



# PROGRAM CALENDAR

JULY/AUGUST/SEPTEMBER 2025



## SCAN TO REGISTER

for all programs or access the online calendar at [www.cancersupport.net](http://www.cancersupport.net)

## Impacted By Cancer? We Can Help.

### Our Services

To register for any of our programs, please visit our website at [www.cancersupport.net](http://www.cancersupport.net) and click on the program calendar. Full descriptions of all Cancer Support Community programs are accessible in our online calendar.

### Our Programs

Our programs include:

- Support Groups
- Nutrition and Cooking Classes
- Exercise/Movement Classes
- Educational Workshops
- Social Connections, and more!

### We Provide In-Person and Virtual Services

Please check our online calendar for information on which programs are offered in-person as well as virtually. For the latest updates, please visit [www.cancersupport.net](http://www.cancersupport.net).

3276 McNutt Avenue, Walnut Creek, CA 94597  
925.933.0107



## A Message from the CEO

Dear Cancer Support Community,

I'm thrilled to share several exciting updates that reflect the heart of our mission to uplift and strengthen people impacted by cancer by providing support, fostering compassionate communities and breaking down barriers to care and the incredible momentum we are building as a community—together.

This year, we proudly celebrate 35 years of providing life-changing cancer support programs and services across the Bay Area at no cost. Please join us at our 35th Anniversary Gala on September 28, 2025, at the beautiful Blackhawk Country Club in Danville. It will be a joyful evening of celebrating our connection and commitment to our shared vision. Our community's support and presence help sustain CSC's vital mission.

We are also proud to announce that we have begun construction of our new Cancer Support Center, nestled in six serene acres near the Lafayette Reservoir. As cancer diagnoses continue to rise, and increasingly at younger ages, access to compassionate, supportive psycho-social care becomes more critical. Our new cancer support center will offer space in a healing environment, along with virtual and hybrid access for those navigating the challenges of cancer across the San Francisco Bay Area. This is a community space for all of us.

Adding to our gratitude, CSC San Francisco Bay Area was recently named a 2025 California Nonprofit of the Year by State Senator Tim Grayson. This honor reflects the collective work and impact of our staff, volunteers, donors, and participants—you make this recognition possible.

Thank you for being part of this journey. We are building not only a new space but a renewed future—one of resilience, healing, and hope.

With deep appreciation,

— Lucinda

**Lucinda Bazile, MPH**  
*Chief Executive Officer*





# 35th Anniversary Gala September 28

Celebrate Cancer Support Community San Francisco Bay Area's 35th Anniversary Gala on September 28, 2025, at Blackhawk Country Club, Danville, from 4–7:30 pm. Enjoy lakeside views at our cocktail reception, bid on exciting silent auction items, and connect with fellow supporters. Then, savor a delicious dinner and inspiring program in the Ballroom. Join us for this milestone celebration! Tickets available mid-August.



## New Cancer Support Center

Every day, 5,200 people in the US are diagnosed with cancer—by the year 2040, this is anticipated to increase by 49%.

The impact of a cancer diagnosis extends far beyond medical treatment. As many as three out of every four cancer survivors experience symptoms of psychological distress as well as financial issues. These types of issues impact health outcomes and quality of life.

While local medical centers are expanding their cancer centers to meet the growing number of patients and family members, we are building environments to support them outside of the hospital setting.

In 2018, we were gifted a 6-acre parcel of land in a beautiful, natural setting next to the Lafayette Reservoir. The new campus will take advantage of the natural surroundings that research has shown are conducive for healing and will support cancer patients and their families throughout the Bay Area.

## Cancer Support Community Receives CA Nonprofit of the Year Recognition

Cancer Support Community San Francisco Bay Area (CSC SF) was selected as a 2025 California Nonprofit of the Year by State Senator Tim Grayson of District 9! CSC SF is one of more than one hundred nonprofits that was honored by their state senators and assemblymembers for their outstanding contributions to the communities they serve.

Learn more about this special recognition at [cancersupport.net](https://cancersupport.net)









# JULY 2025

## WORKSHOPS & CLASSES






### Mondays

#### Every Monday in July

- 8:30AM Pilates  
- 10AM Sunlight Chair Yoga  
- 1PM Mah Jong 
- 4PM Gentle Restorative Yoga 




### Tuesdays

#### Every Tuesday in July

- 9:30AM Yoga 
- 1:15PM Knitting Circle 
- 1:30PM Moving for Life  
- 3:15PM Gentle Yoga/Urban Zen 

### Wednesdays

#### Every Wednesday in July

- 9:15AM Yoga  
- 9:30AM Contemplative Practices 
- 1PM Tai Chi Chih  
- 3PM Integral Tai Chi 
- 5PM Therapeutic Yoga 


#### JULY 1

- 1PM Cooking with Chef Chandra 
- 5:30PM Jin Shin Jyutsu Self Help 
- 6PM Ayurvedic Wellness Practices  

#### JULY 2

#### JULY 7




#### JULY 8

- 6PM Healing Through Sound: Vibrational Support for the Cancer Journey 



#### JULY 9

#### JULY 14

#### JULY 15




- 1PM Cooking with Chef Chandra 
- 5:30PM Jin Shin Jyutsu Self Help 
- 6PM Radiation Side Effects 

#### JULY 16

- 1PM Autogenics for Pain Management 
- 4PM Cancer Transitions 

#### JULY 21

#### JULY 22


- 4PM Understanding your Medical Insurance 
- 6PM Yoga to Support Immunity  

#### JULY 23



- 4PM Cancer Transitions 

#### JULY 28

#### JULY 29

- 4PM Speaking Your Doctors Language 

#### JULY 30

- 4PM Cancer Transitions 
- 5PM Community Cook Along 

# JULY 2025

## WORKSHOPS & CLASSES



Virtual



In-Person

### Thursdays

#### Every Thursday in July

- 9:00AM Mindful Somatic Yoga
- 9:30AM Self Reiki & Meditation
- 12:30PM Lunch Bunch (Antioch)
- 1PM Osteo-Pilates
- 4PM Essentrics-Classic Stretch
- 5:30PM Yoga

### Fridays

#### Every Friday in July

- 8:30AM Strengthening Class   
\*no class last Fri of the month
- 9:30AM Qigong   
\*no class last Fri of the month
- 10:30AM Kundalini Chanting Meditation
- 3PM Individual Guided Stretch and Release
- 4PM Yoga Nidra
- 6PM Line Dance

### Saturdays

#### Every Saturday in July

- 8:30AM Yoga Flow

**JULY 3**

- 11AM Garden of Books Book Club
- 6PM Hypnosis for Pain Relief & Healing

**JULY 4**

**HOLIDAY**  
(No programs)

**JULY 5**

**JULY 10**

- 10AM Sacred Journey Circle
- 11AM Individual Reiki
- 3PM African Drumming
- 6PM Intro to Jin Shin Jyutsu

**JULY 11**

- 11AM Eating for Healing
- 1PM Mindful Breathwork and Yoga
- 3PM Sing Along with Ukes and You

**JULY 12**

- 10AM Kids Circle & Teen Talk
- 1PM Writing It All Down

**JULY 17**

- 4PM Urban Zen Restorative Practice

**JULY 18**

- 1PM Art Journaling

**JULY 19**

- 11AM Nutrition and Cancer Treatment
- 1PM Sound Healing

**JULY 24**

- 4PM Healthy Cooking: Tips, Techniques and Recipes
- 6pm The Five Wishes

**JULY 25**

- 12PM Berkeley Bowl Summer Series
- 1PM Mindful Breathwork and Yoga

**JULY 26**

- 10AM Eating the Mediterranean Way
- 11AM Circle Dancing
- 1PM Roll, Release, Relax, & Restore

**JULY 31**







- 6PM Compassion and Choices: The End of Life Option Act

# AUGUST 2025

## WORKSHOPS & CLASSES






### Mondays

#### Every Monday in August

- 8:30AM Pilates  
- 10AM Sunlight Chair Yoga  
- 1PM Mah Jong 
- 4PM Gentle Restorative Yoga 






### Tuesdays

#### Every Tuesday in August

- 9:30AM Yoga 
- 1:15PM Knitting Circle 
- 1:30PM Moving for Life  
- 3:15PM Gentle Yoga/Urban Zen 

### Wednesdays

#### Every Wednesday in August

- 9:15AM Yoga  
- 9:30AM Contemplative Practices 
- 1PM Tai Chi Chih  
- 3PM Integral Tai Chi 
- 5PM Therapeutic Yoga 

AUGUST 4

AUGUST 5

- 1PM Cooking with Chef Chandra 
- 5:30PM Jin Shin Jyutsu Self Help 
- 6PM Ayurvedic Wellness Practices  

AUGUST 6

- 4PM Cancer Transitions 

AUGUST 11




AUGUST 12

- 6PM Pelvic Floor Health 

AUGUST 13

AUGUST 18



AUGUST 19

- 1PM Cooking with Chef Chandra 
- 5PM Tending the Garden of your Life 
- 5:30PM Jin Shin Jyutsu Self Help 

AUGUST 20

AUGUST 25

AUGUST 26

- 6PM Yoga to Support Immunity  

AUGUST 27

# AUGUST 2025

## WORKSHOPS & CLASSES











Virtual





In-Person

### Thursdays

#### Every Thursday in August

9:00AM Mindful Somatic Yoga   
9:30AM Self Reiki & Meditation   
12:30PM Lunch Bunch (Antioch)   
1PM Osteo-Pilates    
4PM Essentrics-Classic Stretch  
   
5:30PM Yoga 



#### AUGUST 7

11AM Garden of Books  
Book Club   
6PM Hypnosis for Pain Relief  
and Healing 




#### AUGUST 14

11AM Sacred Journey Circle  
 

#### AUGUST 21









10:30AM Coffee and Financial  
Conversation   
3PM African Drumming 

#### AUGUST 28


10AM Individual Reiki   
4PM Healthy Cooking: Tips,  
Techniques and Recipes  
  
6PM Family/Caregivers of  
Origin 

### Fridays


#### Every Friday in August

8:30AM Strengthening Class    
\*no class last Fri of the month  
9:30AM Qigong    
\*no class last Fri of the month  
10:30AM Kundalini Chanting  
Meditation   
3PM Individual Guided  
Stretch and Release   
4PM Yoga Nidra   
6PM Line Dance 

#### AUGUST 1

1PM Mindful Breathwork  
and Yoga 



#### AUGUST 8

3PM Sing Along with Ukes  
and You 

#### AUGUST 15

1PM Art Journaling 

#### AUGUST 22

12PM Berkeley Bowl Summer  
Series   
1PM Mindful Breathwork  
and Yoga 

#### AUGUST 29

### Saturdays



#### Every Saturday in August

8:30AM Yoga Flow 



#### AUGUST 2

11AM Circle Dancing 



#### AUGUST 9

10AM Kids Circle & Teen Talk   
1PM Sound Healing 


#### AUGUST 16

11AM Roll, Release, Relax,  
& Restore   
1PM Urban Zen Restorative  
Practice 

#### AUGUST 23

11AM Nutrition for Survivorship  
  
1PM Writing It All Down 

#### AUGUST 30

10AM Eating the  
Mediterranean Way 









# SEPTEMBER 2025

## WORKSHOPS & CLASSES

 Virtual  In-Person






### Mondays

#### Every Monday in September

8:30AM Pilates    
10AM Sunlight Chair Yoga  
   
1PM Mah Jong   
4PM Gentle Restorative Yoga  


### Tuesdays

#### Every Tuesday in September

9:30AM Yoga   
1:15PM Knitting Circle   
1:30PM Moving for Life    
3:15PM Gentle Yoga/Urban Zen 

### Wednesdays

#### Every Wednesday in September

9:15AM Yoga    
9:30AM Contemplative Practices  
  
1PM Tai Chi Chih    
3PM Integral Tai Chi   
5PM Therapeutic Yoga 

SEPTEMBER 1

**HOLIDAY**

(No programs)

SEPTEMBER 2

1PM Cooking with Chef Chandra   
5:30PM Jin Shin Jyutsu Self Help   
6PM Ayurvedic Wellness Practices  

SEPTEMBER 3

SEPTEMBER 8

SEPTEMBER 9



6PM Somatic Basics 

SEPTEMBER 10

SEPTEMBER 15

6PM Living Well After Cancer Treatment 




SEPTEMBER 16

1PM Cooking with Chef Chandra   
5:30PM Jin Shin Jyutsu Self Help 

SEPTEMBER 17

SEPTEMBER 22


SEPTEMBER 23

4PM Understanding your Medical Insurance   
6PM Yoga to Support Immunity  

SEPTEMBER 24

SEPTEMBER 29

SEPTEMBER 30

5PM Many Faces of Gynecological/Ovarian Cancer 



# SEPTEMBER 2025

## WORKSHOPS & CLASSES











Virtual





In-Person

### Thursdays

#### Every Thursday in September

- 9:00AM Mindful Somatic Yoga   
9:30AM Self Reiki & Meditation   
12:30PM Lunch Bunch (Antioch)   
1PM Osteo-Pilates    
4PM Essentrics-Classic Stretch  
   
5:30PM Yoga 





#### SEPTEMBER 4

- 11AM Garden of Books  
Book Club   
6PM Hypnosis for Pain Relief  
and Healing 



#### SEPTEMBER 11

- 11AM Sacred Journey Circle  
   
6PM Cancer Resources 

#### SEPTEMBER 18









- 2PM Qigong & Self-help  
Acupressure for Cancer  
Patients and Caregivers  
Series   
3PM African Drumming   
4PM Healthy Cooking: Tips,  
Techniques and Recipes  
  
6PM Mind-body Skills  
Toolbox: Tapping (EFT)  


#### SEPTEMBER 25


- 10AM Individual Reiki   
6PM Coping with Grief  
& Loss 

### Fridays



#### Every Friday in September

- 8:30AM Strengthening Class    
\*no class last Fri of the month  
9:30AM Qigong    
\*no class last Fri of the month  
10:30AM Kundalini Chanting  
Meditation   
3PM Individual Guided  
Stretch and Release   
4PM Yoga Nidra   
6PM Line Dance 


#### SEPTEMBER 5

- 1PM Mindful Breathwork  
and Yoga 

#### SEPTEMBER 12

- 1PM Art Journaling   
3PM Sing Along with Ukes  
and You 

#### SEPTEMBER 19

- 1PM Mindful Breathwork  
and Yoga 



#### SEPTEMBER 26

### Saturdays



#### Every Saturday in September

- 8:30AM Yoga Flow 



#### SEPTEMBER 6

- 11AM Circle Dancing   
1PM Sound Healing 

#### SEPTEMBER 13

- 10AM Kids Circle & Teen Talk   
1PM Roll, Release, Relax,  
& Restore 

#### SEPTEMBER 20

- 11AM Nutrition and Cancer  
Treatment   
1PM Writing It All Down 

#### SEPTEMBER 27

- 10AM Eating the  
Mediterranean Way   
1PM Urban Zen Restorative  
Practice 

# CLASS DESCRIPTIONS

## JULY, AUGUST, SEPTEMBER 2025

### **Cooking with Chef Chandra**

**Tuesdays, 7/1, 7/15, 8/5, 8/19, 9/2, 9/16 at 1:00 PM (Virtual)**  
With Chef Chandra Collins. Explore different plant-based recipes and learn tips and techniques using healing foods to maintain strength and boost immunity.

### **Jin Shin Jyutsu Self-Help**

**Tuesday, 7/1, 7/15, 8/5, 8/19, 9/2, 9/16 at 5:30 PM (Virtual)**  
With Kathy O'Hare. Learn simple finger pressure applications to your body to strengthen energy and support healing.

### **Ayurvedic Wellness Practices**

**Tuesday, 7/1, 8/5, 9/2 at 6:00 PM (Hybrid)**  
Join Ayurvedic Coach Dana Chloe Morgan to explore tools and techniques that harmonize mind, body, soul, and senses, striving for the blissful equilibrium known as "svastha."

### **Garden of Books Book Club**

**Thursday 7/3 at 11:00 AM (Virtual): The Alice Network by Kate Quinn**

**Thursday 8/7 at 11:00 AM (Virtual): The Wager by David Grann**

**Thursday 9/4 at 11:00 AM (Virtual): The Frozen River by Ariel Lawson**

### **Hypnosis for Pain Relief and Healing**

**Thursday, 7/3, 8/7, 9/4 at 6:00 PM (Virtual)**  
With Brit Lesnett, Clinical Hypnotherapist. Learn different ways of managing pain through hypnotic techniques.

### **Healing Through Sound: Vibrational Support for the Cancer Journey**

**Tuesday, 7/8 at 6:00 PM**  
Led by Riya Wang, a transformational healing coach with over 20 years of experience, this session blends ancient Eastern practices and sound healing to support those navigating cancer—whether in treatment, recovery, or caregiving. Using Tibetan singing bowls and guided vibrational alignment, Riya will create a calming space to soothe the nervous system, release energetic blocks, and reawaken the body's natural healing rhythm.

### **Sacred Journey Circle**

**Thursday, 7/10 at 10:00 AM (Hybrid)**  
**Thursday, 8/14 and 9/11 at 11:00 AM (Hybrid)**

Shamanic journeys offer powerful opportunities for self-empowerment and deeper self-understanding, and in these journey circles, Kathrine LaFleur, intuitive energy worker, guides you in tuning into subtle energies, meeting your power animals, and using the imaginal world to enrich your daily life—no experience required.

### **Individual Reiki Sessions**

**Thursday, 7/10 at 11:00 AM (In Person)**  
**Thursday, 8/28, 9/25 at 10:00 AM (In Person)**  
Kathrine LaFleur, intuitive energy worker, will offer individual Reiki sessions to rebalance the body's energies and support well-being at the Walnut Creek site; sign up via the online calendar.

### **African Drumming**

**Thursday 7/10, 8/21, 9/18 at 3:00 PM (Virtual)**  
Experience this way to get "good vibrations," boosting immune function and metabolism. Patricia, a talented musician, creates a fun, experiential class. Household items like pots or empty buckets can be used if you don't have a drum at home.

### **Intro to Jin Shin Jyutsu**

**Thursday, 7/10 at 6:00 PM (virtual)**  
With Kathy O'Hare, M.A.. In this 1 hour class, you will learn the 26 areas of the body that you can hold gently with your fingertips and hands in flow patterns that help to balance, strengthen and relax the entire body. Special flows will be taught that support your cancer recovery and help diminish side effects.

### **Eating for Healing**

**Friday, 7/11 at 11:00 AM (Virtual)**  
Join Holistic Nutrition Consultant Susie White as she demonstrates nutritious recipes featuring ingredients with healing and disease prevention benefits.

### **Sing Along with Ukuleles and You**

**Friday 7/11, 8/8, 9/12 at 3:00 PM (Virtual)**  
With Kathryn LaMar. Learn to play the ukulele as we sing well-known songs together. First half-hour for first-time beginners — how to hold it, strum it, and finger simple chords. All levels welcome!

### **Kids Circle & Teen Talk**

**Saturday, 7/12, 8/9, 9/13 at 10:00 AM (In Person)**  
CSC Therapists provide workshops for families with school-age children (ages 6-18) when a parent has cancer, featuring activity-based groups for children to identify feelings and learn coping skills, a support group for teens, and a group for parents. Each session concludes with lunch and a family activity.

### **Writing It All Down**

**Saturday, 7/12, 8/23, 9/20 at 1:00 PM (Virtual)**  
Join author and life coach Peter Dudley in a writing group that fosters creativity, skill improvement, and self-discovery. Enjoy a supportive community focused on storytelling through writing and group discussions.

### **Radiation Side Effects**

**Tuesday, 7/15 at 6:00 PM (Virtual)**  
With Hilary Nakao-Miranda, Co-Owner/Physical Therapist- Breast Cancer Rehabilitation, Level Up Wellness and Physical Therapy. This session will cover common side effects individuals may experience during radiation treatment. While primarily intended for patients with breast cancer undergoing radiation, the information discussed can be valuable for those with other cancer diagnoses as well. We will discuss typical side effects, potential risks for lymphedema, important signs to watch for, and how to access treatment and support for these issues.

### **Autogenics for Pain Management**

**Wednesday, 7/16 at 1:00 PM (Virtual)**  
With Cynthia McDonald, PhD, CMHT. Autogenic training works through a series of self-statements about heaviness and warmth in different parts of the body. Through this process, a positive effect is induced on the autonomic nervous system thereby reducing the perception of pain. You will learn about pain perception and the "pain cycle" as well as experience the Autogenics technique.

### **Cancer Transitions**

**Wednesday 7/16, 7/23, 7/30 and 8/6 at 4:00 PM (Virtual)**  
Join Debbie Rosenberg, LMFT, CSC Facilitator, offers a series to help cancer survivors transition from active treatment to post-treatment care, covering wellness, emotional health, nutrition, activity, and medical management.

### **Urban Zen Restorative Practice**

**Thursday, 7/17 at 4:00 PM (Virtual)**  
**Saturday, 8/16 and 9/27 at 1:00 PM (Virtual)**  
With Lilia Roman, RYT. Urban Zen uniquely integrates several modalities including Yoga, Aromatherapy, Breath Awareness, and Meditation for a deeply relaxing practice.

### **Art Journaling**

**Friday, 7/18, 8/15, 9/12 at 1:00 PM (In Person)**  
No art experience necessary. Just a Journal and your imagination. If you have art supplies you want to use, feel free to bring them. Colored pens, pencils, chalk, pastels, watercolors will be available for this journey into imagination, dreams, creativity, and visualization. With R Consuelo Inez, certified sound and music therapist, art curator and consultant.

### **Nutrition and Cancer Treatment**

**Saturday, 7/19 and 9/20 at 11:00 AM (Virtual)**  
Oncology Dietitian Tinrin Chew, RD, will teach what to eat during treatment to help manage chemotherapy, radiation, and immunotherapy while maintaining health.

### **Sound Healing**

**Saturday, 7/19 at 1:00 PM (Virtual): Summertime SHAKE off the Blues**  
**Saturday, 8/9 at 1:00 PM (Virtual): Managing Stress**  
**Saturday, 9/6 at 1:00 PM (Virtual): Restoring the Heart of Forgiveness**

### **Understanding your Medical Insurance**

**Tuesday, 7/22 and 9/23 at 4:00 PM (Virtual)**  
With Mary Ballin, CFP, CDFA. Navigating medical insurance during a cancer diagnosis can be overwhelming, and this presentation will cover the basics, key terminology, essential questions to ask medical providers, and tips for staying organized throughout the process.

### **Yoga to Support Immunity**

**Tuesday, 7/22, 8/26 and 9/23 at 6:00 PM (Hybrid)**  
Join Ayurvedic Lifestyle Coach Dana Chloe Morgan to boost your immune system and realign your body using practices from "Yoga to Support Immunity," strengthening your lungs and becoming pain-free.

# CLASS DESCRIPTIONS

## JULY, AUGUST, SEPTEMBER 2025

### **Healthy Cooking: Tips, Techniques and Recipes**

**Thursday, 7/24, 8/28, 9/18 at 4:00 PM (Virtual)**

Linda Carucci, culinary educator, author and chef, demonstrates seasonal recipes imbued with her characteristic tips and professional chef secrets that make cooking fun and enjoyable.

### **The Five Wishes**

**Thursday 7/24 at 6:00 PM (Virtual)**

Delinda Brown from Hope Hospice will teach you how to create a living will to express your wishes in important wishes.

### **Berkeley Bowl Summer Series**

**Friday, 7/25 at 12:00 PM (In Person @ Berkeley Bowl West)-  
Cooking with Herbs**

Discover the power of herbs in the kitchen! Learn how to use fresh and dried herbs like basil, thyme, and more to boost both flavor and health.

**Friday, 8/22 at 12:00 PM (In Person @ Berkeley Bowl West) -  
Sauces of the World**

Dive into the global world of sauces, featuring seasonal tomato-based varieties. Learn to make and use sauces that transform simple dishes into something spectacular.

### **Eating the Mediterranean Way**

**Saturday, 7/26, 8/30, 9/27 at 10:00 AM (Virtual)**

Join Camila Loew, PhD, Certified Nutrition Consultant, and trained chef and culinary instructor, from Spain, as she demonstrates delicious recipes based on the Mediterranean diet.

### **Circle Dancing**

**Saturday, 7/26, 8/2, 9/6 at 11:00 AM (In Person)**

Join Pam Derks and Robannie Smidebush for circle dancing, an ancient, meditative dance form that honors the earth and connects dancers, with easy, repetitive steps taught before each dance and no need for partners.

### **Roll, Relax, Release & Restore**

**Saturday, 7/26 and 9/13 at 1:00 PM (Virtual)**

**Saturday, 8/16 at 11:00 AM (Virtual)**

With Maxine Younger, CYT. Using a foam roller, ball or movement, self myofascial release can alleviate pain, increase flexibility and improve posture.

### **Speaking Your Doctors Language**

**Tuesday, 7/29 at 4:00 PM (Virtual)**

With Deb Rosenberg, MA, LMFT, CSC Facilitator. Do you feel anxious about meeting with your doctor, knowing time is limited but your questions and concerns are important? This workshop will help you organize and optimize your visits using a customizable template, empowering you to address your most important topics with confidence.

### **Community Cook Along**

**Wednesday, 7/30 at 5:00 PM (Virtual)**

Join Holistic Nutrition Consultant Susie White from your home kitchen to prepare two-meal dishes, with a detailed shopping and equipment list provided in advance.

### **Compassion and Choices: The End of Life Option Act**

**Thursday, 7/31 at 6:00 PM (Virtual)**

With Francie Hornstein, LCSW. This discussion will educate people about the California End of Life Option Act so you may be empowered to make informed choices about end of life care.

### **Pelvic Floor Health**

**Tuesday, 8/12 at 6:00 PM (Virtual)**

With Chelsea Anjeski, DPT. Cancer treatments have impacts on the pelvic floor and its ability to function. Occurring in men and women at any age, dysfunction of the pelvic floor can look like leaking urine or stool, frequent urination, constipation, difficulty or pain with sexual activity, pain in the genitalia, low back pain, and hip pain. Learn how you can feel better.

### **Tending the Garden of your Life**

**Tuesday, 8/19 at 5:00 PM (Virtual)**

With Cynthia McDonald, PhD, CMHT. Self-care is compassion and kindness turned toward yourself. In this class, we will discuss the essence of self-care. We will use guided imagery to cultivate attitudes of self-compassion and kindness, and translate these attitudes into practical actions.

### **Coffee and Financial Conversation**

**Thursday, 8/21 at 10:30 AM (Virtual)**

Join Mary Ballin, Certified Financial Planner, and Ted Porter, Medicare Insurance Professional for an interactive hour focused on questions you have about finances and insurance. This is a virtual session with no presentation, just conversation!

### **Nutrition for Survivorship**

**Saturday, 8/23 at 11:00 AM (Virtual)**

With Tinrin Chew, RD, Oncology Dietitian. Learn what to eat after treatment to help you regain and maintain health, and the importance of incorporating cancer fighting foods into your diet.

### **Family/Caregivers of Origin**

**Thursday, 8/28 6:00 PM**

Akhila Health facilitator Dr. Amita Shah invites women to explore the impact of childhood experiences on how we react to triggers and manifest stress. She will share practical and implementable strategies.

### **Somatic Basics**

**Tuesday, 9/9 at 6:00 PM (Virtual)**

With Meaghan McVeigh, MA, LMFT. Join us for a one-hour Somatic Basics class—a gentle, experiential introduction to understanding and supporting your nervous system. This class blends education with guided movement and breathwork to help you build awareness of how stress shows up in the body and explore practical tools for grounding, relaxation, and self-compassion. Perfect for all levels; come as you are and leave feeling more connected to yourself.

### **Cancer Resources**

**Thursday, 9/11 at 6:00 PM (Virtual)**

Join Eve Bazo, LCSW and CSC Facilitator to learn how to navigate resources and benefits like FMLA, SDI, Medi-Cal, and IHSS if you're employed and going on medical leave.

### **Living Well After Cancer Treatment**

**Monday, 9/15 at 6:00 PM (Virtual)**

With Eve Bazo, LCSW, CSC Facilitator. The end of treatment can be both stressful and exciting. Get tips on how to manage your emotional health as a cancer survivor, and find the answers to common questions and concerns about life after cancer.

### **Qigong & Self-help Acupressure for Cancer Patients and Caregivers Series**

**Thursdays, 9/18, 10/2, 10/16 at 2:00 PM (Virtual)**

Join Elise Ching, Certified Acupressure Massage Therapist and Certified Clinical Hypnotherapist and Kaleo Ching, Certified Acupressure Massage Therapist, Certified Clinical Hypnotherapist, Certified Medical Qigong Practitioner for a Qigong class that combines gentle movement, stress relief, and acupressure for vitality and balance. A cancer survivor, Elise shares self-help Qigong techniques and acupressure points, based in Chinese Medicine, to ease nausea, neuropathy, and anxiety during treatment.

### **Mind-body Skills Toolbox: Tapping (EFT)**

**Thursday, 9/18 at 6:00 PM (Virtual)**

With Cynthia McDonald, PhD, CMHT. EFT (Emotional Freedom Technique) involves tapping specific areas of the body while focusing on an issue. Gently tapping these energy points can help you manage fear and anxiety, and free you from old mental habits.

### **Coping with Grief & Loss**

**Thursday, 9/25 at 6:00 PM (Virtual)**

Eve Bazo, LCSW, CSC Facilitator, will introduce concepts and strategies for coping with loss, emphasizing that there is no wrong way to grieve and understanding the stages and types of grief that can offer alternative coping methods.

### **Many Faces of Gynecological/Ovarian Cancer**

**Tuesday, 9/30 at 5:00 PM (Virtual)**

Learn about the latest surgical techniques, treatment options, supportive care, and survivorship issues for gynecologic cancer patients.

# Our Mission

CSC uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care. Our services are provided at no cost through the generosity of individual and private contributions.



## Consider Setting Up a Recurring Donation

Recurring donations allow you to give a manageable amount each month that adds up to a larger total contribution over time. This can fit better into your budget and supporting an important mission easier. It's also beneficial to CSC—providing predictable income and allowing us to plan and budget more effectively. You can start today! Visit our website to learn more: [cancersupport.net/support-us/donate/](https://cancersupport.net/support-us/donate/)



**"I am grateful that I was connected so quickly as receiving my diagnosis was such a scary time and I immediately knew I had to be connected with people in my situation. I have met some strong people that amaze me with their stories which gives me hope. I can't imagine going through this without the support I am receiving from CSC"**

■ *CSC Participant*

3276 McNutt Avenue, Walnut Creek, CA 94597

# Support Groups

We offer support groups for people with any cancer. Weekly groups are available for both patients and caregivers along with a specific group for those with newly diagnosed breast cancer. Networking groups are once or twice a month and are for specific cancers or topics. If you are interested in joining a support group, **call 925.933.0107 or email [Maricela.mbecerra@cancersupport.net](mailto:Maricela.mbecerra@cancersupport.net)** to get started.

## Weekly Group Times

### **Mondays:**

6–8PM (2 groups)

### **Tuesdays:**

11AM–1PM, Newly Diagnosed Breast Cancer Group

11AM–1PM (3 groups)

1:30–3:30PM (1 group-Antioch)

### **Wednesdays:**

10:30AM–12:30PM (3 groups)

6–8PM, Grief & Loss Group

### **Colorectal Cancer Group**

2nd Wednesday: 4PM

### **Gynecologic/Ovarian Cancer Group**

1st & 3rd Tuesdays: 1:30PM

### **Life Beyond Cancer Group**

2nd Wednesday: 5PM

### **Lung Cancer Group**

2nd Wednesday: 4PM

### **Lymphedema Support Group**

1st Saturday: 10AM

### **Metastatic Prostate Cancer Group**

2nd & 4th Thursdays: 11AM

### **Neuroendocrine Cancer (NETS) Networking Group**

1st Saturday of even months: 1PM  
(February, April, June, August, October, December)

### **Responding to Cancer Risk Together**

1st Thursday: 4pm

### **Prostate Cancer Group**

4th Thursday: 1PM

### **Young Adult Group**

2nd & 4th Tuesdays: 4PM

## Networking Group Times

### **Alone Together Group**

2nd & 4th Mondays: 1 PM

### **Blood Cancers Group**

(LLS East Bay Adult Family Support) 3rd Thursday: 6PM

### **Brain Tumor Group**

3rd Thursday: 6PM

### **Breast Cancer Groups**

1st & 3rd Tuesdays:

6PM (Stages 0–3)

2nd & 4th Tuesdays:

1:30PM (Stages 0–3)

2nd & 4th Tuesdays:

1:30PM (Metastatic)



## SCAN TO REGISTER

for all programs or access the online calendar at [www.cancersupport.net](https://www.cancersupport.net)