

Free individual and group support, educational workshops, healthy lifestyle classes, social activities, and resources and referrals for anyone impacted by cancer – **so that no one faces cancer alone.**

LUNCH & LEARN SERIES



**Sarcoma and
Orthopedics Surgery
with Dr. Alana Munger**
Thurs, July 9
12:00 - 1:30p



**Mental Health & Cancer
with Dr. Xiomara
Rocha-Cadman**
Wed, Aug 19
12:00 - 1:30p



**Navigating Breast
Cancer with Dr.
Anna
Ter-Zakarian**
Tues, Sept 8
12:00 - 1:30p



EDUCATIONAL WORKSHOPS

All educational workshops are open to the public. Registration opens 4 weeks in advance.

Know the Scams, Don't Be a Victim

Wed, July 15 | 3:00 - 4:00p | In Person

Learn to recognize scam tactics, spot warning signs, and protect yourself from fraud and financial exploitation.

Courageous Couples

Wed, July 15 | 12:00 - 1:00p | Hybrid

Build stronger relationships and coping strategies while facing cancer together.

Options for Breast Reconstruction

Thurs, July 23 | 2:00 - 3:00p | Hybrid

Learn about breast reconstruction options, timing, techniques, and recovery considerations.

Understanding Sarcoma

Mon, July 27 | 1:00 - 2:00p | In Person

Gain insight into sarcoma, treatment options, and advances in care.

Dental Care After Head and Neck Cancer

Thurs, Aug 13 | 3:00 - 5:00p | Virtual

Protect your oral health after head and neck cancer with practical dental care and prevention strategies.

Good Sleep for Emotional Well-Being

Thurs, Sept 10 | 2:00 - 3:00p | Virtual

Improve sleep quality with practical tools for emotional health and resilience.

Bone Density

Thurs, Sept 17 | 1:00 - 2:00p | In Person

Understand bone health, osteoporosis risk, and ways to strengthen bones.

Estate Planning

Mon, Sept 21 | 12:00 - 1:00p | Hybrid

Gain practical guidance for organizing your affairs and protecting your legacy.

PROGRAMAS EN ESPAÑOL

Grupo fuerza y esperanza

Todos los sábados | 10:00a - 12:00p | En persona y Zoom

Grupo de apoyo semanal para pacientes y sus familiares.

Meditación Guiada

segundo miércoles cada mes | 2:00 - 3:00p | En persona

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

Alimentación Saludable Durante y Después del Cáncer

sábado 25 julio | 12:30 - 2:00p | En persona

Aprende estrategias prácticas de nutrición para apoyar tu bienestar y mejorar tu calidad de vida durante y después del tratamiento del cáncer.

ART & CREATIVE HEALING

Registration for all classes & workshops opens 4 weeks in advance.

Clay that Cares

Every Mon | 10:00a - 12:00p | In Person

Hands-on clay workshop promoting relaxation, creativity, and mindful artistic expression.

Focus on Fun! Photography

Every Wed | 2:00 - 4:00p | In Person

Learn creative photography skills while exploring perspective, storytelling, and artistic expression through the camera.

Knitting Circle

Every Wed | 12:00 - 2:00p | In Person

A calming creative space to knit, connect, and enjoy mindful conversation together.

Healing with Art

Every other Sat | 11:30a - 12:00p | Virtual

Use guided art activities to support emotional expression and healing through creative connection.

Watercolor Painting

Every Thurs | 9:00a - 12:00p | In Person

Explore techniques while creating expressive artwork that promotes relaxation, creativity, and mindful focus.

Mindful Sketchbook

Aug 26 & Sept 30 | 10:00 - 11:00a | In Person

Use guided sketching and reflection to support mindfulness and creative expression.

Write Your Poetic Heart Out

2nd Wed Monthly | 2:30 - 3:30p | Virtual

Explore creative writing and poetry prompts that support reflection and self-expression.



Bloom & Belong Flower Arranging

Mon, July 6 | 2:00 - 3:00p | In Person

Create a personal floral arrangement while learning design techniques.

Baldwin Art Gallery Creative Art Series

July 9 • July 22 • Aug 13 | 2:00 - 4:00p | In Person

Create artwork for gallery exhibition and sale benefiting CSC programs using a different medium each month.

Beginning Bead Weaving

Thurs, July 16 & Sept 24 | 1:00 - 4:00p | In Person

Create a handmade pocket notebook perfect for reflections, notes, and creative expression.

Beaded Bracelet Making

Mon, Aug 17 | 2:00 - 3:30p | In Person

Design and create personalized bracelets in a relaxing, creative group environment.

Mid-Year Vision Board Making

Mon, July 13 | 1:00 - 3:00p | In Person

Use images and words to visualize goals and personal aspirations.

Woven Explosions

Thurs, July 30 | 1:00 - 3:00p | In Person

new!

Create colorful woven artwork while exploring texture, pattern, and creativity.

Soul Collage

Mon, Aug 24 | 3:00 - 4:00p | In Person

new!

Create meaningful collage art using images and intuition to explore self-discovery and personal reflection.

Reduce, Reuse, Recycle Art

Thurs, Sept 3 | 2:00 - 3:00p | In Person

new!

Transform everyday materials into creative works through recycled and upcycled art, from a toilet paper tube, to an empty box, to scraps of paper.

BENEFACTORS SOCIETY

*With gratitude for our Benefactors Society members
whose leadership generosity sustain our mission.*

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Susie and Brad Talt
Ruth C. Williamson, M.D.

SUPPORT GROUPS

Orientation and brief intake interview required.

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

English • Español • Հայերեն • 普通话

GET
STARTED



Mondays

11a–12:30p Patient Groups (Virtual)
6–7:30p Spouse/Partner Bereavement Groups (In Person)
6–7:30p Friends & Family Bereavement Group (Virtual)
6–7:30p Early Stage Breast Cancer Group (In Person)
6–7:30p Young Adult Patient & Survivor Group (Virtual)
6:30–8p (1st Mon) Multiple Myeloma Group (Hybrid)
6–7:30p (4th Mon) 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)
6–7:30p (1st Tues) Women's Survivorship (Hybrid)
7–8:30p Family & Friends Group (Virtual)

Wednesdays

10–11:30a Mandarin Support Group (Hybrid)
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 Wed) Life After Loss Group (In Person)

Thursdays

10:30a–12p (1st Thurs) Prostate Cancer Patient Group (Hybrid)
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 Thurs) Black Support Circle (Virtual)

SPECIAL EVENTS

Love and Laughter

Mon, Aug 31 | 6:00 - 7:00p | In Person

An uplifting evening of humor and connection designed to reduce stress and build community.

Trivia Night

Mon, Sept 14 | 6:00 - 7:00p | In Person

Challenge your brain and have fun with fellow participants- there will be prizes!

HEALTHY LIFESTYLE CLASSES

Registration for all classes opens 4 weeks in advance.

Yoga

Mon 9–10a (Virtual) • Tues 11–12p (Hybrid) • **Wed 11–12p (Hybrid)** • Thurs 11–12p (Hybrid) • Sat 10–11a (Virtual)

Gentle yoga practice supporting flexibility, strength, relaxation, and overall mind-body wellness.

Mixed Level Mat Pilates

Every Mon | 11:30a - 12:30p | Hybrid

Build core strength, improve posture, and increase stability through guided mixed-level Pilates exercises.

End of Month Sound Bath

Last Mon Monthly | 6:00 - 7:00p | In Person

Experience deep relaxation through soothing sound vibrations designed to calm the nervous system.

Up, Down & Around: Cardio & Strength

Every Tues | 12:00p - 1:00p | Virtual

Low-impact cardio and strength training designed to improve endurance, mobility, and overall fitness.

Dance for Joy

Every Tues | 3:00 - 4:00p | In Person

Enjoy movement, music, and community in this beginner-friendly dance class.

Movement with Music

Every Wed | 2:00 - 3:00p | In Person

Gentle movement guided by music to support relaxation, mobility, and emotional well-being.

Guided Meditation

2nd Wed Monthly | 3:00 - 4:00p | In Person

Experience guided meditation to promote relaxation, mindfulness, and inner calm.

Mindfulness for Health

Every Thurs | 2:00 - 3:00p | Virtual

Guided mindfulness practices to reduce stress, improve focus, and support emotional well-being.

Reiki Meditation

2nd & 4th Fri Monthly | 5:30 - 6:30p | Virtual

Relaxing meditation incorporating Reiki energy techniques to promote calm, balance, and restoration.

Nourish & Thrive Plant-Based Cooking

Wed, Sept 16 | 12:00 - 2:00p | In Person

Learn delicious plant-based recipes and nutrition tips for healthy eating.

GETTING STARTED

All programs and services are free of charge.
An orientation is required to participate at Cancer Support Community.
Educational workshops are open to the public.

IN-PERSON ORIENTATIONS

Tuesdays, 12:30p
Thursdays, 5:00p

VIRTUAL ORIENTATIONS

Virtual orientations may be scheduled
through Zoom.

VISIT

cancersupportsgv.org/gettingstarted

GET
STARTED



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 communicable 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
Chief Executive Officer

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Rachimah "Rae" Magnuson
Director of Events & Marketing

Chastity Diego
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Assistant Program Director

Jan Cantwell
Senior Development Officer

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Office Manager

Lora Mei McManus
Program Manager

Christian Reynolds
Psychosocial & Outreach Navigator

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

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**CANCER SUPPORT
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GREATER SAN GABRIEL VALLEY

