

# Calendar of FREE PROGRAMS

January - March 2026

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

## EDUCATIONAL WORKSHOPS

All educational workshops are open to the public.

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

### JANUARY

**7** WED | 12:00 - 1:00 PM | HYBRID

#### Where There's A Will There's a Way

Learn the essentials of wills, trusts, powers of attorney, and long-term care. New York Life will simplify complex topics and share practical steps to help you feel confident, protected, and prepared for what's ahead.

**15** THURSDAY | 1:30 - 2:30 PM | IN PERSON

#### How Heart-Brain Coherence & NSDR Can Support Recovery

Join Katelyn Lehman, PhD of Quantum Clinic, to explore Heart-Brain Coherence and Non-Sleep Deep Rest—simple, science-based techniques to reduce stress, improve sleep, and support healing.

**22** THURSDAY | 2:00 - 3:00 PM | IN PERSON

#### Pelvic Floor Health

Join Pelvic Floor Physical Therapist Stephany Tritt, PT, to learn how cancer treatments can affect pelvic floor health—simple exercises and strategies to restore strength, comfort, and confidence.

**22** THURS | IN PERSON

**City of Hope Blood Drive**  
9 AM - 3 PM

Give back to patients with cancer by donating whole blood to City of Hope patients.

*Can I donate after cancer?*

[cancersupport.link/eligibility](https://cancersupport.link/eligibility)

*Sign up to donate*

[cancersupport.link/blooddrive](https://cancersupport.link/blooddrive)

**The Benefits of Blood**  
11 AM - 12 PM

Learn the essential role blood plays in your body's overall function, from immunity to energy. We'll also discuss how blood donations save lives every day and how you can make an impact.

**28** WEDNESDAY | 12:30 - 2:00 PM | IN PERSON

#### Lunch & Learn: Loving Your Heart After Cancer

Explore how to care for and strengthen your heart after cancer treatment through practical tips for long-term heart health and recovery with Dr. Fernando Roth.

### FEBRUARY

**10** TUESDAY | 12:00 - 1:30 PM | IN PERSON

#### Lunch & Learn: Eating Well Through Treatment

Join oncology dietitian Erika Winkler, MS, RD, CSO, CNSC, for practical guidance on nourishing your body during cancer treatment—manage side effects, boost energy, and separate nutrition facts from myths.

**11** WEDNESDAY | 2:00 - 3:30 PM | IN PERSON

#### End of Life Planning - Five Wishes Workshop

Join us for an educational presentation presented by VITAS Healthcare designed to guide individuals and families through the process of making thoughtful decisions about end-of-life care.

**12** THURSDAY | 3:00 - 4:00 PM | HYBRID

#### Courageous Couples Supporting Each Other

Serious illness challenges couples to balance medical demands while maintaining normalcy. Discussion with Matthew Loscalzo, LCSW, on honest, courageous communication to strengthen coordination, commitment, and connection.

### MARCH

**11** WEDNESDAY | 12:00 - 1:30 PM | IN PERSON

#### Lunch & Learn: Colon Cancer Awareness

Join Dr. Kaufman to discuss risk factors, screening options, and prevention strategies to support early detection and lifelong digestive health.

**19** THURSDAY | 1:00 - 2:00 PM | HYBRID

#### Medical Cannabis

Understand the endocannabinoid system, the compounds found in the cannabis plant, and the latest research on how these compounds may interact with cancer and cancer-related symptoms.



## 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](https://cancersupport.link/start)

### Mondays

11a-12:30p Patient Groups (Virtual)

6-7:30p Bereavement Groups (Virtual & In-Person)

6-7:30p Early Stage Breast Cancer Group (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)

6-7:30p (1st Tuesday) Women's Survivorship (Hybrid)

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 Group (In-Person)

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

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

### Thursdays

10:30a-12p 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 Thursday) Black Support Circle (Virtual)

## PROGRAMAS EN ESPAÑOL

**Grupo fuerza y esperanza** *new time!*

**Todos los sábados | 10-12p | En persona y Zoom**

Grupo de apoyo semanal para pacientes y sus familiares.

**Meditación Guiada**

**Segundo sábados cada mes | 10:30-11:30 | En Zoom**

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

**Cocinando con Chef Juana (Bilingue)**

**Sábado, 28 de feb y 28 de marzo | 12 - 2p | En persona**

Únete a la Chef Juana en una deliciosa y motivadora demostración de cocina donde combinará sabor y bienestar, preparando platillos nutritivos y compartiendo consejos prácticos para una alimentación saludable durante y después del tratamiento contra el cáncer.



## SPECIAL EVENTS

Don't miss these special events!

**RSVP REQUIRED** due to limited space.

**Healing Fruit Mandala** *new!*

**Tues, Jan 6 | 1p - 3p | In person**

Create vibrant, edible mandalas from fresh fruits and berries while exploring the mindful connection between nourishment, balance, and the beauty of nature.



**Complementary & Natural Therapies**

**Thurs, Feb 5 | 5:30p - 6:30p | Virtual**

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.

**Valentines Day Flower Arranging** *new!*

**Mon, February 9 | 11a - 12p | In person**

Design and assemble your own beautiful, heart-themed arrangement to take home or gift to someone special. Bring your own vase (clear glass is best).

**CSC Trivia Night** *new!*

**Mon, Feb 23 | 6p - 7p | In person**

Bring your family and friends to test your knowledge of history, share some laughs, and enjoy an evening of friendly competition and community connection!

**Cooking with Chef Juana (Bilingual)**

**Sat, Feb 28 & March 28 | 12 - 2p | In person**

Join Chef Juana for a delicious cooking demonstration of healthy food to restore the mind and body.

**CSC Piano Bar**

**Tues, March 3 | 6:30p - 7:30p | In person**

Join us to sing along to classics from the 60's and 70's at this family-friendly event.

**Love & Laughter**

**Thurs, March 5 | 6p - 7p | In person**

Join us for this CSC-favorite PG-13 comedy night to let loose, laugh, and have fun!

**Sound Bath**

**2nd & Last Tues Jan-March | 6p - 7p | In person**

Experience deep relaxation in a restorative sound bath, where the soothing tones of crystal bowls and chimes help release stress, balance the body, and promote inner peace.



## 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

**Movement with Music**

**Mondays, 2:00-3:00p (In-Person)**

Tina Ivie

**Pilates Mixed Level Mat Class**

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

Jacque James

**Up, Down & Around: Cardio & Strength**

**Tuesdays, 12:00-1:00p (Virtual)**

Charletha Tatum

**Focus on Fun! Photography**

**Wednesdays, 2-4p (In-Person)**

Catherine Bicknell

**Qigong for Organ Wellness**

**Wednesdays, 11a-12p (Hybrid)**

Francine Ang

**Write Your (Poetic) Heart Out**

**2nd Wed/mo, 2:30-3:15p (Virtual)**

Jenine Baines

**Mindful Movement and Meditation**

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

Viki Brown

**Watercolor Painting**

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

**Mindfulness for Health**

**Thursdays, 2:30-3:30p (Virtual)**

Sylvia Holmes

**Healing Hypnosis**

**3rd Mon/mo, 5:30-6:30p (Virtual)**

Carmela Tunzi

**Reiki Meditation**

**2nd & 4th Fri/mo, 5:30-6:30p (Virtual)**

Kristina Nikols

**Healing with Art**

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

Armie Pasa



## ARTS & CRAFTS

Healing through creative community.

**RSVP REQUIRED** due to limited space.

**Clay that Cares: Pottery Workshop**

**Jan 12, Feb 17 & March 9 | 10a - 12p | In person**

Join us for a relaxing pottery workshop where you'll shape and design a different custom item each month.

**Mindful Sketchbook Journaling**

*new!*

**Wednesdays, Jan 14-28 | 10 - 11:30a | In person**

Join this three-week series to explore painting, collage, and journaling techniques that foster healing, mindfulness, and self-expression.

**Awaken the Photographer in You: Beginning Digital Photography**

**Thursdays, Jan 15 - Feb 12 | 6p - 7p | Virtual**

Learn the fundamentals of photography—whether on your smartphone or DSLR—as you explore camera settings, composition, and creative techniques.

**Beginning Beadweaving**

**Tuesdays, Jan 20 & March 24 | 1p - 4p | In Person**

Discover the art of beadweaving in this fun and relaxing workshop! Learn basic techniques for creating beautiful patterns with seed beads, thread, and needle.

**Lap Quilting**

**Wednesdays, Feb - March | 11a - 1p | In person**

Learn how to make an easy patchwork quilt or duvet cover—perfect for cozy comfort while undergoing treatment or simply relaxing at home. Enjoy plenty of hands-on guidance in a supportive, creative environment.

**Write, Dream, Create**

*new!*

**Thursdays, February 5 - 26 | 1p - 2p | In person**

Reconnect with your inner child in this uplifting four-week series of creative writing and art journaling.

**Graphite Art Class**

*new!*

**Wednesday, February 11 | 1p - 3p | In person**

Explore the beauty of graphite drawing in this relaxing art class, where you'll learn shading, texture, and technique to bring your sketches to life.

**St. Patrick's Day Craft-a-Palooza**

*new!*

**Mon, March 16 | 1p - 3p | In person**

Get your green on and join us for a festive St. Patrick's Day Craft-a-Palooza—an afternoon of hands-on crafts, cheerful music, and creative fun for all ages!

## 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.

### CORPORATE BENEFACTORS

Flewelling & Moody

San Marino Motor Classic

### BENEFACTORS

Anonymous

Melissa Alcorn/

DFA Family Holdings

Rosemari Annear

Karen and Tom Capehart

Leslie & Scott Gaudineer

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Terri and Jerry Kohl

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Lee and Mickey Segal

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Julia and Mark Meahl

Serge Melkizian

Dana and Mike Naples

Gunde & Ernest Posey

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](https://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](https://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](mailto: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, AMFT**

Assistant Program Director

**Jan Cantwell**

Senior Development Officer

**Lanie Trinh**

Office Manager

**Lora Mei McManus**

Program Manager

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

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**CANCER SUPPORT  
COMMUNITY**  
GREATER SAN GABRIEL VALLEY

