mondays, 11:30a-12:30p, (Hybrid)

Jacque James

Up, Down & Around: Cardio & Strength

Tuesdays, 12:00-1:00p (Virtual)

Charletha Tatum

Focus on Fun! Photography

Wednesdays, 2-4p (In-Person)

Catherine Bicknell

Qigong for Organ Wellness

Wednesdays, 11a-12p (Hybrid)

Francine Ang

Write Your (Poetic) Heart Out

2nd Wed/mo, 2:30-3:15p (Virtual)

Jenine Baines

Mindful Movement and Meditation

3rd Wed/mo, 4-4:45p (Virtual)

Viki Brown

Watercolor Painting

Thursday, 9a-12p (In-Person)

Mindfulness for Health

Thursdays, 2:30-3:30p (Virtual)

Sylvia Holmes

Sound Bath with Gabby

1st Tues/mo, 6-7p (In-Person)

Gabby Ochoca

Reiki Meditation

2nd & 4th Fri/mo, 4-5p (Virtual)

Kristina Nikols

Healing with Art

Every other Sat, 11:30a-12:30p (Virtual)

Armie Pasa



ARTS & CRAFTS

Healing through creative community.

RSVP REQUIRED due to limited space.

Create Pumpkin Succulent Centerpieces

Thursday, October 16 | 1-2p | In person

Create beautiful succulent arrangements on pumpkins in this hands-on workshop.



Dia de Los Muertos Bilingual Painting

Saturday, October 18 | 10a - 12p | In person

Guided by our facilitator, you'll have the chance to paint vibrant, symbolic pieces inspired by this beautiful holiday — from marigolds to calaveras.

Cloth Basket Weaving

Thursdays, Nov 6 - Dec 4 | 4p - 6p | In person

Discover the art of transforming fabric into beautiful, functional baskets. You'll learn simple weaving techniques to create your own unique cloth basket—perfect for gifts, storage, or décor.



Clay that Cares: Celebrating Veterans Pottery Workshop

Wednesday, November 12 | 10a - 12p | In person

Led by a US Army veteran and cancer survivor, discover the joy of hand-building pottery as you shape and design your own unique pinch pot using simple, beginner-friendly techniques.

Gingham Embroidery

Thursday, November 20 | 1p - 3p | In person

Gingham Embroidery is known by its myriad of other names, from Depression Lace to Snowflake Embroidery. It is a simple form of embroidery work on gingham or checkered fabric that incorporates different types of foundation stitches and lacing stitches to form a lacy design over the gingham.

BENEFACTORS SOCIETY

CSC's Benefactors Society recognizes the exceptional generosity of our compassionate supporters who share in the urgency of our mission and have chosen to make an annual commitment at a leadership level.

BENEFACTORS

Melissa Alcorn/

DFA Family Holdings

Rosemari Annear

Karen and Tom Capehart

Leslie and Scott Gaudineer

The Havner Family Foundation

Ellen and Harvey Knell *

Terri and Jerry Kohl

Shelley Allen and Bob Kohorst

San Marino Motor Classic

Lee and Mickey Segal

The Valenta Family

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Dana and Mike Naples

Gunde & Ernest Posey

Sue and Steve Ralph

Susan and Jack Reynolds

Marcia and Elliot Sainer

Susan and Steve Silk

Charlotte Streng

Susie and Brad Talt

Ruth C. Williamson, M.D.

The power of charitable giving at a leadership level cannot be overestimated.

We invite you to join our Benefactors Society! Find out more at:

cancersupport.link/BenefactorsSociety

CELEBRATE WITH US

Community Ofrenda

Oct 27 - Nov 3 | In person

Stop by to write a letter to someone you miss and bring photos of loved ones to place on our ofrenda.

Café y Conchas

Dec 6 | 10a - 12p | En persona

Únete a un encuentro comunitario para compartir café, pan dulce y buena conversación.

Holiday Party

Dec 9 | 5p - 7p | In person

Gather in cheer to close out the year. Bring a dessert to share for this fun family-friendly holiday gathering.

GETTING STARTED

All programs and services are free of charge. An orientation is required to participate at Cancer Support Community.

IN-PERSON ORIENTATIONS

Tuesdays, 12:30p

Thursdays, 5:00p

VIRTUAL ORIENTATIONS Virtual orientations may be scheduled through Zoom.

VISIT

cancersupportsgv.org/gettingstarted



Mission Statement

Cancer Support Community Greater San Gabriel Valley uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

CSC is a 501(c)(3) non-profit organization.
EIN: 95-4201985

Health and Safety

CSC cares about the health of our community, many of whom are immuno-compromised. Please stay home if you are exhibiting signs of illness (i.e. fever, cough, sneezing). Face masks are highly recommended. Our facility is fragrance free.

Contact Us

info@cancersupportsgv.org | 626-796-1083
Office Hours: M - TH, 8:30a - 6:30p

CANCER SUPPORT COMMUNITY STAFF

Patricia Ostiller, JD, CFRE
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Program & Clinical Director

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Sarah Fabian
Psychosocial Navigator

Connecting all who are impacted by cancer with hope, knowledge, and understanding.

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CANCER SUPPORT COMMUNITY
GREATER SAN GABRIEL VALLEY

