

Cancer Support Community uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

EDUCATIONAL WORKSHOPS

Expert-led, evidence-based workshops designed to educate, empower, and support anyone impacted by cancer.

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

JULY

3-4 THURSDAY-FRIDAY | ALL DAY | ALL PROGRAMS
Closed in Observance of Independence Day

15 TUESDAY | 12:30 - 2PM | IN-PERSON
Lunch and Learn Panel on Sarcoma with Dr. Lee Cranmer and Dr. William Tseng

Join us for an informative panel on sarcoma treatment options and research led by two experts in the field.

AUGUST

12 TUESDAY | 5 - 7PM | IN-PERSON
35th Anniversary Party!

21 THURSDAY | 5:30 - 6:30PM | VIRTUAL
Complementary and Natural Therapies

Join Dr. Robert Chu to learn how acupuncture, nutrition and exercise can be integrated with standard medical protocols to help reduce the side effects of cancer.

26 TUESDAY | 12 - 1:30PM | IN-PERSON
**Lunch and Learn with Dr. Sorin Buga:
Understanding Peripheral Neuropathy**

Peripheral neuropathy is a common side effect experienced by cancer patients undergoing chemotherapy. In this presentation, learn more about its definition, causes in the context of cancer treatment, key symptoms, and treatment.

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



SEPTEMBER

1 MONDAY | ALL DAY | ALL PROGRAMS
Closed in Observance of Labor Day

4 THURSDAY | 12 - 1:30PM | IN-PERSON
**Lunch and Learn with Dr. Arash Asher:
Roadmap to Managing "Chemobrain"**

In this talk, Dr. Asher will discuss "chemobrain" - or cancer-related cognitive changes including symptoms, risk factors, and potential protective measures.

17 WEDNESDAY | 6 - 7:30PM | VIRTUAL

Education and Employment for Young Adults Living with Cancer

This workshop was created for young adults aged 18-45 years who are living with and beyond a cancer diagnosis. The workshop is designed to provide young adults impacted by cancer with the information, resources, and support to navigate education and employment.

23 TUESDAY | 2 - 3PM | VIRTUAL

Pain Management in Supportive Medicine with Dr. Sorin Buga

Please join us for a review of pain assessment techniques and an overview of pain management.

30 TUESDAY | 12 - 1PM | VIRTUAL

Managing Finances After a Cancer Diagnosis

Navigating the financial issues that may arise after a cancer diagnosis can often add additional stress and uncertainty for families. In this program, Susan Yoon, Staff Attorney at Triage Cancer, will provide essential guidance on how to navigate the financial aspects of cancer care.

CELEBRATING 35 YEARS

FREE!
**SAVE THE DATE:
35TH ANNIVERSARY
PARTY!**

**TUESDAY, AUGUST 12TH
5-7PM**



SUPPORT GROUPS

Professionally-led psychosocial emotional support for every step of the journey. Orientation and brief intake interview required. Learn more at cancersupport.link/start

Mondays

11a-12:30p Patient Groups (Virtual)
6-7:30p Bereavement Groups (Virtual & In-Person)
6-7:30p Young Adult Patient & Survivor Group (Virtual)
6:30-8p (1st Monday) Multiple Myeloma Group (Hybrid)
6-7:30p (4th Monday) 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)
7-8:30p Family & Friends Group (Virtual)

Wednesdays

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

Thursdays

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 Thursday) Black Support Circle (Virtual)

Saturdays

12-2p Grupo Fuerza y Esperanza (Hybrid)

PROGRAMAS EN ESPAÑOL

Grupo fuerza y esperanza

Todos los sábados, 12-2p (en persona en CSC y Zoom)

Grupo de apoyo semanal para pacientes y sus familiares.



ARTS & CRAFTS

Healing through art, creativity, and community. **RSVP REQUIRED** in advance due to limited space.

Summer Succulent Arranging *new!*

Monday, July 21 | 1-2p | In-person

Create your own beautiful succulent arrangement to take home or give as a gift in this hands-on succulent planting workshop. Registration is required.



Beginning Bead Weaving

Thursday, July 31 | 1-4p | In-person

Thursday, September 18 | 1-4p | In-person

Learn the technique of bead weaving, the art of creating jewelry using a needle and thread. Bring your reading glasses and some patience to create a beautiful piece of jewelry. Registration is required, as class size is limited.

Lap Quilting with Sharmagne *new!*

Wednesdays, August 6 - September 24 | 11a-1p | Virtual

Learn how to make an easy patchwork quilt/duvet cover, suitable for cozy comfort while undergoing chemo or just relaxing on the couch. Lots of hands-on help. Beginners and experienced quilters are welcome!

Awaken the Photographer in You

Thursdays, August 7- September 4 | 6-7p | Virtual

An introductory course to photography basics on smart phone or a DSLR. Learn how to make the most of your camera's functions through the understanding of apertures, shutter speeds, depth of field, exposure modes, etc. Registration is required after the 2nd class.

Cocinando con Chef Juana

Sábado, 2 de agosto, 10a-12p (en persona)

Acompáñanos para conectar, conversar y cocinar. Aprende a preparar una sabrosa y saludable sopa de lentejas. Este evento se llevará a cabo en persona. Presentado por Chef Juana Sánchez, LCSW.

Sábado, 6 de septiembre, 10a-12p (en persona)

Acompáñanos para conectar, conversar y cocinar. Aprende a preparar una sabrosa y saludable sopa de pastina. Este evento se llevará a cabo en persona. Presentado por Chef Juana Sánchez, LCSW.



HEALTHY LIFESTYLE CLASSES

Fueling wellness, nourishing the body, empowering the spirit.

Yoga (Led by Certified Yoga Instructors)

Mondays, 9-10a (Virtual)

Tatevik Sarkisian

Tuesdays, 11-12p (Hybrid)

Korie Beth Brown

Thursdays, 11a-12p (Hybrid)

Korie Beth Brown

Saturdays, 10-11a (Virtual)

Arlene Vidor

Pilates Mixed Level Mat Class

Mondays, 11:30a-12:30p, (Hybrid)

Jacque James, Certified Pilates Instructor

Focus on Fun! Photography

Wednesdays, 2-4p (In-Person)

Catherine Bicknell

Qigong for Organ Wellness

Wednesdays, 11a-12p (Hybrid)

Francine Ang

Mindful Movement and Meditation

3rd Wed/mo, 4-4:45p (Virtual)

Viki Brown, Certified Life Coach and Embodied Movement Teacher

Watercolor Painting

Thursday, 9a-12p (In-Person)

Richard Gutschow

Mindfulness for Health

Thursdays, 2-3:30p (Virtual)

Sylvia Holmes

Complementary and Natural Therapies

Thursday, August 21, 5:30-6:30p (Virtual)

Robert Chu, PhD, L.Ac., QME

Up, Down & Around: Cardio & Strength Training

Monday, 12:30-1:30p (Virtual)

Charletha Tatum, Certified Fitness Instructor

Reiki Meditation

2nd & 4th Fri/mo, 4-5p (Virtual)

Kristina Nikols

Healing with Art

Every other Sat, 11:30a-12:30p (Virtual)

Armie Pasa



SPECIAL EVENTS

Self Hypnosis for Calming and Relaxing Mind and Body

Wednesday July 9, 1-2p (In-person)

Join Certified Consulting Hypnotist, Carmela Tunzi, for a guided progressive relaxation.

Love and Laughter

Tuesday, July 22, 6-7p (In-Person)

Enjoy an evening of PG-13 comedy with professional comedian, Jason Love and a couple of his closest friends, for laughter and joy! Each Love & Laughter features different, but equally hilarious, comedians.

Cooking with Chef Juana:

Join us in our kitchen for connection, conversation and cooking. Presented by Chef Juana Sanchez, LCSW.

Lentil Soup

Saturday, August 2, 10a-12p (In-Person)

Pastina Soup

Saturday, September 6, 10a-12p (In-Person)

Tapping into your Natural Healing with Hypnosis

Thursday, August 14, 2-3p (In-Person)

Thursday, September 25, 2-3p (In-Person)

Learn to communicate with your subconscious and use this communication to create a sense of peace, calm, and relaxation. Facilitated by Mikaila Henderson, Certified Hypnotherapist.

Movement with Music *New!*

Monday, August 18, 2-3p (In-Person)

This class will include stretching with lymphatic movements, strengthening with Therabands and dancing to music. Facilitated by Tina Ivie, retired RN.

Sound Bath with El Larson

Tuesday, August 19, 6-7p (In-Person)

Learn techniques to help balance energy using meditation, visualization, and voice. This is followed by a group sound bath to release layers of stress and promote deep relaxation.

Mindful Palette: A Somatic Journey *New!*
Through Art

Tuesday, September 2, 5-6p (Virtual)

Discover how color, movement, and mindfulness can unlock your creative potential while nurturing your nervous system. Facilitated by Marie Miao, LCSW, expressive arts + trauma therapist.

BENEFACTORS SOCIETY

CSC's Benefactors Society recognizes the exceptional generosity of our compassionate supporters who share in the urgency of our mission and have chosen to make an annual commitment at a leadership level.

BENEFACTORS

Melissa Alcorn/

DFA Family Holdings

Rosemari Annear

Terry Beyer

Karen and Tom Capehart

Leslie and Scott Gaudineer

The Havner Family Foundation

Ellen and Harvey Knell *

Terri and Jerry Kohl

Shelley Allen and Bob Kohorst

Gloria Podres and George Mack

San Marino Motor Classic

Lee and Mickey Segal

The Valenta Family

**Lead Founding Benefactor*

PATRONS

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Vicki Laidig

Julia and Mark Meahl

Serge Melkizian

Dana and Mike Naples

Sue and Steve Ralph

Susan and Jack Reynolds

Marcia and Elliot Sainer

Susan and Steve Silk

Charlotte Streng

Susie and Brad Talt

Ruth C. Williamson, M.D.

The power of charitable giving at a leadership level cannot be overestimated.

We invite you to join our Benefactors Society! Find out more at:

cancersupport.link/BenefactorsSociety



GETTING STARTED

All programs and services are free of charge. An orientation is required to participate at Cancer Support Community.

IN-PERSON ORIENTATIONS

Tuesdays, 12:30p

Thursdays, 5:00p

VIRTUAL ORIENTATIONS

Virtual orientations may be scheduled through Zoom.

VISIT

cancersupportsgv.org/gettingstarted



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 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

CANCER SUPPORT COMMUNITY STAFF

Patricia Ostiller, JD, CFRE

Chief Executive Officer

Anna Swift, LCSW

Program & Clinical Director

Rachimah "Rae" Magnuson

Director of Events and Marketing

Chastity Diego

Director of Operations

Isaac Yamamoto

Assistant Program Director

Jan Cantwell

Senior Development Officer

Lanie Trinh

Office Manager

Melissa Parra

Community Engagement Manager

Lora Mei McManus

Program Manager

Sarah Fabian

Psychosocial Navigator

Connecting all who are impacted by cancer with hope, knowledge, and understanding.

Pasadena, CA
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U.S. Postage

331 W Sierra Madre Blvd
Sierra Madre, CA 91024
626.796.1083
cancersupportsgv.org

**CANCER SUPPORT
COMMUNITY**
GREATER SAN GABRIEL VALLEY

