

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

LUNCH & LEARN SERIES

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



Integrative Medicine: Breast and Prostate Cancer with Dr. Santiago
Thurs, Oct 8
12:00 - 1:30p



Things That Go Bump... What Breast Lumps Really Mean- Breast Health & Beyond with Dr. Schulz-Costello
Tues, Oct 27
12:00 - 1:30p



Breast Cancer: Screening, Treatment, and What Comes After with Dr. Lung
Wed, Nov 18
12:00 - 1:30p



Radiating Lung Cancer Away with Dr. Liu
Tues, Dec 8
12:00 - 1:30p



EDUCATIONAL WORKSHOPS

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

Pain Management Support for Breast Cancer
Thurs, Oct 1 | 5:00 - 6:00p | Hybrid

Pain management, opioid safety, and wellness after breast cancer treatment.

Parenting Through Cancer

Wed, Oct 7 | 5:00 - 6:00p | Hybrid

Supporting children, communication, and family connection during a cancer diagnosis.

Training on Cell Phones to Access Care

Thurs, Oct 22 | **Android** 1:00p | **iPhone** 2:15p | In person

Learn basic cell phone skills and access CSC resources and support online.

Empowering Breast Cancer Patients for Longevity by Managing Other Conditions

Thurs, Oct 29 | 5:00 - 6:00p | Hybrid

Managing co-existing health conditions during breast cancer treatment and survivorship.

Oncology Esthetics and Skincare

Mon, Nov 9 | 2:00 - 3:30p | In Person

Gentle skincare, product safety, and esthetic practices for changing skin needs.

PROGRAMAS EN ESPAÑOL



Grupo fuerza y esperanza

todos los sábados | 10:00a -12:00p | En persona y Zoom

Grupo de apoyo semanal para pacientes y sus familiares.

Meditación Guiada

segundo miércoles cada mes | 2:00 - 3:00p | En persona

Una poderosa herramienta para soltar el estrés y conectar con tu interior.



Entendiendo sus Facturas Médicas y Finanzas

sábado, 5 dic | 12:30 - 2:00p | En persona

Aprenda a manejar facturas médicas, seguros y recursos financieros.

Café y Conchas

sábado, 12 dic | 9:30-11a | En persona

Una celebración navideña para nuestro grupo fuerza y esperanza.



ART & CREATIVE HEALING

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

Clay That Cares

Oct 12 & 26; Nov 9 & 23 | 10:00a - 12:00p | In Person

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

Focus on Fun! Photography

Every Wed | 2:00 - 4:00p | In Person

Learn creative photography skills while exploring perspective, storytelling, and artistic expression through the camera.

Knitting Circle

Every Wed | 12:00 - 2:00p | In Person

A calming creative space to knit, connect, and enjoy mindful conversation together.

Healing with Art

Every other Sat | 11:30a - 12:00p | Virtual

Use guided art activities to support emotional expression and healing through creative connection.

Watercolor Painting

Every Thurs | 9:00a - 12:00p | In Person

Explore techniques while creating expressive artwork that promotes relaxation, creativity, and mindful focus.

Mindful Sketchbook

1st Wed Monthly | 10:00 - 11:00a | In Person

Use guided sketching and reflection to support mindfulness and creative expression.

Write Your Poetic Heart Out

2nd Wed Monthly | 2:30 - 3:30p | Virtual

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

Awaken the Photographer in You

Every Thurs in October | 6:00 - 7:00p | Virtual

Learn the fundamentals of photography and experiment with capturing different shots.



Beauty Bus

Mon, Oct 5 & Dec 7 | 11:00 - 2:00p | In Person

Treat yourself to a day of care and confidence - one 1-hour timeslot per person

Create A Pearl Winter Wonderland

Thurs, Nov 5 | 2:00 - 4:00p | In Person

Create a stunning work of art in a calming craft class.



Bloom & Belong Flower Arranging

Tues, Nov 10 | 10:00 - 11:00a | In Person

Create a personal floral arrangement while learning design techniques.

Vision Board Making

Wed, Dec 2 | 1:00 - 3:00p | In Person

Use images and words to visualize goals and personal aspirations.

Beaded Bracelet Making

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

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

HOLIDAY EVENTS & CLOSURES

Halloween @ Family Night

Wed, Oct 28 | 5 - 6p | In Person



Enjoy silly Halloween games and candy —costumes welcome!

Café y Conchas

Sat, Dec 12 | 9:30 - 11a | In Person



Una celebración navideña para nuestro grupo fuerza y esperanza.

Participant Holiday Party

Tues, Dec 15 | 5:00 - 7:00p | In Person



Bring an entrée or side dish to share! CSC will provide dessert!

PLEASE NOTE: Our offices will be closed:

Veterans Day Wed, Nov 11



Thanksgiving Nov 25-29



Winter Holiday Dec 20-Jan 3, 2027



SUPPORT GROUPS

Orientation and brief intake interview required.

Professionally-led psychosocial emotional support for every step of the journey.

English • Español • Հայերեն • 普通话

GET
STARTED



Mondays

11a–12:30p Patient Groups (Virtual)
6–7:30p Spouse/Partner Bereavement Groups (In Person)
6–7:30p Friends & Family Bereavement Group (Virtual)
6–7:30p Early Stage Breast Cancer Group (In Person)
6–7:30p Young Adult Patient & Survivor Group (Virtual)
6:30–8p (1st Mon) Multiple Myeloma Group (Hybrid)
6–7:30p (4th Mon) Survivorship Group (Hybrid)

Tuesdays

10:30a–12p Men's Patient Group (Hybrid)
10:30a–12p Women's Patient Group (In Person)
6–7:30p Bereavement Group (In Person)
6–7:30p (1st Tues) Women's Survivorship (Hybrid)
7–8:30p Family & Friends Group (Virtual)

Wednesdays

10–11:30a Mandarin Support Group (Hybrid)
11:30a–1p Patient Group (In Person)
6–7:30p Patient Groups (Virtual & In Person)
6–7:30p Family & Friends Group (In Person)
6–7:30p Children's Corner (In Person)
6–7:30p (1st Wed) Life After Loss Group (In Person)

Thursdays

10:30a–12p (1st Thurs) Prostate Cancer Patient Group (Hybrid)
11:30a–1p Early Stage Breast Cancer Groups (Virtual)
5:30–7p Armenian Group (In Person in Glendale)
6–7:30p Patient Group (In Person)
7–8:30p Patient Group (Virtual)
7–8:30p Family & Friends Group (Virtual)
7–8:30p (1st Thurs) Black Support Circle (Virtual)



HEALTHY LIFESTYLE CLASSES

Registration for all classes opens 4 weeks in advance.

Yoga

Mon 9–10a (Virtual) • Tues 11–12p (Hybrid) • Wed 11–12p (Hybrid) • Thurs 11–12p (Hybrid) • Sat 10–11a (Virtual)

Gentle yoga practice supporting flexibility, strength, relaxation, and overall mind-body wellness.

Mixed Level Mat Pilates

Every Mon | 11:30a - 12:30p | Hybrid

Build core strength, improve posture, and increase stability through guided mixed-level Pilates exercises.

Sound Bath

3rd Wed 5:30 - 6:30p | Last Mon 6:00 - 7:00p | In Person

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

Up, Down & Around: Cardio & Strength

Every Tues | 12:00p - 1:00p | Virtual

Low-impact cardio and strength training designed to improve endurance, mobility, and overall fitness.

Dance for Joy

Every Tues | 3:00 - 4:00p | In Person

Enjoy movement, music, and community in this beginner-friendly dance class.

Movement with Music

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

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

Guided Meditation

2nd Wed Monthly | 3:00 - 4:00p | In Person

Experience guided meditation to promote relaxation, mindfulness, and inner calm.

Mindfulness for Health

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

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

Reiki Meditation

2nd & 4th Fri Monthly | 5:30 - 6:30p | Virtual

Relaxing meditation incorporating Reiki energy techniques to promote calm, balance, and restoration.

Mindfulness Skills and Values

Thurs Oct 15 & Nov 12 | 4:00 - 5:00p | In Person

Build mindfulness skills while exploring values that support meaningful living.

GETTING STARTED

All programs and services are free of charge.
An orientation is required to participate at Cancer Support Community.
Educational workshops are open to the public.

IN-PERSON ORIENTATIONS

Mondays, 4:00p
Tuesdays, 12:30p
Thursdays, 5:00p

VIRTUAL ORIENTATIONS

Virtual orientations may be scheduled
through Zoom.

VISIT

cancersupportsgv.org/gettingstarted

GET
STARTED



Mission Statement

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

CSC is a 501(c)(3) non-profit organization.
EIN: 95-4201985

Health and Safety

CSC cares about the health of our community, many of whom are immuno-compromised. Please stay home if you are exhibiting signs of communicable illness (i.e. fever, cough, sneezing). Face masks are highly recommended. Our facility is fragrance free.

Contact Us

info@cancersupportsgv.org | 626-796-1083
Office Hours: M - TH, 8:30a - 6:30p

CANCER SUPPORT COMMUNITY STAFF

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Bilingual Cancer Support Navigator

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

Non-Profit Org.
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**CANCER SUPPORT
COMMUNITY**
GREATER SAN GABRIEL VALLEY

