

EDUCATIONAL WORKSHOPS

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

JANUARY

16 THURSDAY | 12:00 – 1:30 PM | IN-PERSON

Lunch and Learn with Dr. Alexandra Levine: The Power of Immunotherapy - Back to the Future

What did centuries of civilizations do prior to the advent of current drugs or technical advances? Join us for lunch and conversation with Dr. Levine to discuss how historical healers served to dampen the fear and anxiety of illness, providing the emotional peace that strengthened the immune system, allowing us to heal.

29 WEDNESDAY | 1:00 – 2:00 PM | IN-PERSON

Tapping Into Your Natural Healing with Hypnosis

Spend time learning what your subconscious is and how to communicate with it more clearly. Then experience this communication to create a sense of peace, calm, and relaxation for yourself.

FEBRUARY

13 THURSDAY | 1:00 – 2:00 PM | VIRTUAL

A Psychiatrist's Guide to Cancer Treatment

With a diagnosis of cancer, the immediate focus is on the physical aspects of the disease. Learn how a psychiatrist sees his role in helping patients with the emotional aspects of cancer including the use of various medications.

25 TUESDAY | 12:00 – 1:30 PM | IN-PERSON

Lunch & Learn with Dr. Fernando Roth: Loving Your Heart After Cancer Treatment

Join us 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.

MARCH

05 WEDNESDAY | 1:00 – 2:00 PM | IN-PERSON

Self-Hypnosis for Calming and Relaxing Mind & Body

Join Certified Clinical Consulting Hypnotist, Carmela Tunzi, for a guided progressive relaxation, customized for individual needs.

19 WEDNESDAY | 1:15 – 2:30 PM | IN-PERSON

Lunch & Learn with Dr. Richard Lee: Introduction to Integrative Oncology

Join Dr. Richard Lee to explore evidence-based integrative therapies such as acupuncture, meditation, and yoga, demonstrating their effectiveness in managing pain, nausea, insomnia, and nerve damage symptoms. Learn how these therapies can enhance conventional cancer treatments and promote overall well-being.

24 MONDAY | 5:00 – 6:30 PM | IN-PERSON

High-Protein Dinner Recipes to Make Forever

If you're searching for delicious meals to get out of a cooking rut, Chef Dena Brummer will introduce you to five healthy dinner recipes that are the key! Each dish is high in protein with at least 15 grams per serving.



HOLIDAY CLOSURES

The Cancer Support Community Center will be closed on Monday, January 20, in observance of Martin Luther King, Jr. Day and Monday, February 17, in observance of Presidents' Day.

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



SUPPORT GROUPS

Orientation and brief intake interview required.

Learn more at cancersupport.link/start

Mondays

11:00a – 12:30p Patient Groups (Virtual)

6:00 – 7:30p Loss and Bereavement Groups (Virtual & In-Person)

6:00 – 7:30p Young Adult Patient & Survivor Group (Virtual)

1st Monday: 6:30-8:00p Multiple Myeloma Group (Hybrid)

4th Monday: 6:00-7:30p Survivorship Group (Hybrid)

Tuesdays

10:30a – 12:00p Men's Patient Group (Hybrid)

10:30a – 12:00p Women's Patient Group (In-Person)

Wednesdays

11:30a – 1:00p Patient Group (In-Person)

6:00 – 7:30p Patient Groups (Virtual & In-Person)

6:00 – 7:30p Family & Friends Group (In-Person)

6:00 – 7:30p Children's Corner (In-Person)

1st Wednesday: 6:00-7:30p Life After Loss Group (In-Person)

Thursdays

11:30a – 1:00p Early Stage Breast Cancer Groups (Virtual)

5:30 – 7:00p Armenian Group (In-Person in Glendale)

6:00 – 7:30p Patient Group (In-Person)

7:00 – 8:30p Patient Group (Virtual)

7:00 – 8:30p Family & Friends Group (Virtual)

1st Thursday: 7:00 – 8:30p Black Support Circle (Virtual)

Saturdays

12:00 – 2:00p Grupo Fuerza y Esperanza (Hybrid)

PROGRAMAS EN ESPAÑOL

Grupo fuerza y esperanza

Todos los sábados, 12:00 – 2:00p (en persona y Zoom)

Grupo de apoyo semanal para pacientes y sus familiares.

Yoga en español

Sábados, 1 de febrero y 1 de marzo, 10:30 – 11:30a (en persona y Zoom)

Yoga en español con Ana María Delgado, Instructora Certificada de Yoga.

Meditación guiada

Sábado, 11 de enero, 8 de febrero, y 8 de marzo, 10:30 – 11:30a (en persona y Zoom)

Esta clase la meditación guiada será ofrecida por Mikaila Henderson, una hipnoterapeuta certificada.

ARTS AND CRAFTS

Awaken the Photographer in You

Thursdays, Jan, 16, 23, 30 & Feb 6, 13, 6:00 – 7:00p | Virtual

An introductory course to photography basics on a 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 closes after the 2nd class.

Remainders x CSC Arts and Crafts Series

This series is a collaboration with Remainders, a nonprofit focused on creative reuse and sustainability. Registration required.

Sashiko

Tuesday, Jan 14, 10:00 – 11:00a | In-Person

Collage Creations

Thursday, Mar 6, 1:00 – 2:00p | In-Person

Beyond "Happy Snaps": Intro to Photography

Wednesdays, Feb, 12, 19, 26 & Mar 5, 11:00a – 12:30p | In-Person

An introduction to photography for people who want to explore images beyond "happy snaps." Learn ways to make your photographs aesthetically pleasing and develop your own personal eye. No camera required.

Beginning Bead Weaving

Thursday, Feb 20, 1:00 – 4:00p | 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. Space is limited, registration required.

Spring Flower Arranging

Thursday, March 13, 1:00 – 2:00p | In-Person

Learn to create a beautiful arrangement with seasonal blooms. Space is limited, registration required.

Entrenamiento de Fuerza

Sábados, 18 de enero, 15 de febrero, y 15 de marzo 10:30 – 11:30a (en persona y Zoom)

Esta clase consistirá de movimientos para la estabilización del centro, estiramiento y fuerza funcional para mejorar la fuerza y el equilibrio.

Celebración Del Día de los Reyes Magos

Sábado, 11 de enero, 11:30 – 12:00p (en persona)

¡Acompáñanos a celebrar El Día de los Reyes Magos con la tradicional Rosca de Reyes! No te pierdas la celebración de seguimiento para el Día de la Candelaria el 1 de febrero.

Celebración Del Día de la Candelaria

Sábado, 1 de febrero, 11:30 – 12:00p (en persona)

¡Únete con nosotros para una celebración de Día de la Candelaria el sábado, 1 de febrero de 2025, con un convivio! Trae tu platillo favorito y compartamos juntos esta tradición especial.

HEALTHY LIFESTYLE CLASSES

Yoga (Led by Certified Yoga Instructors)

Mondays, 9:00 – 10:00a (Virtual)

Tatevik Sarkisian

Tuesdays, 11:00a – 12:00p (Hybrid)

Korie Beth Brown

Thursdays, 11:00a – 12:00p (Hybrid)

Korie Beth Brown

Saturdays, 10:00 – 11:00a (Virtual)

Arlene Vidor

Primer sábado del mes - Yoga en español, 10:30 – 11:30a (en persona y Zoom)

Ana Maria Delgado

Pilates Mixed Level Mat Class

Mondays, 11:30a – 12:30p (Hybrid)

Jacque James, Certified Pilates Instructor

Feldenkrais

Mondays, 4:00 – 5:00p (Virtual)

Jenna Blaustein

Pilates

Tuesdays, 12:00 – 1:00p (Virtual)

Kelly Etter, Certified Pilates Instructor

Focus on Fun! Photography

Wednesdays, 2:00 – 4:00p (In-Person)

Catherine Bicknell

Qigong for Organ Wellness

Wednesdays, 11:00a – 12:00p (Hybrid)

Francine Ang

Mindful Movement and Meditation

3rd Wed/mo, 4:00 – 4:45p (Virtual)

Viki Brown, Certified Life Coach and Embodied Movement Teacher

Parent-Child Taekwondo Workshop

3rd Wed/mo, 5:00 – 5:45p (In-Person)

Master Zach DeJohnette

Watercolor Painting

Thursday, 9:00am – 12:00p (In-Person)

Richard Gutschow

Mindfulness for Health

Thursdays, 2:30 – 3:30p (Virtual)

Sylvia Holmes

Complementary and Natural Therapies

Thursday, Feb 20, 5:30 – 6:30p (Virtual)

Robert Chu, PhD, L.Ac., QME

Up, Down & Around: Cardio & Strength Training

Fridays, 11:00a – 12:00p (Virtual)

Charletha Tatum, Certified Fitness Instructor

Reiki Meditation

2nd & 4th Fri/mo, 4:00 – 5:00p (Virtual)

Kristina Nikols

Healing with Art

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

Armie Pasa

SPECIAL EVENTS

Cooking with Chef Juana: Sweet Potato Coconut Soup

Thursday, Jan 23, 12:30 - 1:30pm (In-Person)

Join us in our kitchen for connection, conversation, and cooking. Learn how to cook a tasty and nutritious sweet potato coconut soup.

Love & Laughter

Tuesday, Feb 4, 6:00 – 7:00p (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.

Beyond the Diagnosis: Art of Hope and Healing Exhibit

Feb 1 - 22, Baldwin Art Gallery (In-Person)

This exhibit features art from cancer survivors and caregivers, many from CSC! Stop by the Opening Reception on Saturday, February 1 from 7-9pm. Entry into the exhibit is FREE and proceeds from art sales will benefit CSC.



Cocinando con Chef Juana: Muffins de Arándanos (Programa en Español)

Sábado, 22 de febrero, 10:30 - 12:00pm

(en persona)

En este taller, Chef Juana nos enseñará a preparar deliciosas muffins de arándanos.

Spring Renewal Meditation and Sound Bath

Tuesday, Mar 11, 6:00 – 7:00pm (In-Person)

Certified sound practitioner Chidimma Iheonu weaves soothing sounds together, creating harmonious vibrations that resonate through the body and mind.



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

Karen and Tom Capehart

Leslie and Scott Gaudineer

The Havner Family Foundation

Ellen and Harvey Knell *

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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, 11a
Thursdays, 5p

VIRTUAL ORIENTATIONS

Virtual orientations on Zoom may be scheduled on our website.

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 its 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
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Program Manager

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Psychosocial Navigator

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



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