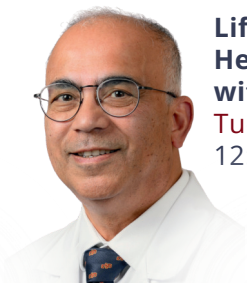




Calendar of FREE PROGRAMS Spring 2026

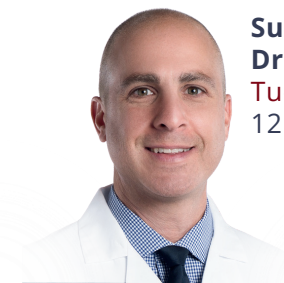
Free individual and group support, educational workshops, healthy lifestyle classes, social activities, and resources and referrals for anyone impacted by cancer – **so that no one faces cancer alone.**

LUNCH & LEARN SERIES



Life After Surviving Head and Neck Cancer with Dr. Uttam Sinha
Tues, Apr 14
12:30 - 1:30p

Keck Medicine
of USC



Survivorship with Dr. Saro Armenian
Tues, May 5
12:30 - 2:00p

City of
Hope



Understanding Melanoma with Dr. Marc Attiyeh
Tues, June 9
12:00 - 1:30p

Huntington
Health
An Affiliate of
Cedars
Sinai

EDUCATIONAL WORKSHOPS

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

Supporting a Loved One Through the End of Life
Thurs, Apr 2 | 2:00 - 3:00p | Virtual

Learn bedside support skills, advocacy strategies, and self-care practices while supporting a loved one.

Exploring End-of-Life Disposition Options
Mon, Apr 13 | 4:00 - 5:00p | Hybrid

Explore burial, cremation, and emerging disposition options (costs, environmental impact & considerations).

In Conversation with a Death Doula
Mon, Apr 20 | 1:00 - 2:00p | In Person

Explore the role of death doulas and how they support individuals and families.

Work & Cancer
Tues, Apr 21 | 12:00 - 1:00p | Virtual

Learn about workplace protections, medical leave, and employment rights during treatment.

Understanding Medicare
Wed, May 6 | 1:00 - 2:00p | Virtual

Overview of Medicare eligibility, enrollment periods, plan options, and supplemental coverage choices.

Balance & Mobility
Tues, May 12 | 1:00 - 2:00p | In Person

Learn fall-prevention strategies, improve mobility confidence, and receive an optional balance screening.

Understanding Brain Cancer
Thurs, May 14 | 1:00 - 2:00p | Virtual

Overview of brain tumors, treatment approaches, and current advances in neuro-oncology care.

Introduction to Clinical Trials
Wed, May 27 | 2:00 - 3:00p | Virtual

Learn how clinical trials work, eligibility requirements, and potential benefits of participation.

Innovative Therapies for Recovery & Prevention
Thurs, June 4 | 3:00 - 4:00p | In Person

Learn about red light therapy, hyperbaric oxygen, genetic testing, and cryotherapy for wellness support.

Pelvic Floor Health in Practice
Mon, June 8 | 2:00 - 3:00p | In Person

Practical exercises and education to strengthen pelvic health and improve comfort and stability.

The Benefits of Oncology Bodywork
Thurs, June 18 | 2:00 - 3:00p | In Person

Learn how oncology-informed bodywork supports comfort, recovery, and overall well-being.

End-of-Life Options
Thurs, June 25 | 2:00 - 3:00p | In Person

Learn about legal end-of-life options in California, including hospice, VSED, and medical aid in dying.

ART & CREATIVE HEALING

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

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 - 1:30p | 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 (5-Week Series)

Every Wed in Apr | 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 - 3:15p | Virtual

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

Gingham Embroidery

Thurs, Apr 16 | 1:00 - 3:00p | In Person

Learn gingham embroidery techniques while creating charming stitched patterns that promote relaxation and creative focus.

Clay that Cares

Apr 20, 27 • May 18 • Jun 29 | 10:00a - 12:00p | In Person

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

Beaded Bracelet Making

Thurs, Apr 30 | 2:00 - 3:30p | In Person

New!

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

Mother's Day Flower Arranging

Mon, May 4 | 11:00a - 12:00p | In Person

Create a personalized floral arrangement while learning simple bouquet design techniques. BYO vase.

Post-It Note Pocket Book Making

Wed, May 6 | 10:00a - 12:00p | In Person

New!

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

Baldwin Art Gallery Creative Art Series

May 14 • Jun 11 • Jul 9 • Aug 13 | 2:00 - 4:00p | In Person

New!

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

Cinderblock Planter Making (2-Week Series)

June 18 & 25 | 11:00a - 1:00p | In Person

New!

Create your own mosaic-tiled cinderblock planter in this fun two-week hands-on workshop. Goggles required.

SPECIAL EVENTS

Registration for all special events opens 4 weeks in advance.

Love and Laughter

Mon, Jun 1 | 6:00 - 7:00p | In Person

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

Beauty Bus Salon Day

Mon, Jun 15 | 11:00a - 2:00p | In Person

One-hour self-care appointments with professional stylists to support confidence and well-being.

School's Out For Summer Kids Day

Sat, Jun 20 | 2:00 - 4:00p | In Person

New!

A joyful day of games, crafts, and connection for kids and families to celebrate summer together!

BENEFACTORS SOCIETY

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

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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



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 sábados cada mes | 10 - 11a | 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) •
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.

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.

End of Month Sound Bath

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

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

Qigong for Organ Wellness

Every Wed | 11:00a - 12:00p | Hybrid

Slow, intentional movements and breathwork to support energy flow, balance, and internal wellness.

Movement with Music

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

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

Breathwork for Relaxation & Renewal *new!*

1st Wed Monthly | 5:30 - 6:30p | In Person

Guided breathing practices to support relaxation, nervous system regulation, and renewal.

Mindfulness for Health

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

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

The Benefits of Breathwork and Movement *new!*

Thurs, May 21 | 1:00 - 2:00p | In Person

Experience guided breathwork and therapeutic movement to support emotional regulation, connection, and overall 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.

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



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 | 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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