

# Calendar of Free Services

## April • May • June 2018

### NEW SUPPORT GROUPS



**Men's Support Group**  
Second Monday of the Month  
6:00 – 7:30 pm

**Young Adults Support Group**  
Third Monday of the Month  
6:00 – 7:30 pm



Contact Rachel at (626)796-1083 if interested in one of these new groups

### Educational Opportunities

**OK, I Went to the Nutrition Workshops, Now What Do I Do? Four Part Series**

Wednesdays, April 4, 11, 18, and 25  
11:30 am – 1:00 pm

Join Pam Braun, 14 year, late-stage cancer survivor, former chef, and author of *The Ultimate Anti-Cancer Cookbook* for hands-on cooking sessions. Learn how to shop, organize your pantry, and prepare delicious, nutritious meals. Come hungry as food will be prepared at each session.

**Pre-register: Class size limited to 12.**

**What's So Great About Stretching?**

**A Four-Part Series**

Wednesdays, April 4, 11, 18, & 25  
10:00 – 11:00 am

Learn about the importance of stretching as a practice and discipline with Dr. Catherine Budincich, D.C. This daily practice connects your mind to your body, builds strength, helps joints to articulate smoothly reducing joint pain, and helps you feel younger and healthier. Dress comfortably.

### Beginning Bead Weaving

Monday, April 16 & May 21, 1:00 – 5:00 pm

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.

**Pre-register: Class size is limited.**

### Complementary and Natural Therapies

Thursdays: April 19, May 17, & June 21  
5:30 – 6:45 pm

Join Dr. Robert Chu, L.Ac and learn how acupuncture, nutrition and exercise can be integrated with standard medical protocols to help reduce the side effects of cancer treatment and improve overall health and vitality.

### Quiet the Mind Meditation - 4 Week Series

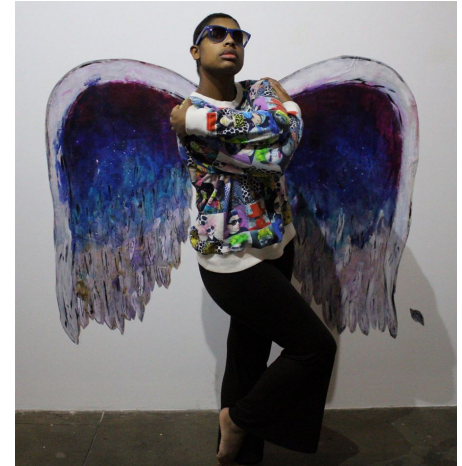
Tuesdays, May 1, 8, 15 & 22, 1:00 – 2:00 pm

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

### Cardio Jam!

Wednesdays, May and June  
11:00 am – 12:00 pm

If you find yourself tapping your toes or jumping out of your chair when you hear your favorite song, then this class is for you. Join Fitness Instructor, Gayle Marie, for an upbeat fitness class for all levels. Comfortable clothes, shoes, and sweat towel recommended.



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

Tuesday, May 8, 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.

### Frankly Speaking About Cancer: Clinical Trials

Tuesday, May 15, 6:30 – 8:00 pm

Clinical trials have led to major advances in the field of oncology today by validating the benefits of new and improved cancer treatments – this workshop will highlight the importance of research and how clinical trials work. Not every person will be on a clinical trial or needs to be on one, but should be aware that a clinical trial may be a treatment option. Join Kathleen Kelly, RN, BSN, OCN from City of Hope for an informative discussion.

#### 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

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

Thursday, May 17 & June 14, 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 jewelry with Licia Ramos. Materials will be provided and loaner tools are available for use. **Class size is limited so please pre-register.**

### Immunotherapy

Tuesday, June 5, 6:30 – 8:00 pm

Join Dr. Tina Wang, MD to learn fundamental information about how the immune system interacts with cancer, immunotherapy treatments that are currently available as well as treatments that are being developed, and tips to manage common side effects.

### Look Good, Feel Better

Tuesday, June 12, 10:00 am - 12:30 pm

Women in active cancer 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.**

### Release & Recalibrate with Sound

Tuesday, June 19, 6:30 – 8:00 pm

Join El Larson to learn techniques to help balance energy through meditation, visualization and voice. Followed by a group sound bath, using Tibetan bowls, gong and live ambient music. The sound bowls create a pulsating tone that feels good and helps one relax.

### Loving your Heart after Cancer Treatment

Tuesday, June 26, 6:30 – 7:30 pm

Join Dr. R. Fernando Roth, MD, Cardiologist, for a presentation and open discussion about certain chemotherapy and radiation treatments that may have long term side effects on your heart including coronary artery disease, weakening of the heart muscle, rhythm disturbances, and high blood pressure. Learn how to watch for signs of damage and ways to keep your heart as healthy as possible.

### Frankly Speaking About Cancer: Metastatic Breast Cancer

Thursday, June 28, 5:30 – 7:00 pm

Join Dr. Joanne Mortimer, MD, Breast Oncologist from City of Hope, for a presentation and discussion about metastatic breast cancer. Learn about the latest in treatment to manage the physical effects of the disease and ways to help manage the physical and psychological effects associated with living with this chronic disease.

## Healthy Lifestyle

### Walking for Wellness

(at the Pasadena Rose Bowl)  
Mondays & Fridays, 6:00 pm  
Holly (626)296-3449 - CALL TO RSVP

### Yoga

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 & Knitervention

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

### Journaling

Wednesdays, 11:00 am - 1:00 pm  
Thursdays, 11:00 am-1:00 pm  
Teri Poet

### 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

### 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, 2:00-3:00 pm  
Sylvia Holmes, Jo Anne Kindler, and Louise Wannier

### The Resilience Toolkit

Thursdays, 5:00-6:00 pm  
Karen Colasuonno, Certified Facilitator

## Spanish Programs

### Meditación de Atención Plena

Sábados, 7 de abril, 5 de mayo y 2 de junio

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.

### Cuidado Dental: Antes, Durante y Después del Tratamiento Contra el Cáncer.

Sábado, 14 de abril

10:30 am – 12:00 pm

Únase al Dr. Efrén Juárez, DDS para aprender sobre la importancia de una buena higiene antes, durante y después del tratamiento del cáncer, especialmente para reducir el riesgo de infecciones orales durante el tratamiento. Obtenga información sobre las últimas investigaciones y algunas pruebas de que existe un vínculo entre la mala atención bucal y un aumento en el riesgo de algunos tipos de cáncer.

### Celebrando Salud

Sábado, 28 de abril

3:00 – 5:00 pm

Acompañe nos con su familia en celebrar "Salud y Alegría." Cada quien puede traer un platillo para compartir y disfrutar la comedia de "Sam Butler" en compañía de CSC Pasadena y familia.

### Como Organizarse Después de un Diagnóstico de Cáncer

Sábado, 12 de mayo

10:30 am – 12:00 pm

Con un diagnóstico de cáncer, todo cambia. Saber dónde empezar puede ser abrumante. La presentadora Fatima Zelada-Arenas hablara sobre cómo organizarse después de un diagnóstico de cáncer, como localizar recursos, como prepararse para las citas con su médico, y como abogar por su familiar y por sí mismo.

### Nutrición Antiinflamatoria para Ayudar al Sistema Inmune y Demostración de Cocina

Sábado, 9 de junio

10:00 am – 12:00 pm



En esta clase Lilly Padilla hablara sobre los alimentos anti-inflamatorios, los cuales ayudan al sistema inmune a protegerlos mas efectivamente cuando preparamos comidas ricas en minerales y antioxidantes. Aprenda a crear deliciosos y nutritivos platos, acompañenos en la demostración y degustación!

April 2018



76 East Del Mar Boulevard, 2nd Floor  
Pasadena, California 91105

www.cscpasadena.org  
626.796.1083

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> 11am-12pm Zumba 1-2pm Meditation 2-3pm Feldenkrais 4-6pm Crotchettherapy & Knittervention 11:00am Support Groups 6:30pm Bereavement	<b>3</b> 11am-1pm Orientation 12-1pm Pilates 2:30-3:30pm Yoga 5:30-6:15pm Dynamic Strength Training	<b>4</b> 11am-1pm Journaling 5-6pm Tai Chi 10-11am <b>Stretching</b> 11:30am-1pm <b>Nutrition</b> 6pm Support Groups Children's Corner	<b>5</b> 9am-12pm Watercolor 11am-12pm Yoga 11am-1pm Journaling 12:30-1:30pm Qi Gong 2-3pm Mindfulness 5-6pm Resilience Toolkit 6-8pm Orientation 11:30am Lunch Bunch 7:00pm Support Groups	CLOSED	<b>7</b> 10:00-11:30am Gentle Yoga 10:30am-12pm <b>Meditación de Atención Plena</b> 12-2pm Grupo Fuerza Y Esperanza 2-3pm Yoga En Espanol
<b>9</b> 11am-12pm Zumba 1-2pm Meditation 2-3pm Feldenkrais 4-6pm Crotchettherapy & Knittervention 11:00am Support Groups 6:00pm Men's Group 6:30pm Bereavement	<b>10</b> 11am-1pm Orientation 12-1pm Pilates 2:30-3:30pm Yoga 5:30-6:15pm Dynamic Strength Training	<b>11</b> 11am-1pm Journaling 5-6pm Tai Chi 10-11am <b>Stretching</b> 11:30am-1pm <b>Nutrition</b> 6pm Support Groups Children's Corner	<b>12</b> 9am-12pm Watercolor 11am-12pm Yoga 11am-1pm Journaling 12:30-1:30pm Qi Gong 2-3pm Mindfulness 5-6pm Resilience Toolkit 6-8pm Orientation 11:30am Lunch Bunch 7:00pm Support Groups	CLOSED	<b>14</b> 10:00-11:30am Gentle Yoga 10:30am-12pm <b>Cuidado Dental</b> 12-2pm Grupo Fuerza Y Esperanza 2-3pm Yoga En Espanol
<b>16</b> 11am-12pm Zumba 1-2pm Meditation 1-5pm <b>Beadweaving</b> 2-3pm Feldenkrais 4-6pm Crotchettherapy & Knittervention 11:00am Support Groups 6:00pm Young Adults 6:30pm Bereavement	<b>17</b> 11am-1pm Orientation 12-1pm Pilates 2:30-3:30pm Yoga 5:30-6:15pm Dynamic Strength Training	<b>18</b> 11am-1pm Journaling 5-6pm Tai Chi 10-11am <b>Stretching</b> 11:30am-1pm <b>Nutrition</b> 6pm Support Groups Children's Corner	<b>19</b> 9am-12pm Watercolor 11am-12pm Yoga 11am-1pm Journaling 12:30-1:30pm Qi Gong 2-3pm Mindfulness 5-6pm Resilience Toolkit 5:30-6:45pm <b>Dr. Chu</b> 6-8pm Orientation 11:30am Lunch Bunch 7:00pm Support Groups	CLOSED	<b>21</b> 10:00-11:30am Gentle Yoga 12-2pm Grupo Fuerza Y Esperanza 2-3pm Yoga En Espanol
<b>23</b> 11am-12pm Zumba 1-2pm Meditation 2-3pm Feldenkrais 4-6pm Crotchettherapy & Knittervention 11:00am Support Groups 6:00pm Survivorship 6:30pm Bereavement	<b>24</b> 11am-1pm Orientation 12-1pm Pilates 2:30-3:30pm Yoga 5:30-6:15pm Dynamic Strength Training	<b>25</b> 11am-1pm Journaling 5-6pm Tai Chi 10-11am <b>Stretching</b> 11:30am-1pm <b>Nutrition</b> 6pm Support Groups Children's Corner	<b>26</b> 9am-12pm Watercolor 11am-12pm Yoga 11am-1pm Journaling 12:30-1:30pm Qi Gong 2-3pm Mindfulness 5-6pm Resilience Toolkit 6-8pm Orientation 11:30am Lunch Bunch 7:00pm Support Groups	CLOSED	<b>28</b> 10:00-11:30am Gentle Yoga 12-2pm Grupo Fuerza Y Esperanza 2-3pm Yoga En Espanol 3-5pm <b>Celebrando Salud</b>
<b>30</b> 11am-12pm Zumba 1-2pm Meditation 2-3pm Feldenkrais 4-6pm Crotchettherapy & Knittervention 11:00am Support Groups 6:30pm Bereavement		 <p><b>CSCP Children &amp; Teen Event!</b>                      Shaking and Baking with Pam                      Bread Animals &amp; Monsters!                      Wednesday, May 16, 6:00 – 7:30 pm</p> <p>Join us for this fun baking demo with Pam Braun, our favorite chef. Pam will give us the history of bread (yes there really is a bread history) and show us the almost forgotten art of making bread from scratch. There is no better taste or smell than fresh baked bread straight from the oven. Experience this unique tradition that was once an everyday chore for most of our ancestors. To add an interesting twist to the evening, we won't be making loaves of bread, but rather fun shapes of bread.</p>			

BLUE = Support Groups; RED = Special Programs; GREEN = Healthy Lifestyle; PURPLE = Ages 5-17

May 2018



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ADDITIONAL FREE RESOURCES ARE AVAILABLE IN ENGLISH AND SPANISH AT THE</p> <p><b>CSC HELPLINE (888)793-9355</b></p>	<p><b>1</b></p> <p>11am-1pm Orientation</p> <p>12-1pm Pilates</p> <p>1-2pm Meditation</p> <p>2:30-3:30pm Yoga</p> <p>5:30-6:15pm Dynamic Strength Training</p>	<p><b>2</b></p> <p>11am-1pm Journaling</p> <p>11am-12pm Cardio Jam!</p> <p>2-3pm Foto Fun</p> <p>3-5pm Photography</p> <p>5-6pm Tai Chi</p> <p>6pm Support Groups Children's Corner</p>	<p><b>3</b></p> <p>9am-12pm Watercolor</p> <p>11am-12pm Yoga</p> <p>11am-1pm Journaling</p> <p>12:30-1:30pm Qi Gong</p> <p>2-3pm Mindfulness</p> <p>5-6pm Resilience Toolkit</p> <p>6-8pm Orientation</p> <p>11:30am Lunch Bunch</p> <p>7:00pm Support Groups</p>	CLOSED	<p><b>5</b></p> <p>10:00-11:30am Gentle Yoga</p> <p>10:30am-12pm Meditación de Atención Plena</p> <p>12-2pm Grupo Fuerza Y Esperanza</p> <p>2-3pm Yoga En Espanol</p>
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<p>CLOSED</p>	<p><b>29</b></p> <p>11am-1pm Orientation</p> <p>12-1pm Pilates</p> <p>2:30-3:30pm Yoga</p>	<p><b>30</b></p> <p>11am-1pm Journaling</p> <p>11am-12pm Cardio Jam!</p> <p>2-3pm Foto Fun</p> <p>3-5pm Photography</p> <p>5-6pm Tai Chi</p> <p>6pm Support Groups Children's Corner</p>	<p><b>31</b></p> <p>9am-12pm Watercolor</p> <p>11am-12pm Yoga</p> <p>11am-1pm Journaling</p> <p>12:30-1:30pm Qi Gong</p> <p>2-3pm Mindfulness</p> <p>5-6pm Resilience Toolkit</p> <p>6-8pm Orientation</p> <p>11:30am Lunch Bunch</p> <p>7:00pm Support Groups</p>	<p><b>Love and Laughter with Jason Love</b></p> <p>Tuesday, May 22, 6:30 - 8:30 pm</p> <p>Enjoy an evening of PG-13 comedy for CSCP adult members. Each Love &amp; Laughter features different, but equally hilarious, comedians.</p>	

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June 2018



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<p>4</p> <p>11am-12pm Zumba</p> <p>1-2pm Meditation</p> <p>2-3pm Feldenkrais</p> <p>4-6pm Crotchettherapy &amp; Knittervention</p> <p>11:00am Support Groups 6:30pm Bereavement</p>	<p>5</p> <p>11am-1pm Orientation</p> <p>12-1pm Pilates</p> <p>2:30-3:30pm Yoga</p> <p>5:30-6:15pm Dynamic Strength Training</p> <p>6:30-8pm Immunotherapy</p>	<p>6</p> <p>11am-1pm Journaling</p> <p>11am-12pm Cardio Jam!</p> <p>2-3pm Foto Fun</p> <p>3-5pm Photography</p> <p>5-6pm Tai Chi</p> <p>6pm Support Groups Children's Corner</p>	<p>7</p> <p>9am-12pm Watercolor</p> <p>11am-12pm Yoga</p> <p>11am-1pm Journaling</p> <p>12:30-1:30pm Qi Gong</p> <p>2-3pm Mindfulness</p> <p>5-6pm Resilience Toolkit</p> <p>6-8pm Orientation</p> <p>11:30am Lunch Bunch 7:00pm Support Groups</p>	<p>CLOSED</p>	<p>9</p> <p>10:00-11:30am Gentle Yoga</p> <p>10am-12pm Nutrición Antiinflamatoria</p> <p>12-2pm Grupo Fuerza Y Esperanza</p> <p>2-3pm Yoga En Espanol</p>
<p>11</p> <p>11am-12pm Zumba</p> <p>1-2pm Meditation</p> <p>2-3pm Feldenkrais</p> <p>4-6pm Crotchettherapy &amp; Knittervention</p> <p>11:00am Support Groups 6:00pm Men's Group 6:30pm Bereavement</p>	<p>12</p> <p>10am-12:30pm Look Good, Feel Better</p> <p>11am-1pm Orientation</p> <p>12-1pm Pilates</p> <p>2:30-3:30pm Yoga</p> <p>5:30-6:15pm Dynamic Strength Training</p>	<p>13</p> <p>11am-1pm Journaling</p> <p>11am-12pm Cardio Jam!</p> <p>2-3pm Foto Fun</p> <p>3-5pm Photography</p> <p>5-6pm Tai Chi</p> <p>6pm Support Groups Children's Corner</p>	<p>14</p> <p>9am-12pm Watercolor</p> <p>11am-12pm Yoga</p> <p>11am-1pm Journaling</p> <p>12:30-1:30pm Qi Gong</p> <p>1-5pm Beading</p> <p>2-3pm Mindfulness</p> <p>5-6pm Resilience Toolkit</p> <p>6-8pm Orientation</p> <p>11:30am Lunch Bunch 7:00pm Support Groups</p>	<p>CLOSED</p>	<p>16</p> <p>10:00-11:30am Gentle Yoga</p> <p>12-2pm Grupo Fuerza Y Esperanza</p> <p>2-3pm Yoga En Espanol</p>
<p>18</p> <p>11am-12pm Zumba</p> <p>1-2pm Meditation</p> <p>2-3pm Feldenkrais</p> <p>4-6pm Crotchettherapy &amp; Knittervention</p> <p>11:00am Support Groups 6:00pm Young Adults 6:30pm Bereavement</p>	<p>19</p> <p>11am-1pm Orientation</p> <p>12-1pm Pilates</p> <p>2:30-3:30pm Yoga</p> <p>5:30-6:15pm Dynamic Strength Training</p> <p>6:30-8pm Release &amp; Recalibrate w/ Sound</p>	<p>20</p> <p>11am-1pm Journaling</p> <p>11am-12pm Cardio Jam!</p> <p>2-3pm Foto Fun</p> <p>3-5pm Photography</p> <p>5-6pm Tai Chi</p> <p>6pm Support Groups Children's Corner</p>	<p>21</p> <p>9am-12pm Watercolor</p> <p>11am-12pm Yoga</p> <p>11am-1pm Journaling</p> <p>12:30-1:30pm Qi Gong</p> <p>2-3pm Mindfulness</p> <p>5-6pm Resilience Toolkit</p> <p>5:30-6:45pm Dr. Chu</p> <p>6-8pm Orientation</p> <p>11:30am Lunch Bunch 7:00pm Support Groups</p>	<p>CLOSED</p>	<p>23</p> <p>10:00-11:30am Gentle Yoga</p> <p>12-2pm Grupo Fuerza Y Esperanza</p> <p>2-3pm Yoga En Espanol</p>
<p>25</p> <p>11am-12pm Zumba</p> <p>1-2pm Meditation</p> <p>2-3pm Feldenkrais</p> <p>4-6pm Crotchettherapy &amp; Knittervention</p> <p>11:00am Support Groups 6:00pm Survivorship 6:30pm Bereavement</p>	<p>26</p> <p>11am-1pm Orientation</p> <p>12-1pm Pilates</p> <p>2:30-3:30pm Yoga</p> <p>5:30-6:15pm Dynamic Strength Training</p> <p>6:30-7:30pm Loving Your Heart after Cancer</p>	<p>27</p> <p>11am-1pm Journaling</p> <p>11am-12pm Cardio Jam!</p> <p>2-3pm Foto Fun</p> <p>3-5pm Photography</p> <p>5-6pm Tai Chi</p> <p>6pm Support Groups Children's Corner</p>	<p>28</p> <p>9am-12pm Watercolor</p> <p>11am-12pm Yoga</p> <p>11am-1pm Journaling</p> <p>12:30-1:30pm Qi Gong</p> <p>2-3pm Mindfulness</p> <p>5-6pm Resilience Toolkit</p> <p>5:30-7pm FSA Metastatic Cancer</p> <p>6-8pm Orientation</p> <p>11:30am Lunch Bunch 7:00pm Support Groups</p>	<p>CLOSED</p>	<p>30</p> <p>10:00-11:30am Gentle Yoga</p> <p>12-2pm Grupo Fuerza Y Esperanza</p> <p>2-3pm Yoga En Espanol</p>

BLUE = Support Groups; RED = Special Programs; GREEN = Healthy Lifestyle; PURPLE = Ages 5-17

# Calendar of Free Services

## April • May • June 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:** 11 am–12:30 pm - Patient Groups  
6:30–8 pm - Bereavement Group \*

**Wednesdays:** 6–7:30 pm - Patient Groups  
6–7:30 pm - Family & Friends Group  
6–7:30 pm - Children's Corner

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

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

### Networking Groups

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

#### Grupo Fuerza Y Esperanza

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

#### NEW! Men's Group

2nd Monday of each month, 6-7:30 pm  
Patients and survivors welcome.

#### NEW! Young Adults Group

3rd Monday of each month, 6-7:30 pm  
For individuals diagnosed in their 20s and 30s.

#### Survivorship Group

4th Monday of each month, 6-7:30 pm  
For individuals who have completed treatment and have ongoing cancer related issues.

### 2018

#### Benefactors Society

##### Benefactors

Anonymous  
Ellen and Harvey Knell  
Julie and Scott Nesbit  
RBC Wealth Management  
Rusnak Auto Group

##### Patrons

Melissa Alcorn/Anderson & Murison  
Rosemari Annear  
Laurie and Tom Daly  
The Havner Family Foundation  
LeAnn and Michael Healy  
Dana and Michael Naples  
Ann Olson  
Vicki and Brad Schwartz  
Sue and Steve Silk  
Meg and John Symes  
Wells Fargo Private Banking

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