

# Calendar of Free Services

## January•February•March 2018

### Educational Opportunities

#### Self-Hypnosis for Stress Relief & Pain Management

Monday, January 8, 6:30-8:00 pm  
 Tuesday, March 6, 6:30-8:00 pm  
 Carmela Tunzi of Mind Flow Hypnosis will present a fun and informative talk about the benefits of self-hypnosis to help manage treatment symptoms, reduce stress, and help manage pain. Learn valuable skills that you can use on a daily basis for patients and family members alike.

#### Smoothies for Health and Well-being

Tuesday, January 9, 10:30 am-12:00 pm  
 Join Olive Kreitman, Lifestyle Educator/ Nutrition Educator, to learn how to make delicious healthy morning smoothies. In this hands-on workshop, you will learn how to make nutrient dense smoothies that are tasty, healthy, and extremely satisfying. Smoothies are a wonderful way to give your body the necessary nutrients needed to protect, prevent and fight disease in all its various forms. Samples and recipes will be provided.



#### Breast Reconstruction Options

Tuesday, January 9, 6:30-8:00 pm  
 Women with breast cancer and their caregivers are invited to a comprehensive empowerment program that streamlines information options and tools for decision-making around breast reconstruction presented by Dr. Michael Hakimi, MD, plastic & reconstructive surgeon.

#### Complementary and Natural Therapies

Thursdays, 5:30-6:45 pm  
 Jan 18, Feb 15, & Mar 15  
 Join Dr. Robert Chu, L.Ac and learn how acupuncture, nutrition, and exercise can help reduce the side effects of cancer treatment. Dr. Chu will discuss the value of nutritional habits and explore the nutritional properties of specific foods for enhancing energy and immunity.

#### Bead Weaving

Monday, January 22, 1:00-5:00 pm (Beginner)  
 Monday, February 26, 1:00-5:00 pm (Advanced)  
 Come and learn the technique of bead weaving, the art of creating jewelry using a needle and thread, from Mary Holley. Bring your reading glasses and some patience to create a beautiful piece of jewelry. **Class size is limited.**

#### Armstrong™ Herb Potting Class

Monday, January 29, 3:00-4:30 pm  
 Join Armstrong Garden Centers Manager Jesse Bawsel for a 'Make and Take' workshop planting cool season herbs and vegetables into a decorative pot. We will discuss varieties, soils, sun tolerance, watering practices and more. Learn about the health benefits of adding herbs to your diet. We look forward to seeing you there.

### Special Member Events

#### CSCP is privileged to present Dr. John Link, MD

Tuesday, January 30, 6:30-8:00 pm  
 Dr. Link is the founder of Breastlink and a leading medical oncologist dedicated to the care of women with breast cancer. The 5th edition of his book, The Breast Cancer Survival Manual, is the most widely read book for newly diagnosed women. Patient care is his top priority.

#### Return to Wellness - A ten week recovery program for women who have recently completed treatment for breast cancer

Tuesdays and Thursdays, 5:30-7:30 pm  
 February 13 - April 19

This program provides yoga, strength training, survivorship education, and emotional support for women who currently have no evidence of disease and have completed active treatment between 6 weeks and up to 24 months ago. Pre-registration and physician's consent required.

#### Love and Laughter with Jason Love

Tuesday, January 23, 6:30-8:30 pm  
 Tuesday, March 27, 6:30-8:30 pm  
 Join professional comedian, Jason Love and a couple of his closest friends, for laughter, food, and joy in the CSCP Community Room! Enjoy an evening of PG-13 comedy for all CSCP members. Each Love and Laughter features different, but equally hilarious, comedians.

### Our Mission

The mission of Cancer Support Community is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

### Educational Opportunities

Please call 626-796-1083 to register.

### Become a Member

Orientation Meetings:  
 Every Tuesday 11 am  
 Every Thursday 6 pm

Learn about CSC services which include educational seminars, stress reduction classes and support groups.

No appointment is necessary to attend an orientation meeting.

### Cancer Support Community Staff

Executive Director  
 Meg Symes

Director of Development  
 Patricia Ostiller, JD, CFRE

Program Director  
 Laura Wending, MA, LMFT

Program Coordinator  
 Rachel Koonse, MA

Event Coordinator  
 Danielle Gay

Office Manager  
 Richelle Mascaro

Database Manager  
 Julie Dungca

## Educational Opportunities

### Four Part Nutrition Series

Mondays, 6:00-7:30 pm

February 12 & 26, March 12 & 26

Join Courtney Titus, Certified Holistic Health Coach, for this four-week nutrition series to build healthy habits that work for your lifestyle. She empowers cancer patients and survivors to thrive through food, fitness, and spiritual connection as well as regain strength and confidence through cardiovascular and weight training workouts.

### Quiet the Mind Meditation - 4 Week Series

Wednesdays, Feb 7, 14, 21 & 28, 2:00-3:00 pm

Join Emily Gonzales, Chopra Center™ Certified Instructor to learn techniques for quieting the mind and shifting to a calm and balanced state of wellbeing. Learn tools to develop your own personal meditation practice.

### Myths & Facts about Hospice and Palliative Care

Tuesday, February 13, 6:30-8:00 pm

Join Pamela Wright, LCSW, from VITAS Healthcare, to learn the differences between hospice care and palliative care. She will debunk common myths about hospice care and discuss how all cancer patients can benefit from palliative care from the date of initial diagnosis.

### Beading Basics - An instructional class for beginners, but veterans are always welcome!

Monday, March 12, 1:00-5:00 pm

Beading is an ancient art and a healing process which can help one cope with all kinds of stress and treatment. This is a basic workshop where you can learn the creative art of making beaded necklaces with Licia Ramos. Materials will be provided and loaner tools are available for use.

**Class size is limited so please pre-register.**

### Look Good, Feel Better

Tuesday, March 13, 10:00 am-12:30 pm

Women in active treatment learn to mitigate the appearance-related side effects of chemotherapy and radiation, demonstrated by a licensed cosmetologist sponsored by the American Cancer Society. **Pre-registration required.**

## Arcadia Community Center Programs

### Mandarin Cancer Patient Support Group

Second Wednesday of the Month

2:30 pm – 4:00 pm

普通話/國語癌症患者支持小組

每個月第二個星期三, 從下午 2:30 到 4:00

### English Cancer Patient Support Group

Second Tuesday of the Month

11:30 – 1:00 pm

沒有預先登記要求

No pre-registration required for Arcadia Groups

## Healthy Lifestyle

### Walking for Wellness

(at the Pasadena Rose Bowl)

Mondays & Fridays, 5:00 pm

Holly (626)296-3449 - CALL TO RSVP

Wednesdays, 5:00 pm

Vicki (626)905-1691 - CALL TO RSVP

### Yoga

Mondays, 12:30-1:30 pm

Lorena Tapiero, Certified Yoga Instructor

Tuesdays, 2:30-3:30 pm (Yin Yoga)

Veronica Lockett, Certified Yoga Instructor

Thursdays, 11:00 am-12:00 pm

Korie Beth Brown, Certified Yoga Instructor

Saturdays, 10:00-11:30 am (Gentle)

Arlene Vidor, Certified Yoga Instructor

Saturdays, Yoga En Espanol, 2:00-3:00 pm

Lluvia Higuera, Certified Yoga Instructor

### Zumba Sentao®

Mondays 11:00 am - 12:00 pm

Adrienne Aguirre, Licensed Zumba Instructor

### Guided Meditation

Mondays, 1:00-2:00 pm

Dr. Shirley Cox, PsyD

### Feldenkrais

Mondays, 2:00-3:00 pm

Andrew Heffernan, GCFP

### Crochettherapy & Knittervention

Mondays, 4:00-6:00 pm

Maranda Ngue

### Pilates at Noon

Tuesdays, 12:00-1:00 pm

Kelly Etter, Certified Pilates Instructor

### Dynamic Strength Training

Tuesdays, 5:30-6:15 pm

Brandon Flowers and Rick Caputo, Certified

Fitness Trainers

### Foto Fun with your Smart Phone

Wednesdays, 2:00-3:00 pm

Catherine Bicknell

### Focus on Fun: Photography

Wednesdays, 3:00-5:00 pm

Catherine Bicknell

### Tai Chi

Wednesdays, 5:00-6:00 pm

John DiLullo

### Journaling

Wednesdays, 11:00 am - 1:00 pm

Thursdays, 11:00 am-1:00 pm

Teri Poet

### Watercolor Painting

Thursdays, 9:00 am - 12:00 pm

Richard Gutschow

### Qi Gong

Thursdays, 12:30-1:30 pm

Robert Chu, L.Ac

### Mindfulness For Health

Thursdays, 1:30-2:30 pm

Sylvia Holmes, Jo Anne Kindler, and Louise

Wannier

### The Resilience Toolkit

Thursdays, 5:00-6:00 pm

Karen Colasuonno, Certified Facilitator

## Spanish Language Programs

Presentación sobre temas de Planificación Patrimonial, Medicare y seguro médico  
Sábado, 27 de Enero del 2018  
10:00 am-12:00 pm

Cristina Garcia del Centro para los Derechos del Cuidado de la Salud (CHCR) y Tina Segura del Centro de Recursos Legales de Cáncer (CLRC), presentarán sobre una variedad de temas legales, incluyendo: planificación patrimonial, Medicare, y seguros médicos. Habrá tiempo después de las presentaciones para contestar todas sus preguntas acerca de estos temas. ¡Los esperamos!

### ¡Expresiones Creativas!

Sábados, 20 de Enero, 17 de

Febrero, 17 de Marzo

10:30 am-12:00 pm

Únete a la artista, autora y educadora, Carolina Rivera, una vez al mes de arte, poesía, relatos y diario personal. Ven a divertirse y a jugar con palabras y colores para expresar emociones más profundas en torno a la experiencia del cáncer. No se necesita experiencia para participar. Todos son bienvenidos.

### Meditación de Atención Plena

Sábados, 6 de Enero, 3 de

Febrero y 3 de Marzo

10:30 am – 12:00pm





Únete a Paula Tapia, Yoga Terapeuta Certificada y Maestra de Yoga, para aprender ejercicios de meditación simples, ya sea en quietud o en movimiento, que podrás incorporar fácilmente en tu día a día.

### Superando los Desafíos del Cáncer como Pareja





Sábado, 24 de Marzo



10:30 am – 12:00 pm

Únase a Claudia Cuevas y Jenny Rodriguez de City of Hope para aprender sobre habilidades esenciales para superar los desafíos del cáncer como pareja. Las parejas obtendrán conocimiento sobre técnicas específicas para mejorar la comunicación abierta y honesta entre ellos. Se recomienda a los participantes que traigan a su cónyuge / pareja significativa a esta presentación.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>CLOSED</b></p> 	<p><b>2</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Orientation</p> <p>12-1<sup>pm</sup> Pilates</p> <p>2:30-3:30<sup>pm</sup> Yin Yoga</p>	<p><b>3</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Journaling</p> <p>2-3<sup>pm</sup> Foto Fun</p> <p>3-5<sup>pm</sup> Photography</p> <p>5-6<sup>pm</sup> Tai Chi</p> <p>6<sup>pm</sup> Support Groups Children's Corner</p>	<p><b>4</b></p> <p>9<sup>am</sup>-12<sup>pm</sup> Watercolor</p> <p>11<sup>am</sup>-12<sup>pm</sup> Yoga</p> <p>11<sup>am</sup>-1<sup>pm</sup> Journaling</p> <p>12:30-1:30<sup>pm</sup> Qi Gong</p> <p>1:30-2:30<sup>pm</sup> Mindfulness</p> <p>5-6<sup>pm</sup> Resilience Toolkit</p> <p>6-8<sup>pm</sup> Orientation</p> <p>11:30<sup>am</sup> Lunch Bunch</p> <p>7<sup>pm</sup> Support Groups</p>	<p><b>5</b></p> <p><b>CLOSED</b></p>	<p><b>6</b></p> <p>10 :00-11:30<sup>am</sup> Gentle Yoga</p> <p>10:30<sup>am</sup>-12<sup>pm</sup> Meditación de Atención Plena</p> <p>12-2<sup>pm</sup> Grupo Fuerza Y Esperanza</p> <p>2-3<sup>pm</sup> Yoga En Español</p>
<p><b>8</b></p> <p>11<sup>am</sup>-12<sup>pm</sup> Zumba</p> <p>12:30-1:30<sup>pm</sup> Yoga</p> <p>1-2<sup>pm</sup> Meditation</p> <p>2-3<sup>pm</sup> Feldenkrais</p> <p>4-6<sup>pm</sup> Knitting</p> <p>6:30-8<sup>pm</sup> Self Hypnosis for Stress &amp; Pain</p> <p>11<sup>am</sup> Support Groups</p> <p>6:30<sup>pm</sup> Bereavement</p>	<p><b>9</b></p> <p>10:30<sup>am</sup>-12<sup>pm</sup> Smoothies</p> <p>11<sup>am</sup>-1<sup>pm</sup> Orientation</p> <p>11:30<sup>am</sup>-1<sup>pm</sup> Arcadia English Group</p> <p>12-1<sup>pm</sup> Pilates</p> <p>2:30-3:30<sup>pm</sup> Yin Yoga</p> <p>5:30-6:15<sup>pm</sup> Dynamic Strength Training</p> <p>6:30-8<sup>pm</sup> Breast Reconstruction</p>	<p><b>10</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Journaling</p> <p>2-3<sup>pm</sup> Foto Fun</p> <p>2:30-4<sup>pm</sup> Arcadia Mandarin Group</p> <p>3-5<sup>pm</sup> Photography</p> <p>5-6<sup>pm</sup> Tai Chi</p> <p>6<sup>pm</sup> Support Groups Children's Corner</p>	<p><b>11</b></p> <p>9<sup>am</sup>-12<sup>pm</sup> Watercolor</p> <p>11<sup>am</sup>-12<sup>pm</sup> Yoga</p> <p>11<sup>am</sup>-1<sup>pm</sup> Journaling</p> <p>12:30-1:30<sup>pm</sup> Qi Gong</p> <p>1:30-2:30<sup>pm</sup> Mindfulness</p> <p>5-6<sup>pm</sup> Resilience Toolkit</p> <p>6-8<sup>pm</sup> Orientation</p> <p>11:30<sup>am</sup> Lunch Bunch</p> <p>7<sup>pm</sup> Support Groups</p>	<p><b>12</b></p> <p><b>CLOSED</b></p>	<p><b>13</b></p> <p>10 :00-11:30<sup>am</sup> Gentle Yoga</p> <p>12-2<sup>pm</sup> Grupo Fuerza Y Esperanza</p> <p>2-3<sup>pm</sup> Yoga En Español</p>
<p><b>15</b></p> <p><b>CLOSED</b></p> 	<p><b>16</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Orientation</p> <p>12-1<sup>pm</sup> Pilates</p> <p>2:30-3:30<sup>pm</sup> Yin Yoga</p>	<p><b>17</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Journaling</p> <p>2-3<sup>pm</sup> Foto Fun</p> <p>3-5<sup>pm</sup> Photography</p> <p>5-6<sup>pm</sup> Tai Chi</p> <p>6<sup>pm</sup> Support Groups Children's Corner</p>	<p><b>18</b></p> <p>9<sup>am</sup>-12<sup>pm</sup> Watercolor</p> <p>11<sup>am</sup>-12<sup>pm</sup> Yoga</p> <p>11<sup>am</sup>-1<sup>pm</sup> Journaling</p> <p>12:30-1:30<sup>pm</sup> Qi Gong</p> <p>1:30-2:30<sup>pm</sup> Mindfulness</p> <p>5-6<sup>pm</sup> Resilience Toolkit</p> <p>5:30-6:45<sup>pm</sup> Dr. Chu</p> <p>6-8<sup>pm</sup> Orientation</p> <p>11:30<sup>am</sup> Lunch Bunch</p> <p>7:00<sup>pm</sup> Support Groups</p>	<p><b>19</b></p> <p><b>CLOSED</b></p>	<p><b>20</b></p> <p>10 :00-11:30<sup>am</sup> Gentle Yoga</p> <p>10:30<sup>am</sup>-12<sup>pm</sup> ¡Expresiones Creativas!</p> <p>12-2<sup>pm</sup> Grupo Fuerza Y Esperanza</p> <p>2-3<sup>pm</sup> Yoga En Español</p>
<p><b>22</b></p> <p>11<sup>am</sup>-12<sup>pm</sup> Zumba</p> <p>12:30-1:30<sup>pm</sup> Yoga</p> <p>1-5<sup>pm</sup> Bead Weaving</p> <p>1-2<sup>pm</sup> Meditation</p> <p>2-3<sup>pm</sup> Feldenkrais</p> <p>4-6<sup>pm</sup> Knitting</p> <p>11<sup>am</sup> Support Groups</p> <p>6<sup>pm</sup> Survivorship</p> <p>6:30<sup>pm</sup> Bereavement</p>	<p><b>23</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Orientation</p> <p>12-1<sup>pm</sup> Pilates</p> <p>2:30-3:30<sup>pm</sup> Yin Yoga</p> <p>5:30-6:15<sup>pm</sup> Dynamic Strength Training</p> <p>6:30-8:30<sup>pm</sup> Love and Laughter with Jason Love</p>	<p><b>24</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Journaling</p> <p>2-3<sup>pm</sup> Foto Fun</p> <p>3-5<sup>pm</sup> Photography</p> <p>5-6<sup>pm</sup> Tai Chi</p> <p>6<sup>pm</sup> Support Groups Children's Corner</p>	<p><b>25</b></p> <p>9<sup>am</sup>-12<sup>pm</sup> Watercolor</p> <p>11<sup>am</sup>-12<sup>pm</sup> Yoga</p> <p>11<sup>am</sup>-1<sup>pm</sup> Journaling</p> <p>12:30-1:30<sup>pm</sup> Qi Gong</p> <p>1:30-2:30<sup>pm</sup> Mindfulness</p> <p>5-6<sup>pm</sup> Resilience Toolkit</p> <p>6-8<sup>pm</sup> Orientation</p> <p>11:30<sup>am</sup> Lunch Bunch</p> <p>7<sup>pm</sup> Support Groups</p>	<p><b>26</b></p> <p><b>CLOSED</b></p>	<p><b>27</b></p> <p>10 :00-11:30<sup>am</sup> Gentle Yoga</p> <p>10:30<sup>am</sup>-12<sup>pm</sup> Planificación Patrimonial, Medicare y seguro médico</p> <p>12-2<sup>pm</sup> Grupo Fuerza Y Esperanza</p> <p>2-3<sup>pm</sup> Yoga En Español</p>
<p><b>29</b></p> <p>11<sup>am</sup>-12<sup>pm</sup> Zumba</p> <p>12:30-1:30<sup>pm</sup> Yoga</p> <p>1-2<sup>pm</sup> Meditation</p> <p>2-3<sup>pm</sup> Feldenkrais</p> <p>3-4:30<sup>pm</sup> Potting Class</p> <p>4-6<sup>pm</sup> Knitting</p> <p>11<sup>am</sup> Support Groups</p> <p>6:30<sup>pm</sup> Bereavement</p>	<p><b>30</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Orientation</p> <p>12-1<sup>pm</sup> Pilates</p> <p>2:30-3:30<sup>pm</sup> Yin Yoga</p> <p>5:30-6:15<sup>pm</sup> Dynamic Strength Training</p> <p>6:30-8:30<sup>pm</sup> Dr. John Link, MD</p>	<p><b>31</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Journaling</p> <p>2-3<sup>pm</sup> Foto Fun</p> <p>3-5<sup>pm</sup> Photography</p> <p>5-6<sup>pm</sup> Tai Chi</p> <p>6<sup>pm</sup> Support Groups Children's Corner</p>			



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Cancer Support Community Pasadena cares about the health of its employees, volunteers, its members, and the community.</p> <p>It is CSC's policy to follow the protocol of the Centers for Disease Control which states that people with</p>	<p>influenza-like illness should remain at home until at least 24 hours after they are free of fever (100 degrees F) or signs of fever without the use of fever-reducing medications. Symptoms include fever, cough, runny or stuffy nose, body aches, headache, chills, unusual fatigue, diarrhea or vomiting.</p>		<p><b>1</b></p> <p>9<sup>am</sup>-12<sup>pm</sup> Watercolor 11<sup>am</sup>-12<sup>pm</sup> Yoga 11<sup>am</sup>-1<sup>pm</sup> Journaling 12:30-1:30<sup>pm</sup> Qi Gong 1:30-2:30<sup>pm</sup> Mindfulness 5-6<sup>pm</sup> Resilience Toolkit 6-8<sup>pm</sup> Orientation 11:30<sup>am</sup> Lunch Bunch 7<sup>pm</sup> Support Groups</p>	<p><b>CLOSED</b></p>	<p><b>3</b></p> <p>10:00-11:30<sup>am</sup> Gentle Yoga 10:30<sup>am</sup>-12<sup>pm</sup> <b>Meditación de Atención Plena</b> 12-2<sup>pm</sup> Grupo Fuerza Y Esperanza 2-3<sup>pm</sup> Yoga En Espanol</p>
<p><b>5</b></p> <p>11<sup>am</sup>-12<sup>pm</sup> Zumba 12:30-1:30<sup>pm</sup> Yoga 1-2<sup>pm</sup> Meditation 2-3<sup>pm</sup> Feldenkrais 4-6<sup>pm</sup> Knitting 11<sup>am</sup> Support Groups 6:30<sup>pm</sup> Bereavement</p>	<p><b>6</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Orientation 12-1<sup>pm</sup> Pilates 2:30-3:30<sup>pm</sup> Yin Yoga 5:30-6:15<sup>pm</sup> Dynamic Strength Training</p>	<p><b>7</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Journaling 2-3<sup>pm</sup> Foto Fun 2-3<sup>pm</sup> <b>Meditation Pt. 1</b> 3-5<sup>pm</sup> Photography 5-6<sup>pm</sup> Tai Chi 6<sup>pm</sup> Support Groups Children's Corner</p>	<p><b>8</b></p> <p>9<sup>am</sup>-12<sup>pm</sup> Watercolor 11<sup>am</sup>-12<sup>pm</sup> Yoga 11<sup>am</sup>-1<sup>pm</sup> Journaling 12:30-1:30<sup>pm</sup> Qi Gong 1:30-2:30<sup>pm</sup> Mindfulness 5-6<sup>pm</sup> Resilience Toolkit 6-8<sup>pm</sup> Orientation 11:30<sup>am</sup> Lunch Bunch 7<sup>pm</sup> Support Groups</p>	<p><b>CLOSED</b></p>	<p><b>10</b></p> <p>10:00-11:30<sup>am</sup> Gentle Yoga 12-2<sup>pm</sup> Grupo Fuerza Y Esperanza 2-3<sup>pm</sup> Yoga En Espanol</p>
<p><b>12</b></p> <p>11<sup>am</sup>-12<sup>pm</sup> Zumba 12:30-1:30<sup>pm</sup> Yoga 1-2<sup>pm</sup> Meditation 2-3<sup>pm</sup> Feldenkrais 4-6<sup>pm</sup> Knitting 6-7:30<sup>pm</sup> <b>Nutrition Pt. 1</b> 11<sup>am</sup> Support Groups 6:30<sup>pm</sup> Bereavement</p>	<p><b>13</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Orientation 11:30<sup>am</sup>-1<sup>pm</sup> <b>Arcadia English Group</b> 12-1<sup>pm</sup> Pilates 2:30-3:30<sup>pm</sup> Yin Yoga 5:30-6:15<sup>pm</sup> Dynamic Strength Training 6:30-8<sup>pm</sup> <b>Hospice &amp; Palliative Care</b></p>	<p><b>14</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Journaling 2-3<sup>pm</sup> Foto Fun 2-3<sup>pm</sup> <b>Meditation Pt. 2</b> 2:30-4<sup>pm</sup> <b>Arcadia Mandarin Group</b> 3-5<sup>pm</sup> Photography 5-6<sup>pm</sup> Tai Chi 6<sup>pm</sup> Support Groups Children's Corner</p>	<p><b>15</b></p> <p>9<sup>am</sup>-12<sup>pm</sup> Watercolor 11<sup>am</sup>-12<sup>pm</sup> Yoga 11<sup>am</sup>-1<sup>pm</sup> Journaling 12:30-1:30<sup>pm</sup> Qi Gong 1:30-2:30<sup>pm</sup> Mindfulness 5-6<sup>pm</sup> Resilience Toolkit 5:30-6:45<sup>pm</sup> <b>Dr. Chu</b> 6-8<sup>pm</sup> Orientation 11:30<sup>am</sup> Lunch Bunch 7:00<sup>pm</sup> Support Groups</p>	<p><b>CLOSED</b></p>	<p><b>17</b></p> <p>10:00-11:30<sup>am</sup> Gentle Yoga 10:30<sup>am</sup>-12<sup>pm</sup> <b>¡Expresiones Creativas!</b> 12-2<sup>pm</sup> Grupo Fuerza Y Esperanza 2-3<sup>pm</sup> Yoga En Espanol</p>
<p><b>CLOSED</b></p> 	<p><b>20</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Orientation 12-1<sup>pm</sup> Pilates 2:30-3:30<sup>pm</sup> Yin Yoga</p>	<p><b>21</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Journaling 2-3<sup>pm</sup> Foto Fun 2-3<sup>pm</sup> <b>Meditation Pt. 3</b> 3-5<sup>pm</sup> Photography 5-6<sup>pm</sup> Tai Chi 6<sup>pm</sup> Support Groups Children's Corner</p>	<p><b>22</b></p> <p>9<sup>am</sup>-12<sup>pm</sup> Watercolor 11<sup>am</sup>-12<sup>pm</sup> Yoga 11<sup>am</sup>-1<sup>pm</sup> Journaling 12:30-1:30<sup>pm</sup> Qi Gong 1:30-2:30<sup>pm</sup> Mindfulness 5-6<sup>pm</sup> Resilience Toolkit 6-8<sup>pm</sup> Orientation 11:30<sup>am</sup> Lunch Bunch 7<sup>pm</sup> Support Groups</p>	<p><b>CLOSED</b></p>	<p><b>24</b></p> <p>10:00-11:30<sup>am</sup> Gentle Yoga 12-2<sup>pm</sup> Grupo Fuerza Y Esperanza 2-3<sup>pm</sup> Yoga En Espanol</p>
<p><b>26</b></p> <p>11<sup>am</sup>-12<sup>pm</sup> Zumba 12:30-1:30<sup>pm</sup> Yoga 1-5<sup>pm</sup> <b>Bead Weaving</b> 1-2<sup>pm</sup> Meditation 2-3<sup>pm</sup> Feldenkrais 4-6<sup>pm</sup> Knitting 6-7:30<sup>pm</sup> <b>Nutrition Pt. 2</b> 11<sup>am</sup> Support Groups 6<sup>pm</sup> Survivorship 6:30<sup>pm</sup> Bereavement</p>	<p><b>27</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Orientation 12-1<sup>pm</sup> Pilates 2:30-3:30<sup>pm</sup> Yin Yoga 5:30-6:15<sup>pm</sup> Dynamic Strength Training</p>	<p><b>28</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Journaling 2-3<sup>pm</sup> Foto Fun 2-3<sup>pm</sup> <b>Meditation Pt. 4</b> 3-5<sup>pm</sup> Photography 5-6<sup>pm</sup> Tai Chi 6<sup>pm</sup> Support Groups Children's Corner</p>	   	<p>ADDITIONAL FREE RESOURCES ARE AVAILABLE IN ENGLISH AND SPANISH AT THE</p> <p><b>CSC HELPLINE</b> <b>(888)793-9355</b></p>	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>FAMILY PARTY!</b> Wednesday March 14th 6:00 – 7:30 pm</p> <p>Families with kids &amp; teens, age 5-17, are invited to dinner, games, crafts and fun to celebrate St. Patty's Day. Families new to CSCP are invited to learn more about the programs for kids and teens that have a family member with cancer.</p>			<p><b>1</b></p> <p>9<sup>am</sup>-12<sup>pm</sup> Watercolor 11<sup>am</sup>-12<sup>pm</sup> Yoga 11<sup>am</sup>-1<sup>pm</sup> Journaling 12:30-1:30<sup>pm</sup> Qi Gong 1:30-2:30<sup>pm</sup> Mindfulness 5-6<sup>pm</sup> Resilience Toolkit 6-8<sup>pm</sup> Orientation 11:30<sup>am</sup> Lunch Bunch 7<sup>pm</sup> Support Groups</p>	<p><b>3</b></p> <p>10 :00-11:30<sup>am</sup> Gentle Yoga 10:30<sup>am</sup>-12<sup>pm</sup> Meditación de Atención Plena 12-2<sup>pm</sup> Grupo Fuerza Y Esperanza 2-3<sup>pm</sup> Yoga En Espanol</p>	
<p><b>5</b></p> <p>11<sup>am</sup>-12<sup>pm</sup> Zumba 12:30-1:30<sup>pm</sup> Yoga 1-2<sup>pm</sup> Meditation 2-3<sup>pm</sup> Feldenkrais 4-6<sup>pm</sup> Knitting 11<sup>am</sup> Support Groups 6:30<sup>pm</sup> Bereavement</p>	<p><b>6</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Orientation 12-1<sup>pm</sup> Pilates 2:30-3:30<sup>pm</sup> Yin Yoga 5:30-6:15<sup>pm</sup> Dynamic Strength Training 6:30-8<sup>pm</sup> Self Hypnosis for Stress &amp; Pain</p>	<p><b>7</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Journaling 2-3<sup>pm</sup> Foto Fun 3-5<sup>pm</sup> Photography 5-6<sup>pm</sup> Tai Chi 6<sup>pm</sup> Support Groups Children's Corner</p>	<p><b>8</b></p> <p>9<sup>am</sup>-12<sup>pm</sup> Watercolor 11<sup>am</sup>-12<sup>pm</sup> Yoga 11<sup>am</sup>-1<sup>pm</sup> Journaling 12:30-1:30<sup>pm</sup> Qi Gong 1:30-2:30<sup>pm</sup> Mindfulness 5-6<sup>pm</sup> Resilience Toolkit 6-8<sup>pm</sup> Orientation 11:30<sup>am</sup> Lunch Bunch 7<sup>pm</sup> Support Groups</p>	<p><b>10</b></p> <p>10 :00-11:30<sup>am</sup> Gentle Yoga 12-2<sup>pm</sup> Grupo Fuerza Y Esperanza 2-3<sup>pm</sup> Yoga En Espanol</p>	
<p><b>12</b></p> <p>11<sup>am</sup>-12<sup>pm</sup> Zumba 12:30-1:30<sup>pm</sup> Yoga 1-5<sup>pm</sup> Beading Basics 1-2<sup>pm</sup> Meditation 2-3<sup>pm</sup> Feldenkrais 4-6<sup>pm</sup> Knitting 6-7:30<sup>pm</sup> Nutrition Pt. 3 11<sup>am</sup> Support Groups 6:30<sup>pm</sup> Bereavement</p>	<p><b>13</b></p> <p>10:00<sup>am</sup>-12:30<sup>pm</sup> Look Good, Feel Better 11<sup>am</sup>-1<sup>pm</sup> Orientation 11:30<sup>am</sup>-1<sup>pm</sup> Arcadia English Group 12-1<sup>pm</sup> Pilates 2:30-3:30<sup>pm</sup> Yin Yoga 5:30-6:15<sup>pm</sup> Dynamic Strength Training</p>	<p><b>14</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Journaling 2-3<sup>pm</sup> Foto Fun 2:30-4<sup>pm</sup> Arcadia Mandarin Group 3-5<sup>pm</sup> Photography 5-6<sup>pm</sup> Tai Chi 6<sup>pm</sup> Support Groups 6-7:30<sup>pm</sup> St. Patty's Day Party </p>	<p><b>15</b></p> <p>9<sup>am</sup>-12<sup>pm</sup> Watercolor 11<sup>am</sup>-12<sup>pm</sup> Yoga 11<sup>am</sup>-1<sup>pm</sup> Journaling 12:30-1:30<sup>pm</sup> Qi Gong 1:30-2:30<sup>pm</sup> Mindfulness 5-6<sup>pm</sup> Resilience Toolkit 5:30-6:45<sup>pm</sup> Dr. Chu 6-8<sup>pm</sup> Orientation 11:30<sup>am</sup> Lunch Bunch 7:00<sup>pm</sup> Support Groups</p>	<p><b>17</b></p> <p>10 :00-11:30<sup>am</sup> Gentle Yoga 10:30<sup>am</sup>-12<sup>pm</sup> ¡Expresiones Creativas! 12-2<sup>pm</sup> Grupo Fuerza Y Esperanza 2-3<sup>pm</sup> Yoga En Espanol</p>	
<p><b>19</b></p> <p>11<sup>am</sup>-12<sup>pm</sup> Zumba 12:30-1:30<sup>pm</sup> Yoga 1-2<sup>pm</sup> Meditation 2-3<sup>pm</sup> Feldenkrais 4-6<sup>pm</sup> Knitting 11<sup>am</sup> Support Groups 6:30<sup>pm</sup> Bereavement</p>	<p><b>20</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Orientation 12-1<sup>pm</sup> Pilates 2:30-3:30<sup>pm</sup> Yin Yoga 5:30-6:15<sup>pm</sup> Dynamic Strength Training</p>	<p><b>21</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Journaling 2-3<sup>pm</sup> Foto Fun 3-5<sup>pm</sup> Photography 5-6<sup>pm</sup> Tai Chi 6<sup>pm</sup> Support Groups Children's Corner</p>	<p><b>22</b></p> <p>9<sup>am</sup>-12<sup>pm</sup> Watercolor 11<sup>am</sup>-12<sup>pm</sup> Yoga 11<sup>am</sup>-1<sup>pm</sup> Journaling 12:30-1:30<sup>pm</sup> Qi Gong 1:30-2:30<sup>pm</sup> Mindfulness 5-6<sup>pm</sup> Resilience Toolkit 6-8<sup>pm</sup> Orientation 11:30<sup>am</sup> Lunch Bunch 7<sup>pm</sup> Support Groups</p>	<p><b>24</b></p> <p>10 :00-11:30<sup>am</sup> Gentle Yoga 10:30<sup>am</sup>-12<sup>pm</sup> Superando los Desafíos del Cáncer como Pareja 12-2<sup>pm</sup> Grupo Fuerza Y Esperanza 2-3<sup>pm</sup> Yoga En Espanol</p>	
<p><b>26</b></p> <p>11<sup>am</sup>-12<sup>pm</sup> Zumba 12:30-1:30<sup>pm</sup> Yoga 1-2<sup>pm</sup> Meditation 2-3<sup>pm</sup> Feldenkrais 4-6<sup>pm</sup> Knitting 6-7:30<sup>pm</sup> Nutrition Pt. 4 11<sup>am</sup> Support Groups 6<sup>pm</sup> Survivorship 6:30<sup>pm</sup> Bereavement</p>	<p><b>27</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Orientation 12-1<sup>pm</sup> Pilates 2:30-3:30<sup>pm</sup> Yin Yoga 5:30-6:15<sup>pm</sup> Dynamic Strength Training 6:30-8:30<sup>pm</sup> Love and Laughter with Jason Love</p>	<p><b>28</b></p> <p>11<sup>am</sup>-1<sup>pm</sup> Journaling 2-3<sup>pm</sup> Foto Fun 3-5<sup>pm</sup> Photography 5-6<sup>pm</sup> Tai Chi 6<sup>pm</sup> Support Groups Children's Corner</p>	<p><b>29</b></p> <p>9<sup>am</sup>-12<sup>pm</sup> Watercolor 11<sup>am</sup>-12<sup>pm</sup> Yoga 11<sup>am</sup>-1<sup>pm</sup> Journaling 12:30-1:30<sup>pm</sup> Qi Gong 1:30-2:30<sup>pm</sup> Mindfulness 5-6<sup>pm</sup> Resilience Toolkit 6-8<sup>pm</sup> Orientation 11:30<sup>am</sup> Lunch Bunch 7<sup>pm</sup> Support Groups</p>	<p><b>31</b></p> <p>10 :00-11:30<sup>am</sup> Gentle Yoga 12-2<sup>pm</sup> Grupo Fuerza Y Esperanza 2-3<sup>pm</sup> Yoga En Espanol</p>	

# Calendar of Free Services

## January•February•March 2018

### Weekly Support Groups

Those wishing to participate in a weekly support group must attend an orientation meeting and have a brief interview prior to being assigned to a support group.

**Mondays:** 11am–12:30 pm  
(2) Patient Groups  
6:30–8:00 pm  
Bereavement Group\*

**Wednesdays:** 6:00–7:30 pm  
(2) Patient Groups  
6:00–7:30 pm  
Family & Friends Group

**Thursdays:** 11:30 am - 1:00 pm  
Lunch Bunch Breast Cancer Group  
7:00–8:30 pm  
Patient Group  
7:00–8:30 pm  
Family & Friends Group

\*This group is for those who have lost a loved one to cancer. Orientation not required. Call for interview.

### Children's Corner

Wednesdays, 6-7:30 pm

For children and teens, ages 5 to 17 who have a parent or other loved one with, or recently deceased from, cancer.

Registration required;  
Call Laura Wending at 626-796-1083.

### Networking Groups

The following groups do not require reservations or attendance at an orientation meeting:

#### Grupo Fuerza Y Esperanza

Todos los Sábados 12-2pm  
Grupo de apoyo semanal para pacientes y sus familiares.

#### Survivorship Group

4th Monday of each month, 6-7:30 pm  
This group is for people who have completed treatment and wish to discuss issues and concerns regarding survivorship.

### Thank you to our Benefactors Society:

#### 2017 Founding Benefactors

Anonymous  
General Finance Corporation  
Ellen and Harvey Knell  
Terri and Jerry Kohl  
Julie and Scott Nesbit  
RBC Wealth Management  
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#### 2017 Patrons

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Rebecca Bales  
LeAnn and Michael Healy  
Dana and Michael Naples  
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Sue and Steve Silk  
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