

## EDUCATIONAL WORKSHOPS

All educational workshops are open to the public.  
Register online at [cancersupport.link/calendar](https://cancersupport.link/calendar)

### APRIL

**17 THURSDAY | 1:00 – 2:00 PM | VIRTUAL**

#### Unlock the Power of the Anti-Inflammatory Diet

Are you tired of feeling sluggish, dealing with chronic pain, or battling nagging health issues? Join us for a transformative hour where we'll dive deep into the anti-inflammatory diet—a science-backed approach to reducing inflammation, improving energy, and supporting long-term health. You'll learn:

- The key foods to include (and avoid) for an anti-inflammatory lifestyle.
- How inflammation impacts your immune system, gut, and energy levels.
- Practical meal ideas and tips to start feeling better right away.

This workshop is perfect for anyone looking to take control of their health through simple, sustainable dietary changes.

**22 TUESDAY | 12:00 – 1:30 PM | IN-PERSON**

#### Lunch & Learn with Dr. Liyang Tang: Cancers of the Head and Neck

Please join us for a presentation that will include information on common cancers involving the head and neck region including thyroid, throat, and skin cancers. Prevention strategies, vaccinations, and other treatment options will be discussed.

### MAY

**15 THURSDAY | 5:30 – 6:00 PM | VIRTUAL**

#### Complementary and Natural Therapies

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.

Programs and formats are subject to change. Visit [cancersupport.link/calendar](https://cancersupport.link/calendar) or scan this QR code for the most up-to-date information.



**29 THURSDAY | 1:00 – 2:30 PM | IN-PERSON**

#### Lunch and Learn with Dr. Kelley Mahuron: Harnessing the Immune System with Immunotherapy to Fight Skin Cancer

In this talk, Dr. Mahuron will review the most common types of skins and their surgical management, as well as recent advancements in immunotherapies that have revolutionized how we treat patients with skin cancer.

### JUNE

**12 THURSDAY | 1:00 – 2:30 PM | IN-PERSON**

#### Lunch and Learn with Dr. Saro Armenian: Health and Well-Being for Cancer Survivors

Join Dr. Saro Armenian for a discussion on key factors that impact the long-term health and well-being of cancer survivors. Learn about advancements in survivorship care and strategies for maintaining a healthy future.

**30 MONDAY | 1:00 – 2:00 PM | IN-PERSON**

#### Management of Incontinence After Prostate Treatment

State of the Art Lecture on the Surgical Management of urinary incontinence after prostate treatment. Facilitated by Dr. Humberto Villarreal.



### HOLIDAY CLOSURE

The Cancer Support Community Center will be closed on Thursday, June 19th. Also Monday, May 26 in observance of Memorial Day.

## SUPPORT GROUPS

Orientation and brief intake interview required,  
Learn more at [cancersupport.link/start](https://cancersupport.link/start)

### Mondays

11:00a – 12:30p Patient Groups (Virtual)  
6:00 – 7:30p Bereavement Groups (Virtual & In-Person)  
6:00 – 7:30p Young Adult Patient & Survivor Group (Virtual)  
1st Monday: 6:30-8:00p Multiple Myeloma Group (Hybrid)  
4th Monday: 6:00-7:30p Survivorship Group (Hybrid)

### Tuesdays

10:30a – 12:00p Men's Patient Group (Hybrid)  
10:30a – 12:00p Women's Patient Group (In-Person)

### Wednesdays

11:30a – 1:00p Patient Group (In-Person)  
6:00 – 7:30p Patient Groups (Virtual & In-Person)  
6:00 – 7:30p Family & Friends Groups (Virtual & In-Person)  
6:00 – 7:30p Children's Corner (In-Person)  
1st Wednesday: 6:00-7:30p Life After Loss Group (In-Person)

### Thursdays

11:30a – 1:00p Early Stage Breast Cancer Group (Virtual)  
5:30 – 7:00p Armenian Group (In-Person in Glendale)  
6:00 – 7:30p Patient Group (In-Person)  
7:00 – 8:30p Patient Group (Virtual)  
7:00 – 8:30p Family & Friends Group (Virtual)  
1st Thursday: 7:00 – 8:30p Black Support Circle (Virtual)

### Saturdays

12:00 – 2:00p Grupo Fuerza y Esperanza (Hybrid)

## ARTS AND CRAFTS

### Create Your Own Bejeweled Journal

**Thursday, April 24 | 1:00 – 2:30p | In-person**

Unleash your creativity and design a personalized journal cover! In this hands-on workshop, you'll decorate your own journal, making it a beautiful and inspiring space for your thoughts, reflections, or creative writing. No experience needed.

### Awaken the Photographer in You

**Thursdays, May 1-29 | 6:00 – 7:00p | Virtual**

An introductory course to photography basics on smart phone or a DSLR. Learn how to make the most of your camera's functions through the understanding of apertures, shutter speeds, depth of field, exposure modes, etc. Registration is required after the 2nd class.

### Beginning Bead Weaving

**Thursday, May 22 | 1:00 – 5:00p | In-person**

Learn the technique of bead weaving, the art of creating jewelry using a needle and thread. Bring your reading glasses and some patience to create a beautiful piece of jewelry. Registration is required, as class size is limited.

### Summer Flower Arranging

**Monday, June 2 | 1:00 – 2:00p | In-person**

Create your own stunning summer bouquet in this hands-on flower arranging workshop! Learn simple techniques to design a beautiful, seasonal arrangement to brighten your home or gift to a loved one.



## PROGRAMAS EN ESPAÑOL

### Grupo fuerza y esperanza

**Todos los sábados, 12:00 – 2:00p (en persona en CSC y Zoom)**

Grupo de apoyo semanal para pacientes y sus familiares.

### Meditación guiada

**Sábados, 12 de abril, 10 de mayo, y 7 de junio, 10:30 – 11:30a (en persona y Zoom)**

En esta clase la meditación guiada será ofrecida por Mikaila Henderson, una hipnoterapeuta certificada.

### Entrenamiento de Fuerza

**Sábados, 19 de abril, 17 de mayo, y 14 de junio, 10:30 – 11:30a (en persona y Zoom)**

Esta clase consistirá de movimientos para la estabilización del centro, estiramiento y fuerza funcional para mejorar la fuerza y el equilibrio.

### Día del Niño

**Sábado, 3 de Mayo, 10:30 – 11:30a (en persona)**

Ven a celebrar con nosotros en un día especial donde prepararemos crepas juntos y tendremos regalos para los pequeños de la familia.

## HEALTHY LIFESTYLE CLASSES

**Yoga** (Led by Certified Yoga Instructors)

**Mondays, 9:00 – 10:00a (Virtual)**

Tatevik Sarkisian

**Tuesdays, 11:00a – 12:00p (Hybrid)**

Korie Beth Brown

**Thursdays, 11:00a – 12:00p (Hybrid)**

Korie Beth Brown

**Saturdays, 10:00 – 11:00a (Virtual)**

Arlene Vidor

**Primer sábado del mes - Yoga en español,  
10:30 – 11:30a (en persona y Zoom)**

Ana Maria Delgado

**Pilates Mixed Level Mat Class**

**Mondays, 11:30a – 12:30p, (Hybrid)**

Jacque James, Certified Pilates Instructor

**Feldenkrais**

**Mondays, 4:00 – 5:00p (Virtual)**

Jenna Blaustein

**Focus on Fun! Photography**

**Wednesdays, 2:00 – 4:00p (In-Person)**

Catherine Bicknell

**Qigong for Organ Wellness**

**Wednesdays, 11:00a – 12:00p (Hybrid)**

Francine Ang

**Mindful Movement and Meditation**

**3rd Wed/mo, 4:00 – 4:45p (Virtual)**

Viki Brown, Certified Life Coach and Embodied Movement Teacher

**Parent-Child Taekwondo Workshop**

**3rd Wed/mo, 5:00 – 5:45p (In-Person)**

Master Zach DeJohnette

**Watercolor Painting**

**Thursday, 9:00am – 12:00p (In-Person)**

Richard Gutschow

**Mindfulness for Health**

**Thursdays, 2:30 – 3:30p (Virtual)**

Sylvia Holmes

**Complementary and Natural Therapies**

**Thursday, May 15, 5:30 – 6:30p (Virtual)**

Robert Chu, PhD, L.Ac., QME

**Up, Down & Around: Cardio & Strength Training**

**Fridays, 11:00a – 12:00p (Virtual)**

Charletha Tatum, Certified Fitness Instructor

**Reiki Meditation**

**2nd & 4th Fri/mo, 4:00 – 5:00p (Virtual)**

Kristina Nikols

**Healing with Art**

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

Armie Pasa

## SPECIAL EVENTS

**Balance all the Chakras Sound Bath**

**Tuesday, April 22, 6:00 – 7:00p (In-Person)**

A deep relaxation sound bath with 4 singing bowls, an ocean drum, and koshi chime.

**Release and Recalibrate with Sound with El Larson**

**Tuesday, April 29, 6:00 – 7:00p (In-Person)**

Join El Larson to learn techniques to help balance energy through meditation, visualization, and voice. Followed by a group sound bath, she uses Tibetan bowls and other instruments that help to release layers of stress and promote deep relaxation.

**Love and Laughter**

**Tuesday, May 13, 6:00 – 7:00p (In-Person)**

Enjoy an evening of PG-13 comedy with professional comedian, Jason Love and a couple of his closest friends, for laughter and joy! Each Love & Laughter features different, but equally hilarious, comedians.

**Mother's Day Brunch with Chef Juana**

**Saturday, May 10, 10:00a – 12:00p (In-Person)**

Celebrate Mother's Day in the warmth of community with a special brunch hosted by Chef Juana. Whether your loved ones are near or far, join us for a heartfelt gathering where every mother is honored, appreciated, and surrounded by care. Enjoy delicious food, laughter, and connection on this meaningful day.

**Spa Day with Beauty Bus**

**Monday, May 19, 11:00a – 2:00p (In-Person)**

Join us for a morning of self-care and pampering with Beauty Bus. Free services may include haircuts, hairstyles and barbering, hand massages, mini facials, and makeup (brows and lashes).

**Summer Renewal Meditation and Sound Baths**

**Tuesday, June 17, 6:00 – 7:00p (In-Person)**

This sound bath incorporates science-based techniques, music theory and spiritual lineages to cultivate a unique sound experience. A certified sound practitioner will weave soothing sounds together, creating harmonious vibrations that resonate through the body and mind.

## 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

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Terri and Jerry Kohl

Shelley Allen and Bob Kohorst

Dana and Mike Naples

San Marino Motor Classic

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**\*Lead Founding Benefactor**

### PATRONS

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Julia and Mark Meahl

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Julie and Scott Nesbit

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](https://cancersupport.link/BenefactorsSociety)**



# GETTING STARTED

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

## IN-PERSON ORIENTATIONS

Tuesdays, 11:00a

Thursdays, 5:00p

## VIRTUAL ORIENTATIONS

Virtual orientations may be scheduled through Zoom.

## VISIT

[cancersupportsgv.org/gettingstarted](https://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](mailto:info@cancersupportsgv.org) | 626-796-1083

Office Hours: M - TH, 8:30a - 6:30p

## CANCER SUPPORT COMMUNITY STAFF

**Patricia Ostiller, JD, CFRE**  
Chief Executive Officer

**Anna Swift, LCSW**  
Program & Clinical Director

**Rachimah "Rae" Magnuson**  
Director of Events and Marketing

**Chastity Diego**  
Director of Operations

**Isaac Yamamoto**  
Assistant Program Director

**Jan Cantwell**  
Senior Development Officer

**Lanie Trinh**  
Office Manager

**Melissa Parra**  
Community Engagement Manager

**Alexandra Cruz Switzer, MFA**  
Program Manager

**Sarah Fabian**  
Psychosocial Navigator

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



331 W Sierra Madre Blvd  
Sierra Madre, CA 91024  
626.796.1083  
[cancersupportsgv.org](https://cancersupportsgv.org)

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