



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**  
Date?  
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.

**Lymphatic Drainage Massage [pending]**  
Thurs, Aug 13 | 3:00 - 5:00p | In Person

description

**Good Sleep for Emotional Wellbeing**  
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.

### SPECIAL EVENTS



**ANNIVERSARY Party!**

Celebrating our community, our year of impact, and a future of hope—together.

TUESDAY AUGUST 18, 2026 | 5:00 PM - 6:30 PM | CANCER SUPPORT COMMUNITY GREATER SAN GABRIEL VALLEY

**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!

# 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

4th Wed Monthly | 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

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

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

## Reduce, Reuse, Recycle Art

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

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

## BENEFACTORS SOCIETY

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

### CORPORATE BENEFACTORS

Flewelling & Moody  
San Marino Motor Classic  
DFA Family Holdings  
In Memory Of David F. Anderson

### BENEFACTORS

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### PATRONS

Melissa Alcorn  
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Marcia and Elliot Sainer  
Sue and Steve Silk  
Les Stocker  
Charlotte Streng  
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)

## PROGRAMAS EN ESPAÑOL

### Grupo fuerza y esperanza

Todos los sábados | 10 -12p | En persona y Zoom  
Grupo de apoyo semanal para pacientes y sus familiares.

### Meditación Guiada

Segundo miércoles cada mes | 2 - 3p | En persona  
Una poderosa herramienta para soltar el estrés y conectar con tu interior.

# 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

*New!*

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

*New!*

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](http://cancersupportsgv.org/gettingstarted)

GET STARTED



## CANCER SUPPORT COMMUNITY STAFF

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

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

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

**Chastity Diego**  
Director of Operations

**Isaac Yamamoto, AMFT**  
Assistant Program Director

**Jan Cantwell**  
Senior Development Officer

**Lanie Trinh**  
Office Manager

**Lora Mei McManus**  
Program Manager

**Christian Reynolds**  
Psychosocial & Outreach Navigator

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

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

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