### FEBRUARY | MARCH 2018 CALENDAR

#### 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>Group Name</th>
<th>Date</th>
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<tr>
<td>Every Monday</td>
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<tr>
<td>Breast Cancer Group</td>
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<td>Cancer Patient Group</td>
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<td>Family groups</td>
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<td>Yoga &amp; Tai Chi</td>
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#### Mind-Body Activities

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

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#### 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.

**Tuesdays**
- Cancer Patient Group • 6 - 8pm
- Family/Partners • 6 - 8pm
- Breast Cancer Group • 6 - 8pm

**Wednesdays**
- Women’s Cancer Group • 10:30am - 12:30pm
- Cancer Patient • 6 - 8pm
- Family/Partners • 6 - 8pm
- Newly Diagnosed Breast Cancer • 6 - 8pm

**Thursdays**
- Cancer Patient • 2 - 4pm & 6 - 8pm
- Family/Partners • 6 - 8pm
- Newly Diagnosed Breast Cancer • 6 - 8pm

**Family Bereavement Group**
Drop-in meeting. Meets on Monday, Feb 5 & 19; Mar 5 & 19; Tuesday, Feb 13 & 27; Mar 13 & 27.

**CANCER SUPPORT COMMUNITY**

Redondo Beach

**KIDS COMMUNITY**

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

Educational Programs & Presentations

Thyroid Cancer with Carole Spencer, MT, PhD, FACB  Saturday, Feb 3 • 10am - 12pm
Dr. Carole Spencer will present on 2017 update on Thyroglobulin (Tg) and Tg antibody measurements used to monitor patients treated for differentiated thyroid cancer (DTC). She is an expert in the field and is a member of ThyCa’s Medical Advisory Council. Her enlightening presentations always stimulate a lot of discussion. This is an opportunity to get all your questions answered about your thyroid lab tests. Dr. Spencer received her Ph.D. from the Department of Medicine of Glasgow University, Scotland. Dr. Spencer is Professor of Medicine at USC and director of the USC Endocrine Services Laboratory.

Mona Lisa Touch with Shelby Morrissoe, MD  Thursday, Feb 8 • 6pm - 7pm
MonaLisa Touch is a CO2 laser, non-hormonal treatment that stimulates natural healing response for external dryness/pain/recur/urinary incontinence. MonaLisa Touch is a revolutionizing treatment for all women with atrophy symptoms, but in particular, women undergoing treatment for breast cancer or breast cancer survivors. Mr. Morrissoe, the only female urologist in the South Bay, bridges the gap between gynecologic and urologic medicine. She is a board-certified urologist with fellowship sub specialization in Female Pelvic Medicine and Reconstructive Surgery.

Lunch Discussion: Your Virtual Advocate – chemoWave App  Friday, Feb 9 • 1pm - 2:30pm
Learn about a new tool to help take control of your cancer journey. chemoWave is a free app, empowers you to 1) Track everything (symptoms, side effects, meds, moods, appointments and more), 2) Discover personal patterns and actionable insights and 3) Share a complete account of your experience with your doctor. Matt Lashey drew from his research and analytics experience to create an app to help navigate treatment, after his partner was diagnosed with cancer. 12:30 - 1:00pm Lunch and Social Time. Lunch donated by the world famous "THE SPOT" restaurant in Hermosa Beach.

Kids Community Redondo Beach Fire Department Tour  Saturday, Feb 10 • 9am - 10am
Kids will take a station tour, explore a fire engine, inspect tools and equipment and see a fully-suited firefighter! RSVP required by February 7. Space is limited to 15 children.

Kids Community & Kids Grief: Valentine's Day Crafts With Nancy  Tues, Feb 13 • 5pm - 6pm
Get ready for Valentine's Day! We’ll join us on February 13th to make Valentine's cards and crafts with Nancy! This event takes place during the regularly scheduled Kids Community support group.

Lunch Discussion: Self-Hypnosis with Duncan Tooley  Friday, Feb 23 • 1pm - 2:30pm
Experience a completely safe group self-hypnosis and take-away the tools to repeat it yourself anytime. Though not magic, the profound results of hypnosis often seem like magic. Hypnosis lets you release and reprogram an attitude, behavior or automatic response, e.g. your experience of pain. Self-Hypnosis empowers you to design and perform this creative reprogramming work on yourself. Taught by Duncan Tooley, Certified Hypnosis Instructor with 10+ years medical hypnosis experience and author of “End Pain and Feel Great Again!” 12:30 - 1:00pm Lunch and Social Time. Lunch donated by the world famous “THE SPOT” restaurant in Hermosa Beach.

Support & Well-being

Pain Management Class with Claudia Welch  Tuesday, Feb 13 • 11am - 12pm
Pain Management class provides a hands-on approach to pain with discussions of different topics each month. First of two parts of a series of “Feeling Better from A to Z”, this month will use the letters A to M to offer practical strategies to simply feel better. Claudia Welch has been a facilitator for the American Chronic Pain Association since 2009.

Get Creative

Writing For Wellness with Barbara Force  Saturday, Feb 10 • 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.

Chemocessories with Iris Lee Knell  Monday, Feb 12 • 4:30pm - 6pm
Having a positive attitude and looking better has a way of helping cancer patients feel better and helps during recovery. Attendees will learn how to accessorize with jewelry, scarves, and more and will receive complimentary sets of accessories.

Mind-Body Activities

Therapeutic Restorative Yoga with Barb Phillips 1st & 3rd Tuesday, February 6 & 20 • 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, OTD, OTR/L, Doctor of Occupational Therapy. Class limited to 8 people.

Beginning Hanna Somatic with Ken Lew  Friday, Feb 16 • 3pm - 4:30pm
Join us in this introductory Hanna Somatic class to help relieve chronic pain, joint stiffness or if you have difficulty moving with ease. Ken will help you solve issues for more flexibility and good body movement patterns.

Melt Method with Nancy Starr  Tuesday, Feb 20 • 11:30am - 12:45pm
The Melt Method is a self-help technique (using small balls on the hands and feet) designed to release the nervous system and rehydrate the connective tissue. The class is taught by Nancy Starr, a massage therapist for the past 11 years and Melt instructor for the past 3 years.

Reiki Energy Circle  Friday, Feb 23 • 12:30pm - 3pm
Facilitated by Lovita Tran and other Reiki Masters from the South Bay. In a group setting, learn to share and experience giving and receiving. Join us in this Circle using Reiki energy techniques.

Free Yoga on the Redondo Beach Octagon!

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

500 Fisherman’s Wharf, on the Octagon where The Pier meets the International Boardwalk below Kincad’s.

MONDAY

5

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

6

- Cardio For Wellness 9:30am
- Tai Chi 1pm - 2pm
- Relaxation & Visualization 5-5:45pm
- Breast Cancer Support Group 5:30pm - 7:30am - San Pedro
- Cancer Patient Group 6 - 8pm
- Family/Partners Group
- Breast Cancer Group
- Therapeutic Restorative Yoga 6 - 7pm

12

- Gentle Yoga 1:30pm - 2:45pm
- Spousal Bereavement Group 5pm - 7pm - Long Beach
- Young Cancer Survivorship 6pm - 8pm
- Welcome Meeting 6pm
- Chemocessories 4:30pm - 6pm

19

- HOLIDAY CLOSEUP
- Cancer Support Community Redondo Beach will be closed on Monday, February 19 in observance of Presidents Day.
- Family Bereavement & Colo-Rectal Groups will meet as scheduled

26

- 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

27

- Cardio For Wellness 9:30am
- Tai Chi 1pm - 2pm
- Relaxation & Visualization 5-5:45pm
- Breast Cancer Support Group 5:30pm - 7:30am - San Pedro
- Cancer Patient Group 6 - 8pm
- Family/Partners Group
- Breast Cancer Group
- Melt Method 11:30am - 12:45pm
- Therapeutic Restorative Yoga 6 - 7pm

TUESDAY

Get Creative

Cardio For Wellness 9:30am
Tai Chi 1pm - 2pm
Relaxation & Visualization 5-5:45pm
Breast Cancer Support Group 5:30pm - 7:30am - San Pedro
Cancer Patient Group 6 - 8pm
Family/Partners Group
Breast Cancer Group
Pain Management 11am - 12pm
Kids Community & Kids Grief Valentine’s Day Crafts 5pm - 6pm

Cardio For Wellness 9:30am
Tai Chi 1pm - 2pm
Relaxation & Visualization 5-5:45pm
Breast Cancer Support Group 5:30pm - 7:30am - San Pedro
Cancer Patient Group 6 - 8pm
Family/Partners Group
Breast Cancer Group
Pain Management 11am - 12pm
Kids Community & Kids Grief Valentine’s Day Crafts 5pm - 6pm

Cardio For Wellness 9:30am
Tai Chi 1pm - 2pm
Relaxation & Visualization 5-5:45pm
Breast Cancer Support Group 5:30pm - 7:30am - San Pedro
Cancer Patient Group 6 - 8pm
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Melt Method 11:30am - 12:45pm
Therapeutic Restorative Yoga 6 - 7pm

Cardio For Wellness 9:30am
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Melt Method 11:30am - 12:45pm
Therapeutic Restorative Yoga 6 - 7pm
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| 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 | Ocean View Tai Chi 9:30am  
Welcome Meeting 11am  
Basic Yoga 11am - 12pm  
Celebrando la Vida 5pm - 7pm | ThyCa-South Bay: Thyroid Cancer Networking 10am - 12pm  
Carcinoid & Neuro-Endocrine Tumor Networking 10:30am - 12:30pm  
Fit & Well Worth It 10:45am - 12pm  
Thyroid Cancer Discussion 10am - 12pm |          |
| 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 | 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 | Welcome Meeting 11am  
Basic Yoga 11am - 12pm  
Lunch Discussion: ChemoWave App 1pm - 2:30pm | Writing for Wellness 9am-12pm  
Free Yoga on the Octagon 10am - 11am  
Fit & Well Worth It 10:45am - 12pm  
Sarcoma Alliance 11am - 1pm  
Kids Community Fire Station Tour RSVP Required 3pm - 4pm |
| 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 | Morning Yoga 10am - 11:15am  
Cancer Patient Group 2 - 4pm  
Teens Connect 4:30pm - 6pm  
Cancer Patient Group 5 - 7pm  
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Gentle Hatha Yoga 6 - 7pm  
Cancer Patient Group 6 - 8pm  
Family/Partners Group  
Newly Diag Breast Cancer | Welcome Meeting 11am  
Basic Yoga 11am - 12pm  
Celebrando la Vida 5pm - 7pm  
Beginning Hanna Somatic 3pm - 4:30pm | Lung Cancer Networking 10:30am - 12:30pm  
Fit & Well Worth It 10:45am - 12pm |
| 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  
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Cancer Patient Group 6 - 8pm  
Family/Partners Group  
Newly Diag Breast Cancer | Ocean View Tai Chi 9:30am  
Welcome Meeting 11am  
Basic Yoga 11am - 12pm  
Lunch Discussion: Self-Hypnosis 1pm - 2:30pm | Fit & Well Worth It 10:45am - 12pm |
| 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 | Ocean View Tai Chi 9:30am  
Welcome Meeting 11am  
Basic Yoga 11am - 12pm  
Lunch Discussion: Self-Hypnosis 1pm - 2:30pm |          |          |

**Return to Wellness**  
Next Series starts Saturday, March 10 • 1pm

Return to Wellness (RTW) is a FREE eight week program designed to empower people with cancer who have recently completed treatment. This post-treatment program will provide exercise, stress management, information and emotional support. RTW is made possible by a generous grant from the Downey-Short Foundation and in collaboration with Beach Cities Health District - bchd.org. If you are interested in joining please contact Nida Padilla, Program Manager at 310-376-3550 or nida@cancersupportredondobeach.org
Educational Programs & Presentations

San Antonio Breast Cancer Symposium Update  Thursday, March 1 • 6pm - 7:30pm
Learn the latest information from the 2017 San Antonio Breast Cancer Symposium held this past December. Please join us as we learn about new advances in treating breast cancer, lowering risk in high-risk women, and radiation therapy benefits. Dr. Farzin Peddi is a hematologist oncologist who practices in West LA and is Assistant Professor of Medicine at UCLA.

Lunch Discussion: Side Effects Program - Fatigue  Friday, March 2 • 1pm - 2:30pm
Arash Asher, MD will discuss the non-pharmacologic management of pain, cancer-related fatigue, insomnia, neuropathy, exercise prescription for cancer patients and the management of weakness and other musculoskeletal problems. His clinical and research interests focus on the rehabilitation of cancer patients to help restore their maximal functional capacity and quality of life. He has a special interest in the physical and rehabilitation needs of cancer survivors who continue to experience the effects of their cancer or its treatment. Dr. Asher is the Director of Cancer Survivorship & Rehabilitation at the Samuel Oschin Comprehensive Cancer Institute at Cedars-Sinai. 12:30 – 1:00pm Lunch and Social Time. Lunch donated by the world famous "THE SPOT" restaurant in Hermosa Beach.

Brown Bag Cinema  Friday, March 9 • 12:30pm - 2pm
As a monthly social gathering with 90 minutes of good company and a relaxed atmosphere while we provide the movie of the month, drinks and popcorn. Please call for movie of the month.

Side Effects Program - Sexuality & Intimacy with Paula Anastasia  Monday, March 12 • 6pm - 7pm
Paula Anastasia RN, MN, AOCN, will provide informative and engaging information on sexuality and intimacy after a cancer diagnosis. Paula Anastasia is a Gyn-Oncology Clinical Nurse Specialist at Cedars Sinai Medical Center. She has over 30 years experience as an oncology nurse, public speaker, and author in the field of gynecologic malignancies.

Side Effects Program - Medical Cannabis with Bonni Goldstein  Wednesday, March 14 • 6pm - 8pm
Dr. Goldstein will discuss the benefits of using medical marijuana to ease side effects of cancer treatment. Learn the right information about the popular and scientific data with using medical marijuana and how to obtain a doctor’s recommendation to medical marijuana. Presented by Bonni Goldstein, MD, Medical Director, with Marijuana Medicine Evaluation Centers.

Lunch Discussion: Side Effects Program - Bone Health & Cancer with Jenny Alcala  Friday, March 16 • 1pm - 2:30pm
Cancer treatment may cause Osteoporosis. Osteoporosis causes your bones to get weak and may cause them to break. The good news is that osteoporosis can often be prevented and treated. Please join us at our program to learn how you can prevent bone loss and possible broken bones. Jenny Alcala-Alonso is a Health Promotion Representative at Independence at Home. 12:30 – 1:00pm Lunch and Social Time. Lunch donated by the world famous "THE SPOT" restaurant in Hermosa Beach.

Lunch Discussion: Side Effects Program - Emotional Side Effects of Treatment with Donna Ehlers, MD, Friday, March 23 • 1pm - 2:30pm
Cancer diagnosis and treatment may bring a range of emotions such as anger, anxiety, depression, uncertainty, denial, and more. Dr. Ehlers will focus on mindfulness and cognitive tools to cope with the emotional side effects of cancer. Dr. Ehlers, Board Certified Psychiatrist with Kaiser Permanente. 12:30 – 1:00pm Lunch and Social Time. Lunch donated by the world famous "THE SPOT" restaurant in Hermosa Beach.

Support & Well-being

Pain Management Class with Claudia Welch  Tuesday, March 13 • 11am - 12pm
This class promotes a holistic approach to pain with discussions on different topics each month. Each month will be a two part series of "Feeling Better From A to Z", this month will use the letters N to Z to CONTINUE the journey of discovering ways to manage our pain. Claudia Welch has been a facilitator for the American Chronic Pain Association since 2009.

Get Creative

Writing For Wellness with Barbara Force  Saturday, March 17 • 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, March 6 & 20 • 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, OTD, OTFF, Doctor of Occupational Therapy. Class limited to 8 people.

Beginning Hanna Somatic with Ken Lew  Friday, March 16 • 3pm - 4:30pm
Join us in this introductory Hanna Somatic 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.

Crystal Alchemy Bowl Sound Meditation  Monday, March 19 • 3pm - 4:30pm
Bathe in the sound of the rich, pure, vibrant tones of the crystal alchemy singing bowls and experience a deep relaxing, rejuvenating and overall well-being and meditation. Jerelyn Glass will utilize awareness techniques which in conjunction with the alchemy singing bowls guide you to a state of clarity, creativity and assist the mind and body in self-healing.

Hanna Somatic Movement Therapy  Wednesday, March 28 • 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 Jafari will teach attendees Somatic Movement Therapy in effectively resolving such issues. Dr. Jafari is a Yoga Therapist and Hanna Somatic Educator in the Tradition of Thomas Hanna.

WORKSHOPS & EVENTS

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

WORKSHOP/EVENT (Please RSVP)

MONDAY

5  Gentle Yoga  1:30pm - 2:45pm
   Restorative Yoga  6pm - 7pm
   Welcome Meeting  6pm
   Life After Cancer  6pm - 8pm
   Family Bereavement Group  6 - 8pm
   Side Effects Program - Sexuality and Intimacy 6pm - 7pm

12  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
   Side Effects Program - Sexuality and Intimacy 6pm - 7pm

19  Gentle Yoga  1:30pm - 2:45pm
   Restorative Yoga  6pm - 7pm
   Welcome Meeting  6pm
   Colo-Rectal Nwkg  6pm - 8pm
   Family Bereavement Group  6 - 8pm
   Crystal Alchemy Bowl Sound Meditation  3pm - 4:30pm

26  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

TUESDAY

5  Cardio For Wellness  9:30am
   Tai Chi  1pm - 2pm
   Relaxation & Visualization  5-5:45pm
   Breast Cancer Support Group  5:30pm - 7:30pm - San Pedro
   Cancer Patient Group  6 - 8pm
   Family/Partners Group  Breast Cancer Group
   Therapeutic Restorative Yoga  6 - 7pm

12  Cardio For Wellness  9:30am
   Tai Chi  1pm - 2pm
   Family Bereavement Group  3 - 5pm
   Parenting Through Cancer  5 - 6:30pm
   Relaxation  5pm - 5:45pm
   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

20  Cardio For Wellness  9:30am
   Tai Chi  1pm - 2pm
   Relaxation & Visualization  5-5:45pm
   Breast Cancer Support Group  5:30pm - 7:30pm - San Pedro
   Cancer Patient Group  6 - 8pm
   Family/Partners Group  Breast Cancer Group
   Melt Method  11:30am - 12:45pm
   Therapeutic Restorative Yoga  6 - 7pm

27  Cardio For Wellness  9:30am
   Tai Chi  1pm - 2pm
   Relaxation  5pm - 5:45pm
   Breast Cancer Support Group  5 - 5pm
   Family Bereavement Group  3 - 5pm
   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

NETWORKING GROUP (Drop-in)

MONDAY

5  Gentle Yoga  1:30pm - 2:45pm
   Restorative Yoga  6pm - 7pm
   Welcome Meeting  6pm
   Life After Cancer  6pm - 8pm
   Family Bereavement Group  6 - 8pm
   Side Effects Program - Sexuality and Intimacy 6pm - 7pm

12  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
   Side Effects Program - Sexuality and Intimacy 6pm - 7pm

19  Gentle Yoga  1:30pm - 2:45pm
   Restorative Yoga  6pm - 7pm
   Welcome Meeting  6pm
   Colo-Rectal Nwkg  6pm - 8pm
   Family Bereavement Group  6 - 8pm
   Crystal Alchemy Bowl Sound Meditation  3pm - 4:30pm

26  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
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**KIDS GRIEF GROUP**

**Kids Grief and Transition Group**
1st and 3rd Wednesday
February 7 & 21, March 7 & 21
4:00pm - 5:30pm

Cancer Support Community Redondo Beach 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 jill@cancersupportredondobeach.org.

**1st & 3rd Thursdays**
February 1 & 15, March 1 & 15 • 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**
February 8 & 22, March 8 & 22 • 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.

**GROUPS, PROGRAMS & ACTIVITIES PROVIDED AT OTHER LOCATIONS**

**Prostate Cancer Support Group**
2nd Wednesday • 5pm - 7pm
February 14 & March 14
Kaiser Permanente Parkview Building 3rd Floor Conference Rm at PCH Entrance
1050 Pacific Coast Hwy, Harbor City, 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, February 12 & 26 • 5pm - 7pm
Monday, March 12 & 26 • 5pm - 7pm

**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 on 4 West
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 Lomibao at 310-376-3550.

**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.

**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 Lomibao, MS, LMFT at 310-376-3550.

**Celebrando La Vida Grupo en Redondo Beach**

Primero y Tercero viernes • cada mes
Viernes en la tarde a las 5 a 7 pm.
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.
UPCOMING FUNDRAISERS

ROCKE YOUR PINK CONCERT

BENEFITING
CANCER SUPPORT
COMMUNITY
REDONDO BEACH

FEATURING
CROW HILL

THURSDAY
February 8, 2018 @7:30pm
SAINT ROCKE
142 Pacific Coast Highway
Hermosa Beach

$10 door donation • 21+ only
For more information or to make a donation, please call us at 310-376-3550 or visit
www.CancerSupportRedondoBeach.org/CrowHill

SAVE THE DATE!

Tour de Pier™
Ride in place. Move charity forward.

Sunday, May 20, 2018
7:30am check in, event is 8:15am-1:30pm

EVENT DETAILS:
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!

THE RIDE:
Stationary bikes on The Strand overlooking the Manhattan Beach Pier. You can register for a five hour session and can either share the bike with team members or ride individually. The South Bay's best instructors and celebrity guests will spin you through a session with energizing music and loads of excitement and energy.

HEALTH & FITNESS EXPO:
In addition to the cycling portion of the Tour de Pier, our event includes a free Health & Fitness Expo, with ongoing music and entertainment, sampling of healthy food and beverages, as well as interactive health & fitness booths. Little ones can enjoy our Cardio Kids Zone with tot-sized stationary bikes, games, moon bounces and more.

LOCATION: The iconic Manhattan Beach Pier & Strand is located at 2 Manhattan Beach Blvd., Manhattan Beach, CA 90266

PEER TO PEER SUPPORT PROGRAM

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:

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
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.

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Paula R. Moore - Executive Director/CEO
Nancy Lomibao, MS, LMFT36645 - Program Director/CCO
Pamela Martis - Accountant/Development Coordinator
Nida Padilla - Program Manager
Theresa Pikas - 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
Mel Padilla - Events Manager
Nicole Torres - Office Manager

Licensed Mental Health Professionals
Anne Clary, LMFT, MFC 23879
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Jill Gray, MA, LMFT, MFC 99995
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Sandra Weiss, PhD, LMFT, MFC 6604

Graduate Interns
Kathy Brienko, Associate MFT, IMF 88305
Jackie Smuckler, Associate MFT, IMF 101910
Allison Adamovic, MFT Trainee
Jessica Dulin, MFT Trainee
Samantha Curiale, MFT Trainee
Linda Shrader, MFT Trainee
Nadine Shoukry, MFT Trainee
Vanessa Valdivia, MFT Trainee

*Please note that all Associate MFT and MFT Trainees are supervised by Nancy Lomibao, LMFT, LMFT36645

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This convenient option reduces paper waste, saves printing costs and gives instant access to the most current updates.

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