

Calendar of Free Events

July • August • September 2022

Get Started at CSCP with an Orientation

In-person: Every Tuesday at 11am & Every Thursday at 6pm
Virtual:
Visit <http://cscp.link/start>

Educational Opportunities

Self Hypnosis for Calming and Relaxing Mind & Body

Thursday, July 7, 2:00 – 3:00pm
Join Certified Clinical Consulting Hypnotist, Carmela Tunzi, for a guided progressive relaxation, customized for individual needs. *(Virtual)*

Nutrition and Physical Activity Before and During Cancer Treatment

Wednesday, July 13, 3:00 – 4:00pm
Join Susan Nyanzi, DrPH, MCHES from City of Hope for this discussion about the importance of being as fit as possible before your cancer treatment, which foods to increase before treatment, and which foods to include to help address the side effects of treatment. *(Virtual)*

Introduction to Tension and Trauma Releasing Exercises (TRE)

Thursday, July 14, 10:00 – 11:00am
Join TRE instructor Stephanie Wong for an in-depth look at Tension and Trauma Releasing Exercise (TRE). This workshop will cover the background and basic tenets of TRE. *(Virtual)*



Moving from Loss to Life: A Writing and Embodied Meditation Series

Thursdays, July 14, 21 & 28
1:00 – 2:30pm
Come explore the remarkable details of your life and experiences on paper in a respectful community with others. Embodied meditations led by Ciena Rose William will help revive your relationship with your body during or after difficult diagnosis or loss of a loved one. *(Virtual)*

Turning Pain into Art: Writing Workshop

Tuesday, July 19, 5:30 – 7:00pm
If you've been wanting to write about your cancer journey, but have not known how to start, here's the place. Join Holly Sidell as she guides you to explore what creativity is waiting to flow out of you. *(Virtual)*

Introduction to Radiation Therapy: A Non-invasive Treatment for Cancer

Tuesday, July 26, 6:00 – 7:00pm
Join Dr. Jekwon Yeh, radiation oncologist at City of Hope, for an introduction to radiation therapy. Dr. Yeh will discuss cancer staging, diagnosis and general treatment. *(Hybrid)*

Mindfulness Benefits and Techniques

Monday, August 1, 6:00 – 7:00pm
Dr. Alique Bedikian, PsyD., is an adjunct professor at the Chicago School of Professional Psychology and Azusa Pacific University. In this workshop, we will define mindfulness, explore the benefits of mindfulness, and engage in mindfulness exercises. *(Virtual)*

An Empowered Journey: The Path of Treatment for Breast Cancer

Mondays, August 15 & 22, 6:00 – 7:00pm
Join licensed marriage and family therapist and breast cancer survivor Moira-Cecily Brady-Rogers for this series that explores the emotional journey of breast cancer treatment. Moira-Cecily will address the grief, empowerment, and acceptance in association with the decision-making process. *(In-Person)*

Sexuality and Cancer

Thursday, September 8, 3:00 – 4:00pm
Sherry Hite, Director of Rehabilitation Services at City of Hope, will review common side effects of treatment and provide practical strategies to overcome challenges to improve overall sexual function and quality of life. *(Virtual)*

Meals that Heal

Tuesdays, September 13, 20 & 27
6:00 – 7:00pm
Dená Brummer from City of hope leads this three-session series that will focus on helping you make healthy and nutritious meals! You will also learn how to meal plan when you experience side effects that affect your eating. *(In-Person)*

Frankly Speaking about Cancer: Making Treatment Decisions

Monday, September 19, 6:00 – 7:00pm
Join City of Hope medical oncologist Dr. Afsaneh Barzi for this program on building awareness about being able to talk with your health care team about treatment decision making, side effects, and how to prepare questions for your next appointment. *(Virtual)*

Our Mission

The mission of Cancer Support Community is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Get started

<http://cscp.link/start>

Health and Safety

CSCP cares about the health of its community. Upon entering CSCP's facility, you will be asked to show proof of vaccination against COVID-19. It is CSCP's policy to follow local guidelines. At this time, that includes wearing masks indoors. Please stay home if you are exhibiting signs of illness (i.e. fever, cough, sneezing).

CSC Pasadena Staff

Patricia Ostiller, JD, CFRE
Executive Director

Alison G. Wong, Ph.D., LMFT
Program & Clinical Director

Kim Ferreira
Director of Events & Marketing

Julie Stevens
Director of Operations & Diversity, Equity and Inclusion

Miranda Johnson
Office Manager

Rachel Koonse, MA, LMFT
Virtual Program Manager

Peggy Smith
Development Associate

Melissa Parra
Community Outreach & Volunteer Coordinator

Programas en español

Grupo fuerza y esperanza

Todos los Sábados 12:00 – 2:00pm
Grupo de apoyo semanal para pacientes y sus familiares.

Yoga en español

Todos los Sábados 2:15 – 3:15pm
Yoga en español con Ana María Delgado,
Instructora Certificada de Yoga.

¡Juegos y Diversión con Lotería!

Sábado, 23 de julio, 10:30 – 11:30am
Disfrute una mañana con diversión, premios y agua fresca. *(en persona)*

Elimina el Azúcar y Vuelve a La Salud

Sábado, 6 de agosto, 10:30 – 11:30am
La persona promedio en el mundo desarrollado come 18 cucharaditas de azúcar POR DÍA, MÁS DE 3 veces la cantidad recomendada. El consumo de azúcar contribuye a problemas de peso, dolor e inflamación, altos niveles de estrés, confusión, mal humor, falta de energía y una variedad de afecciones de la piel y trastornos autoinmunes. Esta conferencia explorará el peligro del consumo excesivo de azúcar y carbohidratos simples y le mostrará cómo usar técnicas de atención plena, alimentos y remedios herbales para reducir sus antojos de azúcar y controlar su dependencia del azúcar. *(en persona y virtual)*

Meditación guiada

Sábados, 20 de agosto y 10 de septiembre, 10:30 – 11:30am
La meditación guiada es una herramienta que permite, mediante palabras e imágenes, dejar de lado emociones negativas como el dolor, el estrés y las preocupaciones del día a día, ayudándonos a conectar con nuestro interior. Es una manera poderosa de alcanzar un estado de relajación. En esta clase la meditación guiada será ofrecida por Mikaila Henderson, una hipnoterapeuta certificada. *(en persona y virtual)*

Quién es su equipo médico

Sábado, 17 de septiembre, 10:30 – 11:30am
Elizabeth Pineda, Navegadora de Pacientes para Ginecología Oncóloga, ¡te invita! La señorita Pineda ha establecido un programa en el Olive View-UCLA de Navegación de Pacientes para ayudar a que cada paciente tenga un apoyo y recursos sociales durante el cuidado de cáncer. Durante este taller estaremos hablando sobre cada miembro de su equipo médico. Quiénes son, que hacen, y cómo puedes tener una voz durante tu cuidado en contra del cáncer! *(en persona y virtual)*

¡Latinx celebración!

Sábado, 24 de septiembre, 10:30 – 11:30am
Convivir y celebrar la cultura Latina con bebidas y aperitivos. *(en persona)*

Healthy Lifestyle Classes

Yoga *(Check In-Person/Virtual Formats)* **(All Led by Certified Yoga Instructors)**

Mondays, 6:00 - 7:00pm, Jen Dall
Tuesdays, 11:00am - 12:00pm,
Korie Beth Brown
Thursdays, 11:00am - 12:00pm,
Korie Beth Brown
Thursdays, 5:30 - 6:30pm,
Tatevik Sarkisian
Saturdays, 10:00 - 11:00am, Arlene Vidor
Saturdays, Yoga en español,
2:15 - 3:15pm, Ana Maria Delgado

Feldenkrais *(Virtual)*

Mondays, 2:00 - 3:00pm
Andrew Heffernan, GCFP

Knit Together *(Virtual)*

Mondays, 4:00 - 5:00pm
Cathy Fabre

Pilates *(Virtual)*

Tuesdays, 12:00 - 1:00pm
Kelly Etter, Certified Pilates Instructor

Zumba Sentao *(Hybrid)*

Tuesdays, 2:00 - 3:00pm
Adrienne Aguirre, Certified Zumba Sentao Instructor

Up, Down & Around: Cardio and Strength Training *(Virtual)*

Wednesdays, 11:30am - 12:30pm
Charletha Tatum, Certified Fitness Instructor

Intro to Photography *(In-Person)*

Wednesdays, 1:00 - 2:00pm
Catherine Bicknell

Focus on Fun! Photography *(In-Person)*

Wednesdays, 2:00 - 4:00pm
Catherine Bicknell

Shaking off Stress and Tension with TRE *(Virtual)*

3rd Wednesday/month, 3:00 - 4:00pm
Stephanie Wong, Certified TRE Instructor

Healing with Art *(Virtual)*

Every other Wednesday, 1:00 - 2:00pm
Armie Pasa

Reiki Meditation *(Virtual)*

2nd Wednesday/month, 6:00 - 7:00 pm
4th Friday/month, 6:00 - 7:00pm
Kristina Nikols

Watercolor Painting *(In-Person)*

Thursdays, 9:00am - 12:00pm
Richard Gutschow

Mindfulness for Health *(Virtual)*

Thursdays, 2:00 - 3:00pm
Sylvia Holmes

Tai Chi *(Hybrid)*

Thursdays, 3:00 - 4:00pm
Adrienne Aguirre, Certified Tai Chi Instructor

2022 Benefactors Society

CSCP'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

Karen and Tom Capehart
Ellen and Harvey Knell *
Terri and Jerry Kohl
Lee and Mickey Segal
*Lead Founding Benefactor



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Susie and Brad Talt



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

We invite you to join our 2022 Benefactors Society!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Support Groups Those wishing to participate in a support group must attend an orientation and have a brief interview before joining a group.</p> <p>Mondays: 11:00am-12:30pm Patient Groups 6:00 - 7:30pm Bereavement Groups 1st Monday: 6:30-8:00pm Multiple Myeloma 4th Monday: 6:00-7:30pm Survivorship</p> <p>Wednesdays: 6:00-7:30pm Patient Groups 6:00-7:30pm Family & Friends Group</p> <p>Thursdays: 11:30am-1:00pm Lunch Bunch Breast Cancer Group 6:00-7:30pm Black Support Circle 7:00-8:30pm Patient Group 7:00-8:30pm Family & Friends Group</p>				<p>1</p> <p>CLOSED</p>	<p>2</p> <p>10am Yoga 12pm Grupo fuerza y esperanza 2:15pm Yoga en español</p>
<p>4</p> <p>Closed for Independence Day</p> 	<p>5</p> <p>11am Orientation 11am Yoga 12pm Pilates 2pm Zumba Sentao</p>	<p>6</p> <p>11:30am Cardio and Strength Training 1pm Healing with Art 1pm Intro to Photography 2pm Advanced Photography 6pm Support Groups</p>	<p>7</p> <p>9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 2pm Mindfulness 2pm Self Hypnosis 4pm Tai Chi 5:30pm Yoga 6pm Orientation 6pm Black Support Cir 7pm Support Groups</p>	<p>8</p> <p>CLOSED</p>	<p>9</p> <p>10am Yoga 12pm Grupo fuerza y esperanza 2:15pm Yoga en español</p>
<p>11</p> <p>11am Support Groups 2pm Feldenkrais 4pm Knit Together 6pm Yoga 6pm Bereavement</p>	<p>12</p> <p>11am Orientation 11am Yoga 12pm Pilates 2pm Zumba Sentao</p>	<p>13</p> <p>11:30am Cardio and Strength Training 1pm Intro to Photography 2pm Advanced Photography 3pm Nutrition & Physical Activity 6pm Reiki Meditation 6pm Support Groups</p>	<p>14</p> <p>9am Watercolor 10am Intro to TRE 11am Yoga 11:30am Breast Cancer Support Group 2pm Mindfulness 1pm Writing/Meditation 4pm Tai Chi 5:30pm Yoga 6pm Orientation 6pm Black Support Cir 7pm Support Groups</p>	<p>15</p> <p>CLOSED</p>	<p>16</p> <p>10am Yoga 12pm Grupo fuerza y esperanza 2:15pm Yoga en español</p>
<p>18</p> <p>11am Support Groups 2pm Feldenkrais 4pm Knit Together 6pm Yoga 6pm Bereavement</p>	<p>19</p> <p>11am Orientation 11am Yoga 12pm Pilates 1pm Sensual Embodied Flow Movement 2pm Zumba Sentao 5:30pm Turning Pain into Art: Writing Workshop</p>	<p>20</p> <p>11:30am Cardio and Strength Training 1pm Healing with Art 1pm Intro to Photography 2pm Advanced Photography 3pm TRE 6pm Support Groups</p>	<p>21</p> <p>9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 1pm Writing/Meditation 2pm Mindfulness 4pm Tai Chi 5:30pm Complementary & Natural Therapies 5:30pm Yoga 6pm Orientation 6pm Black Support Cir 7pm Support Groups</p>	<p>22</p> <p>6pm Reiki Meditation</p>	<p>23</p> <p>10am Yoga 10:30am ¡Juegos y Diversión con Lotería! 12pm Grupo fuerza y esperanza 2:15pm Yoga en español</p>
<p>25</p> <p>11am Support Groups 2pm Feldenkrais 4pm Knit Together 6pm Yoga 6pm Survivorship 6pm Bereavement</p>	<p>26</p> <p>11am Orientation 11am Yoga 12pm Pilates 2pm Zumba Sentao 1pm Poetry 2pm Zumba Sentao 6pm Introduction to Radiation Therapy</p>	<p>27</p> <p>11:30am Cardio and Strength Training 1pm Intro to Photography 2pm Advanced Photography 6pm Support Groups</p>	<p>28</p> <p>9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 1pm Writing/Meditation 2pm Mindfulness 4pm Tai Chi 5:30pm Yoga 6pm Orientation 6pm Black Support Cir 7pm Support Groups</p>	<p>29</p> <p>CLOSED</p>	<p>30</p> <p>10am Yoga 12pm Grupo fuerza y esperanza 2:15pm Yoga en español</p>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11am Support Groups 2pm Feldenkrais 4pm Knit Together 6pm Mindfulness Benefits & Techniques 6pm Yoga 6pm Bereavement 6:30pm Multiple Myeloma Group	2 11am Orientation 11am Yoga 12pm Pilates 2pm Zumba Sentao	3 11:30am Cardio and Strength Training 1pm Healing with Art 6pm Support Groups	4 9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 2pm Fun and Games 2pm Mindfulness 4pm Tai Chi 5:30pm Yoga 6pm Photography 6pm Orientation 6pm Black Support Cir 7pm Support Groups	5 CLOSED	6 10am Yoga 10:30am Elimina el Azúcar y Vuelve a la Salud 12pm Grupo fuerza y esperanza 2:15pm Yoga en español
8 11am Support Groups 2pm Feldenkrais 4pm Knit Together 6pm Yoga 6pm Bereavement	9 11am Orientation 11am Yoga 12pm Pilates 2pm Zumba Sentao	10 11:30am Cardio and Strength Training 6pm Reiki Meditation 6pm Support Groups	11 9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 2pm Mindfulness 4pm Tai Chi 5:30pm Yoga 6pm Photography 6pm Orientation 6pm Black Support Cir 7pm Support Groups	12 CLOSED	13 10am Yoga 12pm Grupo fuerza y esperanza 2:15pm Yoga en español
15 11am Support Groups 2pm Feldenkrais 4pm Knit Together 6pm Yoga 6pm The Path of Treatment for Breast Cancer 6pm Bereavement	16 11am Orientation 11am Yoga 12pm Pilates 1pm Sensual Embodied Flow Movement 2pm Zumba Sentao 6pm Volunteer Information Night	17 11:30am Cardio and Strength Training 1pm Healing with Art 1pm Intro to Photography 2pm Advanced Photography 3pm TRE 6pm Support Groups	18 9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 2pm Mindfulness 4pm Tai Chi 5:30pm Complementary & Natural Therapies 5:30pm Yoga 6pm Photography 6pm Orientation 6pm Black Support Cir 7pm Support Groups	19 CLOSED	20 10am Yoga 10:30am Meditación Guiada 12pm Grupo fuerza y esperanza 2:15pm Yoga en español
22 11am Support Groups 2pm Feldenkrais 4pm Knit Together 6pm Yoga 6pm The Path of Treatment for Breast Cancer 6pm Survivorship 6pm Bereavement	23 11am Orientation 11am Yoga 12pm Pilates 2pm Zumba Sentao 5pm Anniversary Party Celebration	24 11:30am Cardio and Strength Training 1pm Intro to Photography 2pm Advanced Photography 6pm Support Groups	25 9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 2pm Mindfulness 4pm Tai Chi 5:30pm Yoga 6pm Photography 6pm Orientation 6pm Black Support Cir 7pm Support Groups	26 6pm Reiki Meditation	27 10am Yoga 12pm Grupo fuerza y esperanza 2:15pm Yoga en español
29 11am Support Groups 2pm Feldenkrais 4pm Knit Together 6pm Yoga 6pm Bereavement	30 11am Orientation 11am Yoga 12pm Pilates 1pm Poetry 2pm Zumba Sentao	31 11:30am Cardio and Strength Training 1pm Healing with Art 1pm Intro to Photography 2pm Advanced Photography 6pm Support Groups	<p>PROGRAM FORMATS ARE SUBJECT TO CHANGE AS WE BRING BACK IN-PERSON PROGRAMS</p> <p>To register for programs and receive notice of changes, or to check the most up-to-date program information, please go to CSCP's online calendar at cscp.link/calendar</p>		



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sensual Embodied Flow Movement 3rd Tuesday/Month 1:00 – 2:00pm Join Viki Brown, Certified Life Coach and Embodied Movement Teacher, for this virtual class focused on helping you tune into all of your senses while gaining flexibility and building strength. <i>(In-Person)</i></p>	<p>Shaking off Stress & Tension with TRE 3rd Wednesday/Month 3:00 - 4:00pm Join Stephanie Wong for TRE, or Tension and Trauma Releasing Exercises, a series of easy-to-follow exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma. <i>(Virtual)</i></p>	<p>Complementary & Natural Therapies 3rd Thursday/Month 5:30 – 6:30pm Join Robert Chu, PhD, L.Ac., QME to learn how acupuncture, nutrition and exercise can be integrated with standard medical protocols to help reduce the side effects of cancer. <i>(Virtual)</i></p>	<p>1 9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 1pm Beg. Bead Weaving 2pm Mindfulness 4pm Tai Chi 5:30pm Yoga 6pm Orientation 6pm Black Support Cir 7pm Support Groups</p>	<p>2 CLOSED</p>	<p>3 10am Yoga 12pm Grupo fuerza y esperanza 2:15pm Yoga en español</p>
<p>5 Closed for Labor Day </p>	<p>6 11am Orientation 11am Yoga 12pm Pilates 2pm Zumba Sentao</p>	<p>7 11:30am Cardio and Strength Training 1pm Intro to Photography 2pm Advanced Photography 6pm Support Groups</p>	<p>8 9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 2pm Mindfulness 3pm Sexuality and Cancer 4pm Tai Chi 5:30pm Yoga 6pm Orientation 6pm Black Support Cir 7pm Support Groups</p>	<p>9 CLOSED</p>	<p>10 10am Yoga 10:30am Meditación Guiada 12pm Grupo fuerza y esperanza 2:15pm Yoga en español</p>
<p>12 11am Support Groups 2pm Feldenkrais 4pm Knit Together 6pm Yoga 6pm Bereavement</p>	<p>13 11am Orientation 11am Yoga 12pm Pilates 2pm Zumba Sentao 6pm Meals that Heal</p>	<p>14 11:30am Cardio and Strength Training 1pm Healing with Art 1pm Intro to Photography 2pm Advanced Photography 6pm Reiki Meditation 6pm Support Groups</p>	<p>15 9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 2pm Mindfulness 4pm Tai Chi 5:30pm Complementary & Natural Therapies 5:30pm Yoga 6pm Orientation 6pm Black Support Cir 7pm Support Groups</p>	<p>16 CLOSED</p>	<p>17 10am Yoga 10:30am Quién es su equipo médico 12pm Grupo fuerza y esperanza 2:15pm Yoga en español</p>
<p>19 11am Support Groups 2pm Feldenkrais 4pm Knit Together 6pm Yoga 6pm Frankly Speaking about Cancer: Making Treatment Decisions 6pm Bereavement</p>	<p>20 11am Orientation 11am Yoga 12pm Pilates 1pm Sensual Embodied Flow Movement 2pm Zumba Sentao 6pm Meals that Heal</p>	<p>21 11:30am Cardio and Strength Training 1pm Intro to Photography 2pm Advanced Photography 3pm TRE 6pm Support Groups</p>	<p>22 9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 2pm Mindfulness 4pm Tai Chi 5:30pm Yoga 6pm Orientation 6pm Black Support Cir 7pm Support Groups</p>	<p>23 6pm Reiki Meditation</p>	<p>24 10am Yoga 10:30am ¡Latinx celebración! 12pm Grupo fuerza y esperanza 2:15pm Yoga en español</p>
<p>26 11am Support Groups 2pm Feldenkrais 4pm Knit Together 6pm Yoga 6pm Survivorship 6pm Bereavement</p>	<p>27 11am Orientation 11am Yoga 12pm Pilates 1pm Poetry 2pm Zumba Sentao 6pm Meals that Heal</p>	<p>28 11:30am Cardio and Strength Training 1pm Healing with Art 1pm Intro to Photography 2pm Advanced Photography 6pm Support Groups</p>	<p>29 9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 2pm Mindfulness 4pm Tai Chi 5:30pm Yoga 6pm Orientation 6pm Black Support Cir 7pm Support Groups</p>		

Calendar of Free Events

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Special Events

You're a Poet Though You May Not Know It: The Healing Power of Writing

Tuesdays, July 26, August 30 & September 27
1:00 – 2:00pm

Join poet Jenine Baines for this fun, rewarding, and luminous writing class. *(Hybrid)*

Fun and Games

Thursday, August 4, 2:00 – 4:00pm

Join us in the community room for some good ol' fashioned games! Activities will include card games, board games, puzzles, and more! *(In-Person)*

Awaken the Digital Photographer in You: Beginning Digital Photography

Thursdays, August 4, 11, 18 & 25, 6:00 – 7:00pm
An introductory course to photography basics including apertures, shutter speeds, depth of field, exposure modes, and more on a smart phone or a DSLR. Advance registration is required. *(Virtual)*

Volunteer Information Night

Tuesday, August 16, 6:00 - 7:00pm

All are invited to attend a volunteer information night to learn about volunteer opportunities at CSCP, and which are the best fit for you. *(In-Person)*

Anniversary Party Celebration

Tuesday, August 23, 5:00 – 8:00pm

Join our Cancer Support Community members, volunteers, and staff past and present to celebrate life. Enjoy dinner, dessert, and entertainment provided by the team of comedian Jason Love! Please sign up so we know how many tables and chairs we need. *(In-Person)*

Beginning Bead Weaving

Thursday, September 1, 1:00 – 5:00pm

Come and learn the technique of bead weaving, the art of creating jewelry using a needle and thread, from Mary Holley. Bring your reading glasses and some patience to create a beautiful piece of jewelry. Pre-register as class size is limited. *(In-Person)*

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