### Welcome Meeting

**Every Monday • 6pm | Fridays • 11am | No Appointment Necessary**

Drop-in to our welcome meeting and learn about our philosophy and FREE programs from cancer patients who have participated here at CSCRB. Cancer patients and their loved ones are invited to share their stories or just listen.

You may attend all workshops, lectures, mind-body activities & networking groups before attending a Welcome Meeting.

### NETWORKING GROUPS

Drop-in groups for patients & their loved ones are facilitated by licensed mental health professionals. These groups are for sharing & learning from others who are going through similar experiences to your own.

<table>
<thead>
<tr>
<th>Network</th>
<th>Date &amp; Time</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Carcinoid &amp; Neuro-Endocrine Tumor</td>
<td>1st Saturday • April 7 &amp; May 5 10:30am - 12:30pm</td>
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</tr>
<tr>
<td>Colo-Rectal Networking</td>
<td>3rd Monday • April 16 &amp; May 21 6pm - 8pm</td>
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<tr>
<td>Leukemia, Lymphoma &amp; Multiple Myeloma</td>
<td>2nd Thursday • April 12 &amp; May 10 1pm - 3pm</td>
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<tr>
<td>Life After Cancer</td>
<td>1st Monday • April 2 &amp; May 7 6pm - 8pm</td>
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</tr>
<tr>
<td>Young Cancer Survivorship*</td>
<td>April 9 &amp; 23, &amp; Monday, May 14 &amp; Tuesday, May 29 • 6pm - 8pm</td>
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</tr>
<tr>
<td>*young adults diagnosed with cancer before their early 40’s, regardless of current age.</td>
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</tbody>
</table>

### WEEKLY EDUCATION SUPPORT GROUPS

**Requires attendance at a Welcome Meeting prior to joining a group.**

Ongoing support groups are facilitated by licensed mental health professionals for cancer patients & their loved ones.

Family groups are for spouses, significant others, parents, children or close friends. One or more support persons may join a family group.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Group</th>
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</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>Cancer Patient Group • 6pm - 8pm</td>
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<tr>
<td></td>
<td>Breast Cancer Group • 6 - 8pm</td>
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<td></td>
<td>Family/Partners • 6pm - 8pm</td>
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<tr>
<td>Wednesdays</td>
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<td></td>
<td>Newly Diagnosed Breast Cancer • 6pm - 8pm</td>
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<tr>
<td>Thursdays</td>
<td>Cancer Patient • 2pm - 4pm &amp; 6pm - 8pm</td>
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</table>

### MIND-BODY ACTIVITIES

*These free activities are drop-in groups. All are welcome!

#### Gentle Yoga

Ideal for anyone who wishes to benefit from healing, stretching and strengthening their bodies & minds. We will sync our breath to movements in a meditative flow.

With Susan Tamala.

**Mondays • 1:30pm - 2:45pm**

#### Restorative Yoga

Restore the mind & body and relax to release stress. Bring a small hand towel to place over your eyes.

With Michael Norder.

**Mondays • 6pm - 7pm**

#### Early Yoga

Come to relax & rejuvenate your body, mind & spirit. Explore breathing techniques, simple stretches & guided meditation.

With Isabelle Royer and Yoshiko Nishioka.

**Wednesdays • 10:30am - 11:30am**

#### Morning Yoga

Balance, inner calm & strength using a gentle approach and pose modification. We will practice breathing techniques, stretching & guided meditation.

**Thursdays • 10:30am - 11:15am**

#### Reiki Energy Circle

In a group setting, learn to share and experience giving & receiving energy. Facilitated with Jovita Trani & Reiki Masters from the South Bay.

**Every 4th Friday • 12:30pm - 3pm**

#### Tai Chi

A graceful, slow & gentle exercise that improves balance & coordination as well as good physical & mental well-being. Anyone, old or young, strong or weak can benefit.

With Instructor Les Kzrcuk.

**Tuesdays • 1 - 2pm**

#### Ocean View Tai Chi

*No class in April*

Tai Chi has been proven to reduce stress & tension, improve balance & flexibility and soothe the mind of distractions.

Come & enjoy the beautiful outdoor ocean setting.

With Instructor Ann Pitts.

**Fridays • 9:30am - 10:30am**

#### Cardio for Wellness

Cardio helps to reduce stress, improve sleep and keep your brain sharp.

Claudia Welch will modify steps to accommodate any level of recovery.

**Tuesdays • 9:30am - 10:15am**

#### Pain Management Class

A holistic approach with discussions on exercise, supporting alternative, complementary treatments & more. With Claudia Welch.

**2nd Tuesday • 11am - 12pm**

#### Guided Meditation

With frequent practice & group support, you will discover the benefits of quieting your mind.

**With Christine Cls.**

**Farzaneh Jafari.**

**Wednesdays • 5pm - 5:45pm**

#### Writing For Wellness

This monthly program offers family and friends who are affect- ed by cancer, ways to express themselves through writing.

With Barbara Force.

**April 21 and May 19 from 9am - 12pm.**

#### Therapeutic Restorative Yoga

This unique class integrates gentle yoga, healing touch, breath work and guided meditation to support healing of the body, mind and spirit.

With Barb Phillips. This class is limited to 8 people.

**Tuesday, April 17 • 6pm - 7pm**

**Tuesday, May 1 & 15 • 6pm - 7pm**
### Workshops & Events

Please pre-register for all Workshops & Events by calling 310-376-3550.

**Ikibana Flower Arranging with Valeria Brinkers**  
Saturday, April 7 • 10:30am - 12pm  
Ikibana is a Japanese word often translated to English as “giving life to flowers” or “Living Flowers”. Ikibana expresses your desire to bring out the inner beauty of the flowers themselves. Attendees will learn to express themselves with the therapeutic art of beautifully arranging cut stems, leaves, and flowers in vases. In this class, students will create a Spring flower arrangement. Valeria will provide all materials (flowers, vases, etc.). Register by Thursday, April 5.

**Pain Management Class with Claudia Welch**  
Tuesday, April 10 • 11am - 12pm  
Pain Management class promotes a holistic approach to pain with discussions on different topics each month. This month, learn the different ways of managing Acute Pain vs. Chronic Pain. Claudia Welch has been a facilitator for the American Chronic Pain Association since 2009.

**Jewelry Beading Class with Birdi Batastini**  
Wednesday, April 11 • 12:30pm - 1:30pm  
Learn the magic of jewelry making by creating a bracelet or earrings or both for yourself or to give as a gift for a friend. All supplies will be provided. Free of charge. Class limited to 9 people.

**Navigating Finances with Joanna Fawzey Morales, Esquire**  
Wednesday, April 11 • 5:30pm - 7pm  
A cancer diagnosis can come with many challenges, including financial ones. Cancer care is expensive, but there are also other expenses. This workshop will cover some of the financial tips and resources available to navigate your finances after cancer. We will also share some of the creative ways to access financial assistance to pay for treatment and other cancer-related expenses. Joanna Fawzey Morales, Esq. is a cancer rights attorney, and CEO of Triage Cancer.

**Sound Therapy with Sylvia Kulczak**  
Friday, April 13 • 9am - 10am  
Sylshows will provide Sound Therapy using Tibetan Singing Bowls to soothe your mind and body, and then tune up the frequencies to invigorate and add extra energy to your cells. Sylshows has been a Sound Therapy Practitioner since 2005.

**Lunch Discussion: Taking Care of U**  
11am - 12pm  
This workshop will teach you how to care for yourself and finding ways to de-stress. It builds resilience and promotes self-care. Eating for a few minutes for U can make a difference on how you feel and cope with the stresses of life. Learn self-care strategies, tips and resources in this interactive workshop. Laila Rampi, MA, CCES III and Ishara Bailis, LCSW, are co-founders of Taking Care of U program at UCLA Medical Center in Santa Monica.

**Therapeutic Restorative Yoga with Barb Phillips**  
Tuesday, April 17 • 6pm - 7pm  
This unique class integrates gentle yoga, healing touch, breath work and guided meditation to support healing of the body, mind and spirit. Asanas will target the deep tissues of the core and limbs. Therapeutic Restorative Yoga is especially beneficial to those living with physical restrictions and juggling busy schedules. With Barb Phillips, OTR, OT/TL, Doctor of Occupational Therapy. Class limited to 8 people.

**Mindfulness Sleep with Corina Gheorghiu, DDS, LMFT**  
Thursday, April 19 • 6pm - 8pm  
This workshop is for people who suffer from anxiety and/or cannot fall asleep or stay asleep, as well as for anybody who wants to learn new techniques for staying relaxed, refreshed and productive during the day. Corina will present tools for daytime, evening and nighttime use.

**Mindfulness: The Science & Practice of Present Awareness**  
Thursday, April 19 • 1pm - 2pm  
This class is designed to be a mindfulness practice and will use guided meditations to enhance awareness of the present moment. You will learn about the benefits of mindfulness, how it can be practiced, and how to apply mindfulness in daily life. This class is for anybody who would like to learn more about mindfulness and how to incorporate it into their daily routine.

**KIDS EVENT**  
Friday, April 20 • 9am - 10am  
Join us in this introductory Hannna Somatics class to help relieve chronic pain, joint stiffness or if you have difficulty moving with ease. Ken will help you resolve issues for more flexibility and good body movement patterns.

**Pelvic Organ Prolapse Physical Therapy**  
Wednesday, April 25 • 5:30pm - 6:30pm  
Sarah Shimanek, PT, DPT, PRPC will discuss pelvic organ prolapse, risk factors, and how it can be prevented and treated with physical therapy. Pelvic organ prolapse is common after gynecological or gastrointestinal cancers and related surgeries, and physical therapy is proven to improve symptoms and avoid surgery. San aliea is a Doctor of Physical Therapy and is currently practicing at the Torrance-based Women’s Advantage and at Long Beach Pelvic Health.

**Lunch Discussion: Prostheses, Wigs, and Things**  
Friday, April 27 • 1pm - 2pm  
Want to learn about the various choices in mastectomy products and head coverings? Join us as Monica Kahn, Founder of Helen’s Room, teaches attendees about pros/cons and costs of breast prostheses, mastectomy bras, hats, scarves, turbans and wigs. Helen’s Room provides free products and services for cancer patients going through treatments to improve their appearance and lift their spirits. 12:30 – 1:00pm Lunch and Social Time. Lunch donated by the world famous "THE SPOT" restaurant in Hermosa Beach.
## APRIL 2018

### WEEKLY SUPPORT GROUP
(Registration Required)

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</table>
| **4**  
- Early Yoga 10:30am - 11:30am  
- Women's Cancer Group 10:30am  
- Kids Grief Group 4pm - 5:30pm  
- Prostate Cancer 4:30 - 6:30pm  
- Guided Meditation 5pm - 5:45pm  
- Cancer Patient Group 6 - 8pm  
- Family/Partners Group  
- Newly Diag Breast Cancer  |
| **5**  
- Morning Yoga 10 - 11:15am  
- Cancer Patient Group 2 - 4pm  
- Teens Connect 4:30 - 6pm  
- Cancer Patient Group 5 - 7pm  
- Long Beach  
- Gentle Hatha Yoga 6 - 7pm  
- Cancer Patient Group 6 - 8pm  
- Family/Partners Group  
- Newly Diag Breast Cancer  |
| **6**  
- Welcome Meeting 11am  
- Basic Yoga 11am - 12pm  
- Celebrando la Vida 5pm - 7pm  |
| **7**  
- ThyCa-South Bay: Thyroid Cancer Networking 10am - 12pm  
- Carcinoid & Neuro-Endocrine Tumor Networking 10:30am - 12:30pm  
- Free Yoga on the Octagon 10:30am - 12pm  |
| **11**  
- Early Yoga 10:30am - 11:30am  
- Women's Cancer Group 10:30am - 12:30pm  
- Kaiser Prostate Cancer 5 - 7pm  
- Guided Meditation 5 - 5:45pm  
- Cancer Patient Group 6 - 8pm  
- Family/Partners Group  
- Newly Diag Breast Cancer  
- Jewelry Beading 12:30pm - 1:30pm  
- Navigating Finances 5:30pm - 7pm  |
| **12**  
- Morning Yoga 10am - 11:15am  
- Leukemia/Lymphoma 1 - 3pm  
- Cancer Patient Group 2 - 4pm  
- Teens Grief 4:30 - 6pm  
- Cancer Patient Group 5 - 7pm  
- Long Beach  
- Gentle Hatha Yoga 6 - 7pm  
- Cancer Patient Group 6 - 8pm  
- Family/Partners Group  
- Newly Diag Breast Cancer  |
| **13**  
- Welcome Meeting 11am  
- Basic Yoga 11am - 12pm  
- Sound Therapy 9am - 10am  
- Lunch Discussion: Taking Care of U 1pm - 2:30pm  |
| **14**  
- Free Yoga on the Octagon 10am - 11am  
- Fit & Well Worth It 10:45am - 12pm  
- Sarcoma Alliance 11am - 1pm  
- Knit for Life 11am - 12pm  |
| **18**  
- Early Yoga 10:30am - 11:30am  
- Women's Cancer Group 10:30am  
- Kids Grief Group 4pm - 5:30pm  
- Prostate Cancer 4:30 - 6:30pm  
- Guided Meditation 5pm - 5:45pm  
- Cancer Patient Group 6 - 8pm  
- Family/Partners Group  
- Newly Diag Breast Cancer  |
| **19**  
- Morning Yoga 10am - 11:15am  
- Cancer Patient Group 2 - 4pm  
- Teens Connect 4:30pm - 6pm  
- Cancer Patient Group 5 - 7pm  
- Long Beach  
- Gentle Hatha Yoga 6 - 7pm  
- Cancer Patient Group 6 - 8pm  
- Family/Partners Group  
- Newly Diag Breast Cancer  
- Mindfulness Sleep 11am - 12:30pm  
- Mindfulness Program 1pm - 2pm  |
| **20**  
- Welcome Meeting 11am  
- Basic Yoga 11am - 12pm  
- Celebrando la Vida 5pm - 7pm  
- Lunch Discussion: Boost Your Energy Naturally 1 - 2:30pm  
- Beginning Hanna Somatic 3pm - 4:30pm  |
| **21**  
- Writing for Wellness 9am-12pm  
- Lung Cancer Networking 10:30am - 12:30pm  
- Free Yoga on the Octagon 10:45am - 12pm  |
| **25**  
- Early Yoga 10:30am - 11:30am  
- Women’s Cancer Group 10:30am - 12:30pm  
- Guided Meditation 5 - 5:45pm  
- Cancer Patient Group 6 - 8pm  
- Family/Partners Group  
- Newly Diag Breast Cancer  
- Pelvic Organ Prolapse Physical Therapy 5:30pm - 6:30pm  |
| **26**  
- Morning Yoga 10am - 11:15am  
- Cancer Patient Group 2 - 4pm  
- Teens Grief 4:30pm - 6pm  
- Cancer Patient Group 5 - 7pm  
- Long Beach  
- Gentle Hatha Yoga 6 - 7pm  
- Cancer Patient Group 6 - 8pm  
- Family/Partners Group  
- Newly Diag Breast Cancer  |
| **27**  
- Welcome Meeting 11am  
- Basic Yoga 11am - 12pm  
- Reiki Energy Circle 12:30pm - 3pm  
- Lunch Discussion: Prostheses, Wigs & Things 1pm - 2pm  |
| **28**  
- Free Yoga on the Octagon 10:30am - 12pm  
- Kids & Teens: Sky Zone 11am - 12:30pm  |

### OFFSITE ACTIVITY/GROUP
(See page 6 for location info)

### MIND-BODY ACTIVITY
(Drop-in)

**Free Yoga on the Redondo Beach Octagon!**

2nd Saturday of the Month. April 14 and May 12, from 10am - 11am. Invite a friend and join us! All levels are welcome. Be sure to bring a yoga mat, towel and water!

500 Fisherman’s Wharf, on the Octagon where The Pier meets the International Boardwalk below Kincaid’s Restaurant.
WORKSHOPS & EVENTS
Please pre-register for all Workshops & Events by calling 310-376-3550.

Educational Programs & Presentations

Lunch Discussion: Anger, Forgiveness, and Acceptance with Tenzin Kyosaki
Friday, May 4 • 1pm - 2:30pm
How can we cope with loss, aging, sickness, and eventual death? How can we transform anger into buoyancy, gratitude and acceptance? This workshop will focus on working with challenges, when life throws us a curve ball. Included in the presentation will be interactive exercises, reflection and time for questions and answers. Tenzin Kyosaki, a cancer survivor, is Hospice Chaplain for Torrance Memorial Medical Center Hospice for the past ten years. She was ordained by HH the Gyalwa Lama in 1985 and is the co-author of “Rich Brother, Rich Sister, Two Paths to God, Money, and Happiness” with her brother Robert Kyosaki. 12:30pm–1:00pm Lunch and Social Time Lunch donated by the world famous “THE SPOT” restaurant in Hermosa Beach.

Lunch Discussion: Healing Powers of Fresh Herbs with Jeanne Peters
Friday, May 11 • 1pm - 2:30pm
Learn how to make herbal teas, vinegars, and clever ways to add it to your cooking. Class will also include how to buy and grow fresh herbs in pots even if you DON’T think you have a green thumb. Enjoy herbal tea and tastings and attendees will receive handouts.

Jeanne Peters, RD is Nutrition Director of Nourishing. 12:30–1:00pm Lunch and Social Time Lunch donated by the world famous "THE SPOT" restaurant in Hermosa Beach.

Lung Cancer & Immunotherapy with Aaron Lisberg, MD
Mon, May 14 • 3pm - 5pm
Aaron Lisberg, MD UCLA oncologist, will discuss the epidemiology (why certain people are getting ill) of lung cancer, risk factors, general treatment approach and the emerging field of immunotherapy. Dr. Lisberg is a member of UCLA hematology/oncology faculty specializing in the field of immunotherapy with a specific focus on malignancies of lung and head and neck. He completed his Internal Medicine residency at University of Washington, followed by fellowship training at UCLA in hematology/oncology.

Love & Laughter with Jason Love
Wednesday, May 30 • 5:30pm - 7:30pm
Laughter is the best medicine. Join professional comedian, Jason Love and a few of his comedy colleagues for an evening of family love, fun, and laughter. Jason has appeared on Comedy Central, HBO, America’s Got Talent, and over 20 national TV broadcasts. Appetizers will be provided. https://www.patreon.com/LoveLaughter

Support & Well-being

Pain Management Class with Claudia Welch
Tuesday, May 8 • 11am - 12pm
This class promotes a holistic approach to pain with discussions on different topics each month. This month, we will have an overview of “Can Pain Cause Anxiety?”

TAT for Sleep & Illness
Thursday, May 10 • 11am - 12:30pm
Corina Gheorgiu, DDS, LMFT will guide you in a series of holding acupressure points that connect all physical, mental, emotional and spiritual parts to help with sleep and illness. Corina Gheorgiu, DDS is also a Marriage & Family Therapist and a Yoga Therapist and a Marriage & Family Therapist and an Acupressure Therapist.

Get Creative

Knit for Life with Liza Legasi
Saturday, May 12 • 11am - 12pm
Join Liza Legasi, a three year breast cancer survivor, shares her stories of hope, courage and how she found peace in creating hats and scarves during her battle. Attend her one hour knitting class and learn how to make beautiful knitted hats, scarfs or blankets. It’s fun and easy. Most of all, it transports you to a creative place. Supplies will be provided.

Writing For Wellness with Barbara Force
Saturday, May 19 • 9am - 12pm
This monthly program offers everyone affected by cancer, family and friends a way to express themselves through writing. Writing has been shown in studies to reduce stress and engender well-being.

Mind-Body Activities

Therapeutic Restorative Yoga
1st & 3rd Tuesday, May 15 & 30 • 8pm - 10pm
This unique class integrates gentle yoga, healing touch, breath work and guided meditation to support healing of the body, mind and spirit. Asanas will target deep tissues of the core and limbs. Therapeutic Restorative Yoga is especially beneficial to those living with physical restrictions and juggling busy schedules. With Barb Phillips, OTD, OTR/L, Doctor of Occupational Therapy. Class limited to 8 people.

Sound Therapy with Sylvia Kulczak
Friday, May 4 • 9am - 10am
Sylwia will provide Sound Therapy using Tibetan Singing Bowls to soothe your mind and body and tune up the frequencies to invigorate and add extra energy to your cells. Sylwia has been a Sound Therapy Practitioner since 2005.

Cancer Support Community

Friday, May 25 • 1pm - 2pm
Cancer Support Community
Redondo Beach will be closed on Monday, May 28 in observance of Memorial Day.

Workshop/Event (Please RSVP)

MONDAY

TUESDAY

1
Cardio For Wellness 9:30am
Tai Chi 1pm - 2pm
Breast Cancer Support Group 5:30pm - 7:30pm - San Pedro
Cancer Patient Group 6 - 8pm

Cancer Patient Group 6 - 8pm
Family/Partners Group Breast Cancer Group

Therapeutic Restorative Yoga 6 - 7pm

8
Cardio For Wellness 9:30am
Tai Chi 1pm - 2pm
Parenting Through Cancer 5 - 6:30pm
Kids Community 5pm - 6:30pm
Breast Cancer Support Group 5:30pm - 7:30pm - San Pedro

Cancer Patient Group 6 - 8pm
Family/Partners Group Breast Cancer Group

Pain Management 11am - 12pm

14
Gentle Yoga 1:30pm - 2:45pm
Restorative Yoga 6pm - 7pm
Welcome Meeting 6pm
Life After Cancer 6pm - 8pm
Family Bereavement Group 6 - 8pm

15
Tai Chi 1pm - 2pm
Breast Cancer Support Group 5:30pm - 7:30pm - San Pedro
Family Bereavement Group 3 - 5pm
Cancer Patient Group 6 - 8pm
Family/Partners Group Breast Cancer Group

Melt Method 11:30am - 12:45pm

21
Gentle Yoga 1:30pm - 2:45pm
Restorative Yoga 6pm - 7pm
Welcome Meeting 6pm
Colo-Rectal Ntwkg 6 - 8pm
Family Bereavement Group 6 - 8pm

22
Cardio For Wellness 9:30am
Tai Chi 1pm - 2pm
Kids Community 5pm - 6:30pm
Breast Cancer Support Group 5:30pm - 7:30pm - San Pedro
Cancer Patient Group 6 - 8pm
Family/Partners Group Breast Cancer Group

28
Hanna Somatic Movement Therapy
Tuesday, May 29 • 1pm - 3pm

Hanna Somatic Movement Therapy
Tuesday, May 29 • 5:30pm - 7:30pm
Are you tired of chronic pain, suffer from joint stiffness or have difficulty moving with ease? Do you desire more flexibility and good body movement patterns? Dr. Farzaneh Safarz will teach attendees Somatic Movement Therapy in effectively resolving such issues. Dr. Safarz is a Yoga Therapist and Hanna Somatic Educator in the Tradition of Thomas Hanna.

29
Cardio For Wellness 9:30am
Tai Chi 1pm - 2pm
Family Bereavement Group 3 - 5pm
Breast Cancer Support Group 5:30pm - 7:30pm - San Pedro
Young Cancer Survivorship 6pm - 8pm
Cancer Patient Group 6 - 8pm
Family/Partners Group Breast Cancer Group

Holiday Closing

Cancer Support Community
Redondo Beach will be closed on Monday, May 28 in observance of Memorial Day.

Networking Group (Drop-in)

7
Gentle Yoga 1:30pm - 2:45pm
Restorative Yoga 6pm - 7pm
Welcome Meeting 6pm
Life After Cancer 6pm - 8pm
Family Bereavement Group 6 - 8pm

8
Gentle Yoga 1:30pm - 2:45pm
Spousal Bereavement Group 5pm - 7pm - Long Beach
Restorative Yoga 6 - 7pm
Young Cancer Survivorship 6pm - 8pm
Welcome Meeting 6pm
Lung Cancer & Immunotherapy 3:30pm - 5pm

11
Gentle Yoga 1:30pm - 2:45pm
Spousal Bereavement Group 5pm - 7pm - Long Beach
Restorative Yoga 6 - 7pm
Young Cancer Survivorship 6pm - 8pm
Welcome Meeting 6pm
Lung Cancer & Immunotherapy 3:30pm - 5pm

14
Gentle Yoga 1:30pm - 2:45pm
Spousal Bereavement Group 5pm - 7pm - Long Beach
Restorative Yoga 6 - 7pm
Young Cancer Survivorship 6pm - 8pm
Welcome Meeting 6pm
Lung Cancer & Immunotherapy 3:30pm - 5pm

15
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Spousal Bereavement Group 5pm - 7pm - Long Beach
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Welcome Meeting 6pm
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Cancer Patient Group 6 - 8pm
Family/Partners Group Breast Cancer Group

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Gentle Yoga 1:30pm - 2:45pm
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28
Hanna Somatic Movement Therapy
Tuesday, May 29 • 1pm - 3pm

29
Cardio For Wellness 9:30am
Tai Chi 1pm - 2pm
Family Bereavement Group 3 - 5pm
Breast Cancer Support Group 5:30pm - 7:30pm - San Pedro
Young Cancer Survivorship 6pm - 8pm
Cancer Patient Group 6 - 8pm
Family/Partners Group Breast Cancer Group

Hanna Somatic 5:30pm - 7:30pm
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<tr>
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<tr>
<td>Early Yoga 10:30am - 11:30am</td>
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<td>Ocean View Tai Chi 9:30am</td>
<td>ThyCa-South Bay: Thyroid Cancer Networking 10am - 12pm</td>
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<td>Prostate Cancer 4:30 - 6:30pm</td>
<td>Cancer Patient Group 5 - 7pm</td>
<td>Celebrando la Vida 5pm - 7pm</td>
<td>Catalina Island Rugby Festival in support of CSCRB • 8am - 5pm</td>
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<tr>
<td>Guided Meditation 5pm - 5:45pm</td>
<td>Gentle Hatha Yoga 6 - 7pm</td>
<td>Sound Therapy 9am - 10am</td>
<td>(See page 6 for location info)</td>
</tr>
<tr>
<td>Cancer Patient Group 6 - 8pm Family/Partners Group Newly Diag Breast Cancer</td>
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<td>Lunch Discussion: Anger, Forgiveness &amp; Acceptance 1pm - 2:30pm</td>
<td>Kendra Gives Back Manicure Party (12pm - 3pm)</td>
</tr>
<tr>
<td>9 Early Yoga 10:30am - 11:30am</td>
<td>Morning Yoga 10 - 11:15am</td>
<td>Ocean View Tai Chi 9:30am</td>
<td>Free Yoga on the Octagon 10am - 11am</td>
</tr>
<tr>
<td>Women’s Cancer Group 10:30am - 12:30pm</td>
<td>Leukemia/Lymphoma 1 - 3pm</td>
<td>Welcome Meeting 11am</td>
<td>Fit &amp; Well Worth It 10:45am - 12pm</td>
</tr>
<tr>
<td>Kaiser Prostate Cancer 5 - 7pm</td>
<td>Cancer Patient Group 2 - 4pm</td>
<td>Basic Yoga 11am - 12pm</td>
<td>Sarcoma Alliance 11am - 1pm</td>
</tr>
<tr>
<td>Guided Meditation 5 - 5:45pm</td>
<td>Teens Grief 4:30 - 6pm</td>
<td>Lunch Discussion: Healing Powers of Fresh Herbs 1pm - 2:30pm</td>
<td>Knit for Life 11am - 12pm</td>
</tr>
<tr>
<td>Cancer Patient Group 6 - 8pm Family/Partners Group Newly Diag Breast Cancer</td>
<td>Long Beach Cancer Group 5 - 7pm</td>
<td>Crystal Alchemy Bowl Sound Meditation 3pm - 4:30pm</td>
<td>(See page 7 for event information)</td>
</tr>
<tr>
<td>10 Early Yoga 10:30am - 11:30am</td>
<td>Morning Yoga 10 - 11:15am</td>
<td>Ocean View Tai Chi 9:30am</td>
<td>Writing for Wellness 9am - 12pm</td>
</tr>
<tr>
<td>Women’s Cancer Group 10:30am</td>
<td>Leukemia/Lymphoma 1 - 3pm</td>
<td>Welcome Meeting 11am</td>
<td>Lung Cancer Networking 10:30am - 12:30pm</td>
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<tr>
<td>Kids Grief Group 4pm - 5:30pm</td>
<td>Cancer Patient Group 2 - 4pm</td>
<td>Basic Yoga 11am - 12pm</td>
<td>Fit &amp; Well Worth It 10:45am - 12pm</td>
</tr>
<tr>
<td>Prostate Cancer 4:30 - 6:30pm</td>
<td>Teens Connect 4:30 - 6pm</td>
<td>Celebrando la Vida 5pm - 7pm</td>
<td><em>See page 7 for event information</em></td>
</tr>
<tr>
<td>Guided Meditation 5pm - 5:45pm</td>
<td>Cancer Patient Group 5 - 7pm</td>
<td>Beginning Hanna Somatic 3pm - 4:30pm</td>
<td>Tour de Pier™</td>
</tr>
<tr>
<td>Cancer Patient Group 6 - 8pm Family/Partners Group Newly Diag Breast Cancer</td>
<td>Gentle Hatha Yoga 6 - 7pm</td>
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</tr>
<tr>
<td>11 Early Yoga 10:30am - 11:30am</td>
<td>Morning Yoga 10 - 11:15am</td>
<td>Ocean View Tai Chi 9:30am</td>
<td>The 25th Annual Catalina Island Rugby Festival In Support of CSCRB</td>
</tr>
<tr>
<td>Women’s Cancer Group 10:30am</td>
<td>Leukemia/Lymphoma 1 - 3pm</td>
<td>Welcome Meeting 11am</td>
<td>Saturday, May 5</td>
</tr>
<tr>
<td>Kids Grief Group 4pm - 5:30pm</td>
<td>Cancer Patient Group 2 - 4pm</td>
<td>Basic Yoga 11am - 12pm</td>
<td>8am - 5pm</td>
</tr>
<tr>
<td>Prostate Cancer 4:30 - 6:30pm</td>
<td>Teens Connect 4:30 - 6pm</td>
<td>Reiki Energy Circle 12:30pm - 3pm</td>
<td><a href="http://www.CatalinaRugby.org">www.CatalinaRugby.org</a></td>
</tr>
<tr>
<td>Guided Meditation 5 - 5:45pm</td>
<td>Cancer Patient Group 5 - 7pm</td>
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</tr>
<tr>
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</tr>
<tr>
<td>12 Early Yoga 10:30am - 11:30am</td>
<td>Morning Yoga 10 - 11:15am</td>
<td>Ocean View Tai Chi 9:30am</td>
<td></td>
</tr>
</tbody>
</table>
1st & 3rd Thursdays
April 5 & 19, May 3 & 17
4:30pm - 6:00pm
Teens Connect is a support group for teens ages 13-17 who have a family member battling cancer. Teens will explore their feelings of fear, guilt, confusion, anger and neglect. They will also learn life coping skills to help them deal with changing events in their lives that will help them into adulthood.

Teens Grief & Transition Group
April 12 & 26, May 10 & 24
4:30pm - 6:00pm
This transitional support group is for teens who are grieving the loss of a parent, grandparent, sibling or any other family member with cancer. In a small, support group setting, teens 13-17 years old will be supported through understanding death and loss and be guided through the grieving process. For more information or to register, please contact Jill Gray, LMFT at 310-376-3550 x112.

2nd & 4th Tuesdays: April 10, 24 and May 8, 22
5pm - 6:30pm
Kid’s Community® is a free support program for children 5-12 who have a family member with cancer. This group offers children an opportunity to make friends and learn new skills for living with the stresses of having cancer in the family. In a small, supportive group setting, children will talk, learn, and grow together with other children living with cancer.

Kids Grief & Transition Group
1st & 3rd Wednesday • April 4 & 18, May 2 & 16
4pm - 5:30pm
CSCRB offers a support group for children ages 5-12 who are grieving the loss of a parent, grandparent, sibling, or any other family member to cancer.

In a small, supportive group setting, children will be supported through understanding death and loss and be guided through the grieving process.

The goal of the group is to normalize the healing process. Activities such as art and play will be utilized. For more information please contact Jill Gray, MA, LMFT, MFC 99995, Kids Community Coordinator at 310-376-3550 or email jill@cancersupportredondobeach.org.

KIDS COMMUNITY

Breast Cancer Support Group
Every Tuesday • 5:30pm - 7:30pm
Providence Little Company of Mary San Pedro
1300 W. 7th Street, San Pedro, CA 90732
Meet at Conference Room D
A support and educational group for women diagnosed with breast cancer.

Cancer Support Group
1st & 3rd Mondays • 6:30pm - 8pm
For people with cancer, their families and friends. Drop-in attendees welcome.
Orange County Mission Hospital - Conference Center
26726 Crown Valley Pkwy, Mission Viejo, 92691

Embrace Kids Program
Torrance Unified School District
Lawndale Elementary School District
Manhattan Beach Unified School District
Embrace Kids is a free, one hour in-school program that helps support children ages 5-13 who have a family member battling cancer. We are currently providing support at Torrance Unified School District, Lawndale Elementary School District and Manhattan Beach Unified School District. For more information please contact Jill Gray or Nancy Lombiao at 310-376-3550.

GROUPS, PROGRAMS & ACTIVITIES PROVIDED AT OTHER LOCATIONS

Prostate Cancer Support Group
2nd Wednesday • 5pm - 7pm
April 11 and May 9
Kaiser Permanente Parkview Building
3rd Floor Conference Rm at PCH Entrance
1050 Pacific Coast Hwy, Harbor City, CA 90710

General Cancer Support Group
2nd Wednesday • Spanish • 9:30am - 11am
4th Friday • English • 9:30am - 11am
Harbor-UCLA Outpatient Cancer Clinic
1000 W. Carson St, Torrance, CA 90509

Long Beach Memorial Medical Center
Todd Cancer Institute Pavilion • 2810 Long Beach Blvd., Long Beach, CA 90806 – 2nd Floor, Group Room #2

Cancer Patient Group
Facilitated by Jo Ann Panitch, LMFT
Every Thursday • 5pm - 7pm

Spousal Bereavement Group
Facilitated by Dr. Stephen Lottenberg
Monday, April 9 & 23 • 5pm - 7pm
Monday, May 14 • 5pm - 7pm
Wednesday, May 30 • 5pm - 7pm

Individual, Couples & Family Counseling
Cancer Support Community Redondo Beach offers free short-term counseling to Community members, to couples and family members. Joining a weekly support group is also strongly encouraged.

Attendance at a Welcome Meeting is required before beginning counseling. The counseling is short-term and provided by our graduate interns under the supervision of our licensed clinical staff. For information, please contact Nancy Lombiao, MS, LMFT at 310-376-3550.

Celebrando La Vida Grupo en Redondo Beach
Primer y Tercer viernes • cada mes
Viernes en la tarde a las 5 a 7pm.
La ubicación: Cancer Support Community 109 W. Torrance Blvd. Redondo Beach
Grupo de apoyo gratuito, en español, para pacientes, sobrevivientes y familiares combatiendo el cáncer.
Favor de llamar a: Juan Altamirano – 310-210-6685 para más información y confirmar su presencia.

“Fit And Well Worth It”
End Results Health & Wellness Center
24402 Hawthorne Blvd, Torrance, 90505
Their one-to-one attention will be well worth your time and effort. Don’t hesitate if you never considered this aspect of recovery, health and activity; offered to CSC participants, cancer survivors & their support persons. Call to book a session. RSVP 24 hours in advance is appreciated. Space is limited. Saturdays & Sundays • 10:45am 424-390-4008

“Cancer WellFit” • Bay Club Redondo Beach
formerly Spectrum Club Redondo Beach
819 North Harbor Drive, Redondo Beach, CA 90277
This exercise program is a 10-week group mind/body fitness course designed for adult cancer survivors that are less than a year out of treatment. The group classes focus on resistance and flexibility training to help improve functional ability. To register please call Dan Schwab at 310-376-9443.

Kundalini Yoga • We Love Yoga
2038 E. 4th Street, Long Beach, CA 90814
562-396-4230, Move & breathe with us to find, solace, to heal, to expand, to commune and to acquire true knowledge of your glorious self through YOGA. Kundalini Yoga classes are offered to Cancer Support Community participants. Call We Love Yoga or Cancer Support Community for schedule.
UPCOMING FUNDRAISERS

Kendra Gives Back Manicure Party
Saturday, May 12 | 12pm - 3pm

Kendra Scott at The Point
830 S Sepulveda Blvd #114
El Segundo, CA 90245

Get your Mother’s Day shopping done here, whether it’s for your mom, your friend, or yourself! When you shop at our Kendra Gives Back party, 20% of all proceeds go to Cancer Support Community Redondo Beach PLUS when you spend $100 or more you will get a FREE nail polish change by a professional manicurist in-store!

Sunday, June 24 • South Coast Botanic Garden
CelebrateWellness.org

Relax on a warm, summer afternoon in the garden. Sample delectable cuisine from some of the area’s finest restaurants and caterers, taste exquisite wines from notable vintners, and enjoy specialty beverages. As you stroll and mingle, bid on fabulous items in the silent and live auctions. Enter for a chance to win a cruise for two of up to 7 days to Alaska, the Caribbean, Mexico or Canada/New England. Opportunity Drawing tickets are $20 for 1 entry or 3 entries for $50 (you do not have to be present to win).

JOIN THE FIGHT!

Ride the Nite
Saturday, May 19 | 7:30pm - 8:30pm
Manhattan Beach Pier
RidetheNite.com

Join us the night before Tour de Pier for the inaugural Ride the Nite, a sunset stationary cycling ride. As the sun sets over the iconic Manhattan Beach Pier, riders tune in via wireless headsets for an exclusive ride with Fit On instructor Chrissy Roth. As the night sky sets in, participants are immersed in brilliant lights to create a surreal riding experience.

Tour de Pier
Sunday, May 20 | 7:30am - 1:30pm
Manhattan Beach Pier
TourdePier.com

The 6th Annual Tour de Pier is a unique fundraising event that brings one of the hottest indoor fitness activities - stationary cycling - to the gorgeous outdoors of Manhattan Beach. Ride in place with an ocean view! Ride for an hour or all 5 and bring your friends for a day of fun as we raise funds for 3 amazing cancer charities! The South Bay’s best instructors and celebrity guests will spin you through a session with energizing music, celebrity guests, and loads of excitement! In addition to the cycling portion of Tour de Pier, the event will include a Health & Fitness Expo with a number of fitness / health related sponsors; a Fun Zone with games, and bounce houses.

Are you newly diagnosed?

Talking with someone who has lived with cancer can be comforting and reduce the sense of anxiety and isolation that a cancer diagnosis brings. Patients participating in this program are matched with peer support volunteers based on diagnosis, cancer stage, age, gender or by preference of the person seeking support.

Email jill@cancersupportredondobeach.org or call us at 310-376-3550 x 108 for more information.

Our Partners Who Provide $25,000 Or More In Support Of Our Programs:

- Beach Cities Health District
- Hirshberg Foundation
- Peninsula Community Foundation

Help CSCRB by shopping at your favorite stores!

CSCRB has raised $1,000 so far with the Benefit app! Benefit is a free iPhone or Android app that can be used to pay for your everyday purchases. A percent (up to 20%) of your purchase goes directly back to Cancer Support Community Redondo Beach! Retailers like Starbucks, The Home Depot, Target, Amazon and many more! Download the app and add Cancer Support Community Redondo Beach as your beneficiary to start giving! For more information, please visit:

www.benefit-mobile.com
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Nancy Lombao, MS, LMFT36645 · Program Director/CCO  
Pamela Martis · Accountant/Development Coordinator  
Nida Padilla · Program Manager  
Theresa Flakos · Public Relations Director  
Judith Opdahl · Director Emerita, Planned Giving & Legacy Gifts  
Juan Altamirano · Spanish Coordinator  
Jill Gray, MA, LMFT, MFC 99995 · Cancer Support Navigator and Kids Community Coordinator  
Meil Padilla · Events Manager  
Nicole Torres · Office Manager  

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Sharon Feigenbaum, MA, LMFT, MFC 98511  
Jill Gray, MA, LMFT, MFC 99995  
Stephen Lottenberg, MD, PsyD, G41490  
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**Help Us Go Green!**

Send your email address to info@cancersupportredondobeach.org to receive a digital copy. To get the calendar online, visit cancersupportredondobeach.org  
This convenient option reduces paper waste, saves printing costs and gives instant access to the most current updates.  

**Mission Statement of the Cancer Support Community**

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.

**Address**

109 W. Torrance Boulevard  
Redondo Beach, CA 90277  

**Contact Information**

310-376-3550  
310-372-2094  
info@cancersupportredondobeach.org  
www.CancerSupportRedondoBeach.org  

**Metro**

#130, #215, #439 all stop at the end of Torrance Blvd.