

JULY | AUGUST | SEPTEMBER 2024

EDUCATIONAL WORKSHOPS

All educational workshops are open to the general public. Register online at cancersupport.link/calendar

JULY

02 Tuesday

Lunch & Learn: Sexuality & Cancer, 12:00 – 1:30pm

Cancer and its treatment can negatively impact various aspects of sexuality including painful intercourse, vaginal dryness, erectile dysfunction, altered body image and fatigue. Sherry Hite, Director of Rehabilitation Services of City of Hope, will review common side effects of treatment and provide practical strategies to overcome these challenges to improve overall sexual function and quality of life. (In-Person)

09 Tuesday

The Fundamentals of Estate Planning, 6:00 – 7:00pm

Learn the fundamentals and process of developing an effective estate plan in California. Learn tools to make important decisions concerning your estate plan. (Hybrid)

16 Tuesday

An Evening with Dr. Leif Rogers & Friends, 6:00 – 7:30pm

Discover the cutting-edge science and innovative techniques of hyperbaric oxygen therapy, the promise of stem cells, and the artistry of breast reconstruction procedures. Refreshments provided. (In-Person)

18 Thursday

Biomedical Aspects of Cancer - 101, 12:00 – 1:15pm

Join Deane Wolcott, MD, for a presentation that will provide a high-level overview of medical aspects of cancer, including cancer epidemiology, risk factors, prevention and screening, symptoms, and diagnosis/staging/prognosis. (Virtual)

25 Thursday

Mindmapping, 2:00 – 3:00pm

An introduction to Mind Mapping, a problem-solving tool used for centuries by writers, scientists, educators and psychologists. Take home a personalized mind map as a valuable resource and reminder of the power each of us possesses to manage the chaos of cancer and overcome everyday obstacles. (In-Person)

AUGUST

15 Thursday

Lunch and Learn: Cancer-Related Neuropathy and Fatigue, 12:00 – 1:30pm

Both fatigue and neuropathy are common side effects of cancer and its treatment. Dr. Arash Asher will review the most common causes and emphasize practical approaches to support optimal rehabilitation and treatment of these symptoms, focusing on nonpharmacologic options as much as possible. (In-Person)

22 Thursday

Fall Prevention, 1:00 – 2:00pm

Home Safety and Prevention Specialist, Eric Becker, will share the 3 leading causes of falls and what individuals can do to help prevent this from happening. This workshop will also review low to no cost modifications you can do around your home to decrease risk. (Hybrid)

SEPTEMBER

03 Tuesday

The Power of Sleep: Optimizing Health and Recovery, 6:00 – 7:00pm

Sleep plays a critical role in maintaining health and well-being. Learn the sleep stages, the brain's detoxification process, and discover effective strategies for improving sleep quality through practical tips, mindfulness techniques, and lifestyle adjustments. (Hybrid)

19 Thursday

Lunch and Learn: Management of Menopause and Prevention of Gynecologic Cancers, 12:00 – 1:30pm

In this workshop, Drs. Jennifer Park and Paul Lin will provide a review of menopausal symptoms and common concerns, especially in patients with history of cancer, as well as review ways to prevent gynecologic malignancies. (In-person)



SUPPORT GROUPS

Mondays:

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

Tuesdays:

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

Wednesdays:

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

Thursdays:

11:30am – 1:00pm Early Stage B.C. Group (Virtual)
5:30 – 7:00pm Armenian Group in Glendale (In-Person)
7:00 – 8:30pm Patient Group (Virtual)
7:00 – 8:30pm Family & Friends Group (Virtual)
1st Thursday: 7:00 – 8:30pm Black Support Circle (Virtual)

Saturdays:

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



PROGRAMAS EN ESPAÑOL

Grupo Fuerza y Esperanza

Todos los sábados, 12:00 – 2:00pm

Grupo de apoyo semanal para pacientes y sus familiares.
(en persona y Zoom)

Yoga en Español

Sábados, 6 de julio, 3 de agosto, y 7 de septiembre
10:30 – 11:30am

Yoga en español con Ana María Delgado, Instructora
Certificada de Yoga. (en persona y Zoom)

Meditación Guiada

Sábados, 13 de julio, 10 de agosto, y 14 de
septiembre, 10:30 – 11:30am

En esta clase la meditación guiada será ofrecida por
Mikaila Henderson, una hipnoterapista certificada.
(en persona y Zoom)

COOKING & NUTRITION

Lazy Trader Joe's Meals You Can Make in 15 Minutes or Less

Monday, August 26, 5:00 – 6:30pm

Chef Dená Brummer will show you how to make simple
recipes that maximize convenience, nutrition and taste
while cutting down on time. (In-Person)

ARTS & CRAFTS

Remainders x CSC Arts and Crafts Series

This series is a collaboration with Remainders, a nonprofit
focused on creative reuse and sustainability. All materials
will be provided. Register to secure your spot! (In-Person)

Mask Making: Wednesday, July 31, 11:00am – 12:00pm

Collage Project: Tuesday, August 13, 12:00 – 1:00pm

Sashiko: Wednesday, September 18, 11:00am – 12:00pm

Beyond "Happy Snaps": Introduction to Photography

Wednesdays, August 7, 14, 21, and 28,
11:00am – 12:30pm

An introduction to photography for people who want
to explore images beyond "happy snaps." No camera
required. (In-Person)

Poetry and Pastries

Wednesday, August 28, 3:00 – 4:00pm

Calling all poets and those who appreciate the art of the
written word! Feel free to bring a poem to share, either
an original work or the work of your favorite poet. (Hybrid)

Awaken the Photographer in You

Thursdays, Aug 29; Sept 5, 12, 19 and 26,
6:00 – 7:00pm

An introductory course on photography basics on a
smart phone or a DSLR. Start your photographic journey
by learning how to make the most of your camera's
functions. (Virtual)

Entrenamiento de Fuerza

Sábados, 20 de julio, 17 de agosto, y 21 de
septiembre, 10:30 – 11:30am

Esta clase consistirá de movimientos para la estabilización
del centro, estiramiento y fuerza funcional para mejorar la
fuerza y el equilibrio. (en persona y Zoom)

Cocinando con Chef Juana

Sábado, 24 de agosto, 10:30am – 12:00pm

Únase a nosotros en nuestra cocina para compartir,
conversar y cocinar. (en persona)

¡Celebración Latinx!

Sábado, 28 de septiembre, 10:30am – 12:00pm

Septiembre es el mes para celebrar la cultura de los
Latinos. Nos juntaremos para compartir bebidas,
aperitivos y comunidad. (en persona)

HEALTHY LIFESTYLE

• Yoga (All Led by Certified Yoga Instructors)

> Tuesdays, 11:00am - 12:00pm (Hybrid)
Korie Beth Brown

> Tuesdays, 5:00 - 6:00pm (Virtual)
Tatevik Sarkisian

> Thursdays, 11:00am - 12:00pm (Hybrid)
Korie Beth Brown

> Saturdays, 10:00 - 11:00am (Virtual)
Arlene Vidor

> Primer sábado del mes, Yoga en español
10:30 - 11:30am (en persona y Zoom)
Ana Maria Delgado

• Pilates Mixed Level Mat Class (Hybrid) Mondays, 11:30am - 12:30pm

Jacque James, Certified Pilates Instructor

• Feldenkrais (Virtual) Mondays, 4:00 - 5:00pm

Jenna Blaustein

• Knit Together (Hybrid) Mondays, 3:00 - 4:30pm

Cathy Fabre

• Pilates (Virtual) Tuesdays, 12:00 - 1:00pm

Kelly Etter, Certified Pilates Instructor

• Focus on Fun! Photography (In-Person) Wednesdays, 2:00 - 3:00pm

Catherine Bicknell

• Mindful Movement & Meditation (Virtual) 3rd Wednesday/month, 4:00 - 4:45pm

Viki Brown, Certified Life Coach and
Embodied Movement Teacher

• Reiki Meditation (Virtual) 2nd & 4th Friday/month, 4:00 - 5:00pm

Kristina Nikols

• Watercolor Painting (In-Person) Thursdays, 9:00am - 12:00pm

Richard Gutschow

• Mindfulness for Health (Virtual) Thursdays, 2:30 - 3:30pm

Sylvia Holmes

• Complementary and Natural Therapies (Virtual) 3rd Thursday/month, 5:30 - 6:30pm

Robert Chu, PhD, L.Ac., QME

• Up, Down & Around: Cardio and Strength Training (Virtual) Fridays, 11:00am - 12:00pm

Charletha Tatum, Certified Fitness Instructor

• Healing with Art (Virtual) Every other Saturday, 11:30 am - 12:30pm

Armie Pasa

FAMILY EVENTS

• Baked Goods and Books

Wednesday, July 17, 5:00 – 6:00 pm

Listen to a beloved children's story with
your friends and family, followed by
cupcake decorating and a book for each
child to add to their library. Hosted by
Erik's Way, a non-profit that supports
children and families facing cancer.
(In-Person)

• Parent-Child Taekwondo

Wednesday, August 21, 5:00 – 7:00 pm

Join us for a fun evening of moving our
bodies and learning leadership skills.
(In-Person)

SPECIAL EVENTS

• Summer Renewal Meditation & Sound Baths

Tuesday, July 30, 6:00 – 7:00pm

Tuesday, Sept 24, 6:00 – 7:00pm

A certified sound practitioner weaves
soothing sounds together, creating
harmonious vibrations that resonate
through the body and mind. (In-Person)

• Love and Laughter

Tuesday, August 6, 6:00 – 7:00 pm

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. (In-Person)

• Self-Care and Wellness Day

Friday, August 9, 10:00 am – 1:00pm

Treat yourself with a morning of self-care
and pampering. Activities include guided
meditations to calm your mind, mini-
massages to relieve tension, revitalizing
mini-facials by Blume Studio to refresh
your skin, and personalized fitness
consultations by PureSteel. Registration
required. (In-Person)

• Anniversary Party

Tuesday, August 20, 5:30 – 7:00pm

Join our Cancer Support Community
members, volunteers, and staff past and
present to celebrate life. (In-Person)

GETTING STARTED

All programs and services are
free of charge. An orientation is
required to participate.

Visit cancersupport.link/start
to schedule an orientation.

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

Terri and Jerry Kohl

Shelley Allen and
Bob Kohorst

Ellen and Harvey Knell *

Dana and Mike Naples

San Marino Motor Classic

Lee and Mickey Segal

Georgia Seid

The Valenta Family

*Lead Founding Benefactor

PATRONS

Terry Beyer

Bonnie and John DeWitt

The Havner Family
Foundation

LeAnn and Michael Healy

Vicki Laidig

Gloria Podres and
George Mack

Julia and Mark Meahl

Serge Melkizian

Julie and Scott Nesbit

Sue and Steve Ralph

Susan and Jack Reynolds

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 Orientation:

Every Tuesday at 11am
Every Thursday at 5pm

Virtual Orientation:

Start the process by visiting cancersupport.link/start if you prefer a virtual orientation on Zoom.

Programs are subject to change. Visit cancersupport.link/calendar or scan this QR code for the most up-to-date information:



Our Mission

The mission of Cancer Support Community is to uplift and strengthen people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

Health and Safety

CSC cares about the health of its community, many of whom are immuno-compromised. Face masks are highly recommended.

Please stay home if you are exhibiting signs of illness (i.e. fever, cough, sneezing).

Cancer Support Community Staff

Patricia Ostiller, JD, CFRE
Chief Executive Officer

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

Rachimah "Rae" Magnuson
Director of Events and Marketing

Phillip Herrera
Operations Manager

Melissa Parra
Community Engagement Manager

Alexandra Cruz Switzer, MFA
Program Coordinator

Peggy Smith
Development Associate

Jan Cantwell
Senior Development Officer

Lanie Trinh
Office Manager

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