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.

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 & meditation. Thursdays with Efrat Pomerantz or Sandra Ruckdaschel. 10am - 11:15am

Gentle Hatha Yoga
In a supportive and welcoming environment, Maureen O’Connor & Sandra Ruckdaschel encourage students to move, breathe & observe sensations without attachment. Thursdays • 6pm - 7pm

Basic Yoga
Move all your major muscle groups while addressing any movement limitations. Appropriate for all levels of ability in any stage of recovery. With Michael Norder. Fridays • 11am - 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. October 2 & 16 from 6pm - 7pm.

Tai Chi
A graceful, slow & gentle exercise that improves balance and coordination as well as good physical & mental well-being. Anyone, old or young, strong or weak can benefit. With Instructor Les Kruczuk. Tuesdays • 1pm - 2pm

Ocean View Tai Chi
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

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 from 12:30pm - 3pm

Strength & Balance
A fun and energetic group exercise class that promotes the improvement of functional strength, balance and stability. With Mudaser Hakami. Wednesdays • 2:30pm - 3:30pm

Guided Meditation
With frequent practice & group support, you will discover the benefits of quieting your mind. With Christine Campisi or Farzaneh Jafari. Wednesdays • 5pm - 5:45pm

Writing For Wellness
This monthly program offers family and friends who are affected by cancer, ways to express themselves through writing. With Barbara Force. October 20 and November 17.

Welcome

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

Carcinoid & Neuro-Endocrine Tumor
1st Saturday • Oct 6 & Nov 3 10:30am - 12:30pm

Head & Neck Cancer
1st Thursday • Oct 4 & Nov 1 2pm - 4pm

Leukemia, Lymphoma & Multiple Myeloma
2nd Thursday • Oct 11 & Nov 8 1pm - 3pm

Life After Cancer
Monday, Oct 1 & Monday, Nov 5 • 6pm - 8pm

Young Cancer Survivorship*
Mondays • 6pm - 8pm

Young Cancer Survivorship (offsite)* 1st and 3rd Tuesday Oct 2, 16 and Nov 6, 20 • 6:30pm - 8pm, Lakewood Family YMCA, 5835 E. Carson Street, Lakewood, CA 90713

*young adults diagnosed with cancer before their early 40’s, regardless of current age.

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

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

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

Family Bereavement Group
Drop-in meeting. Meets on Monday, October 1, 15, 29 & November 5, 19. Tuesday, October 9, 23 & November 13, 27.
WORKSHOPS & EVENTS
Please pre-register for all Workshops & Events by calling 310-376-3550.

Head and Neck Networking Group Thursday, October 4 • 2pm – 4pm
Have you or a loved one been diagnosed with a head and neck cancer? Would you like to meet others dealing with similar issues? Join us as the group share and learn from others going through experiences similar to your own.

Sound Therapy Friday, October 5 • 9am – 10:30am
Sylwia will provide Sound Therapy using Tibetan Singing Bowls to soothe your mind, and body, and then tune up the frequencies to maximize your energy and health. Sylwia has been a Sound Therapy Practitioner since 2005.

Intro to Medical Qi Gong with Benj Sinskul, Medical Qi Gong Practitioner Saturday, October 6 • 10am – 12pm
Medical Qi Gong is one of the four foundational schools of traditional Chinese Medicine. Using experimental techniques, attendees will learn to sense chi fields and how the movement of energy affects everyone.

Mandala Hand Painted Stones and Canvas with Mindy Gonzales Monday, October 8 • 3pm – 5pm
In this hands on workshop, attendees will learn to paint through painting to transform anxiety, fear, and disconnection into a place of peace and connectedness within yourself. The mandala concept is to draw you in and encourage you to include yourself or think of yourself within the mandala painting. All supplies will be provided. Limited to 12 people.

Medicare with Joanna Fawzy Morales, Esquire Thursday, October 11 • 5:30pm – 7:30pm
More than 50 million Americans rely on Medicare for their healthcare needs. Whether you have been on Medicare for years, or this is the first year you are eligible, you may still have questions about how to make choices about your coverage. This seminar covers the basics of Medicare, including how to qualify, the different “parts” and enrollment periods, and what to think about when making changes to your coverage during open enrollment.

Lunch Time Discussion: Health Boosting Effects of Pumpkin with Paula Marchica, RN, Integrative Nutrition Health Coach Friday, October 12 • 1pm – 2:30pm
This talk will be about the many health boosting effects of pumpkin, pumpkin seeds and pumpkin oil and its contribution to overall health, anti-inflammation and cancer prevention. Following the discussion there will be a demonstration of cooking with pumpkin in a few different recipes, samples to distribute and recipes for participants to take home.

Crystals Alchemy Bowl Sound Meditation Monday, October 15 • 3pm – 4:30pm
Bathe in the sound of the rich, pure, vibrant tones of the crystal alchemy singing bowls and experience healing, rejuvenation, state of well-being and meditation. Sylwia 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. Jeralyn Glass is a Professor of Voice and an international performing artist.

Counselling Cancer Related Cognitive Changes Monday, October 15 • 6pm – 7pm
Linda Ercoli, PhD, UCLA psychologist, will focus on understanding the possible causes of cancer related cognitive difficulties and how to compensate for them using cognitive exercises and strategies.

Lunch Time Discussion: Mind Mapping in Challenging Times Friday, Oct 19 • 1pm – 2:30pm
Has a cancer diagnosis turned your world upside down? In this hands-on workshop, participants are introduced to Mind Mapping, a problem-solving tool used for centuries by writers, scientists, educators and psychologists. Joana Breckner, is a three times 5-year oral cancer survivor, motivational speaker and Cancer advocate. Janet Solie, is a 6-year breast cancer survivor, Duke trained integrative health coach and motivational speaker. 12:30 – 1:00pm Lunch and Social Time Lunch donated by the world famous “THE SPOT” restaurant in Hermosa Beach.

Beginning Hanna Somatic with Ken Lew Friday, October 19 • 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.

Energy of Food Saturday, October 20 • 10am – 12pm
Benj Sinskul will discuss the Classical Chinese Medicine perspective of the energetics of food. Is food medicine or medicine food?

New Radiation Technologies for Breast Cancer with Thrya Endicott, MD Thursday, October 25 • 5:30pm – 7pm
Dr. Endicott will discuss intensity-modulated radiation therapy, partial breast treatment with in-dwelling catheter or external highly conformal techniques, techniques for reducing the risk of lymphedema and for avoiding dose to the heart and other normal structures. She will also discuss short courses of treatment and for whom those are appropriate and talk about surveillances for low risk breast cancer. Dr. Thyra Endicott received her BA from Harvard and completed a year of residency at UCLA before joining the staff at Torrance Memorial Medical Center.

Lunch Time Discussion: Self-Empowerment Struggle with Jenneke Van Veen, MSC & Professional Certified Coach Friday, October 26 • 1pm – 2:30pm
This free workshop will teach you 4 different empowerment styles that you can choose from, when the struggle gets real. Learn how to design an alliance with existing members of your cancer support team and identify who is missing! Janneke van Veen, diagnosed in 2016 at 37 years old, is a Los Angeles based Leadership Coach and facilitator. 12:30 – 1:00pm Lunch and Social Time. Lunch donated by the world famous “THE SPOT” restaurant in Hermosa Beach.

Indoor Rock Climbing for Kids and Teens Saturday, October 27 • 10am-12:30pm
Hangar 18, 4926 W. Rosecrans Avenue, Hawthorne, CA 90250
After a brief lesson by Hangar 18 staff, kids and teens can climb in the rope gym (age 6 and up) and bouldering gym (age 11 and up). This event is limited to 20 kids/teens and it is first come, first served. One parent or guardian must be present on event day and fill out waiver for child to participate.

Love and Laughter with Jason Love Tuesday, October 30 • 5:30-7:30pm
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

WORKSHOP/EVENT (Please RSVP)

MONDAY

1. Gentle Yoga 1:30pm – 2:45pm
2. Restorative Yoga 6pm – 7pm
3. Welcome Meeting 6pm
4. Life After Cancer 6pm – 8pm
5. Young Cancer Survivorship 6pm – 8pm
6. Family Bereavement Group 6 – 8pm

TUESDAY

1. Gentle Yoga 1:30pm – 2:45pm
2. Spousal Bereavement Group 6pm – 7pm – Long Beach
3. Restorative Yoga 6pm – 7pm
4. Young Cancer Survivorship 6pm – 8pm
5. Welcome Meeting 6pm
6. Mandala Painted Stones & Canvases 3pm – 5pm

15. Gentle Yoga 1:30pm – 2:45pm
16. Kids & Teens Yoga 5pm – 5:45pm
17. Restorative Yoga 6pm – 7pm
18. Welcome Meeting 6pm
19. Young Cancer Survivorship 6pm – 8pm
20. Family Bereavement Group 6 – 8pm

22. Gentle Yoga 1:30pm – 2:45pm
23. Kids & Teens Yoga 5pm – 5:45pm
24. Restorative Yoga 6pm – 7pm
25. Welcome Meeting 6pm
26. Young Cancer Survivorship 6pm – 8pm
27. Family Bereavement Group 6 – 8pm

29. Gentle Yoga 1:30pm – 2:45pm
30. Kids & Teens Yoga 5pm – 5:45pm
31. Restorative Yoga 6pm – 7pm
32. Welcome Meeting 6pm
33. Young Cancer Survivorship 6pm – 8pm
34. Family Bereavement Group 6 – 8pm

Network Group

( Drop-in)

1. Cardio For Wellness 9:30am
2. Tai Chi 1pm – 2pm
3. Breast Cancer Support Group 5:30pm – 7:30pm – San Pedro
4. Cancer Patient Group 6 – 8pm
5. Family/Partners Group
6. Breast Cancer Group
7. Young Cancer Survivorship 6:30pm – 8pm – Lakewood
8. Therapeutic Restorative Yoga 6pm – 7pm

9. Cardio For Wellness 9:30am
10. Tai Chi 1pm – 2pm
11. Breast Cancer Support Group 5:30pm – 7:30pm – San Pedro
12. Cancer Patient Group 6 – 8pm
13. Family/Partners Group
14. Breast Cancer Group
15. Young Cancer Survivorship 6:30pm – 8pm – Lakewood
16. Melt Method 11:30am – 12:45pm
17. Therapeutic Yoga 6pm – 7pm
18. Cardio For Wellness 9:30am
19. Tai Chi 1pm – 2pm
20. Breast Cancer Support Group 5:30pm – 7:30pm – San Pedro
21. Cancer Patient Group 6 – 8pm
22. Family/Partners Group
23. Breast Cancer Group
24. Young Cancer Survivorship 6:30pm – 8pm – Lakewood
25. Melt Method 11:30am – 12:45pm
26. Therapeutic Yoga 6pm – 7pm
**5-Week Kids & Teens Yoga Series**

Open up and say “om”! This five week yoga series is for kids ages 10 and up. This class will take place over five consecutive Mondays from 5pm – 5:45pm. Mats and equipment are provided. October 15, 22 & 29 and November 5 & 12.
**WORKSHOPS & EVENTS**

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

**CHEMOTHERAPY ACCESSORIES**
Thursday, November 1, 4:30pm – 5pm
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.

**Sound Therapy with Sylvia Kulczak**
Friday, November 2 • 9am – 10:30am
Sylvia 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. Sylvia has been a Sound Therapy Practitioner since 2005.

**Lunch Discussion: Nutrition in Auto-Immune Conditions & Cancer**
Friday, Nov 2 • 1pm – 2:30pm
Did you know that there is a link between diet, autoimmune conditions and cancer? How can nutrition and lifestyle help? What foods are best in autoimmune conditions? Join Lilly Padilla, Certified Integrative Nutrition Coach, Holistic Nutrition Chef, 16 year cancer survivor and the author of Anti-cancer Habits & Anti-inflammatory Nutrition on a lunch and learn discussion about autoimmune conditions, cancer and nutrition.
12:30pm–1:00pm Lunch and Social Time
Lunch donated by the world famous “THE SPOT” restaurant in Hermosa Beach.

**Crystal Alchemy Bowl Sound Meditation**
Monday, November 5 • 3pm – 4:30pm
Bathe in the sound of the rich, pure, vibrant tones of the crystal alchemy singing bowls and experience a deeply relaxing and rejuvenating state of well-being and meditation. Jeralyn 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. Jeralyn Glass is a Professor of Voice and an international performing artist.

**Therapeutic Restorative Yoga**
Tuesday, November 6 and 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, OTO, CHF, Doctor of Occupational Therapy.

**Erectile Dysfunction with Shelby Morrisroe, MD**
Wednesday, November 7 • 5pm – 6:30pm
Erectile dysfunction is extremely common as a result of prostate cancer and subsequently prostate cancer treatment. The degree of impairment varies greatly, as do the treatment options. Dr. Morrisroe will discuss treatment options in detail. Dr. Shelby Morrisroe is the only female urologist in the South Bay and practices at South Bay Urology.

**Lunch Discussion: Healthy Thanksgiving Cooking**
Friday, November 9 • 1pm – 2:30pm
This talk will be about cooking a healthy Thanksgiving meal that everyone will enjoy. Instead of making separate side dishes that are health boosting for a few interested people, this discussion will be about how to make traditional Thanksgiving foods healthy and enjoyable for everyone at the table. There will be traditional ideas and some less traditional as well. There will be demonstration of a few recipes as time allows and recipes for participants to take home. 12:30pm–1:00pm Lunch and Social Time
Lunch donated by the world famous “THE SPOT” restaurant in Hermosa Beach.

**Ikebana Flower Arranging**
Saturday, November 10 • 10:30am – 12pm
Ikebana is a Japanese word often translated to English as “giving life to flowers” or “Living Flowers”. It represents our 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 Holiday flower arrangement. Valeria will provide all materials (flowers, vases, etc.). Register by Thursday, November 8.

**Cooking with Chef Emilee**
Saturday, November 10 • 2pm - 4pm at Redondo Union High School Aprons on, everyone! This kids and teens cooking class is suitable for families with kids ages 5 and up. Emilee Maranto, RUHS culinary arts teacher, will lead the class in creating a Holiday flower arrangement. Valeria will provide all materials (flowers, vases, etc.). Register by Thursday, November 8.

**Lunch Discussion: Nutrition in Auto-Immune Conditions & Cancer**
Friday, November 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.

**Writing for Wellness**
Saturday, November 17 • 9am – 12pm
This monthly program offers everyone affected by cancer, participants, family and friends ways to express themselves through writing. Writing has been shown in studies to reduce stress and engender well-being.

**Melt Method**
Tuesday, November 20 • 11:30am – 12:45pm
The Melt Method is a self-help technique (using small balls on the hands and feet) designed to balance the nervous system and rehydrate the connective tissue. Medical research has shown that Melt reduces chronic pain, increases flexibility, and heightens your body’s ability to repair and heal itself! All equipment will be provided. The class is taught by Nancy Starr, a massage therapist for the past 11 years and Melt instructor for the past 3 years.

**WORKSHOP/EVENT (Please RSVP)**

**MONDAY**

**TUESDAY**

| 5 | Gentle Yoga | 1:30pm - 2:45pm | Kids & Teens Yoga | 5pm - 5:45pm | Restorative Yoga | 6pm - 7pm | Welcome Meeting | 6pm |

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

| 12 | Gentle Yoga | 1:30pm - 2:45pm | Spousal Bereavement Group | 5pm - 7pm - Long Beach | Kids & Teens Yoga | 5pm - 5:45pm | Restorative Yoga | 6-7pm | Young Cancer Survivorship | 6pm - 8pm | Welcome Meeting | 6pm |

| 13 | Cardio For Wellness | 9:30am | Tai Chi | 1pm - 2pm | Family Bereavement Group | 3 - 5pm | Parenting Through Cancer | 5 - 6:30pm | Kids Community | 5pm - 6:30pm | Breast Cancer Support Group | 5:30pm - 7:30pm - San Pedro | Life After Cancer | 6 - 8pm | Family/Partners Group Breast Cancer Group | 6 - 8pm |

| 19 | Gentle Yoga | 1:30pm - 2:45pm | Restorative Yoga | 6pm - 7pm | Welcome Meeting | 6pm | Young Cancer Survivorship | 6pm - 8pm | Family Bereavement Group | 6 - 8pm |

| 20 | Cardio For Wellness | 9:30am | Tai Chi | 1pm - 2pm | Breast Cancer Support Group | 5:30pm - 7:30pm - San Pedro | Cancer Patient Group | 6 - 8pm | Family/Partners Group Breast Cancer Group | 6 - 8pm |

| 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 | 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 | 6 - 8pm |

<p>| 28 | Cardinality | 9:30am | Tai Chi | 1pm - 2pm | 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 | 6 - 8pm |</p>
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**HOLIDAY CLOSURE**
Cancer Support Community
Redondo Beach will close at 3pm and reopen Monday, November 26 in observance of Thanksgiving.
**TEENS CONNECT**

1st & 3rd Thursdays
October 4 & 18, November 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
October 11 & 25, November 8 & 29
4:30pm - 6pm
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.

**KIDS COMMUNITY**

2nd & 4th Tuesdays: October 9 & 23, November 13 & 27
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 • October 3 & 17, November 7
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, LMFT99995, Kids Community Coordinator at 310-376-3550 or email jill@cancersupportredondobeach.org.

**COUNSELING**

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.

**Celebando La Vida Grupo en Redondo Beach**

Primero y Tercero 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.

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

**Prostate Cancer Support Group**
2nd Wednesday • 5pm - 7pm
October 10 and November 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, October 8, 22 • 5pm - 7pm
Monday, November 12, 26 • 5pm - 7pm

**Young Cancer Survivorship**
1st & 3rd Tuesdays • 6:30pm - 8pm
October 2, 16 & November 6, 20
Lakewood Family YMCA
5835 E. Carson Street, Lakewood, CA 90713

**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 Lomibao at 310-376-3550.

**“Fit And Well Worth It”**
End Results Health & Wellness Center
This fitness and wellness class is for cancer patients who are newly diagnosed, current and post treatment, and their support people. Fit and Well Worth It class will introduce functional exercises specifically designed for survivors. RSVP 24 hours in advance by calling (424) 390-4008 or endresultswellness@gmail.com. Classes are every Wednesday & Saturday at 11am.

**“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 BENEFITING CSCRB

The 16th Annual...

Girls Night Out

Benefiting
Cancer Support Community Redondo Beach
in a celebration of the women in our lives
who have been touched by cancer

Rock Your Pink!

Tuesday, Wednesday, Thursday
October 2, 3 and 4, 2018
The Comedy & Magic Club • Hermosa Beach
$100 per person (includes dinner, show, silent auction & more)

Purchase your tickets online at
www.GirlsNightOutCSCRB.org
Or call 310-376-3550 to make reservations today!

ROCK YOUR PINK CONCERT

Benefiting
Cancer Support Community Redondo Beach

FEATURING
Crow Hill Band

OPENING

6:30pm - 7:30pm Brent George
7:45pm - 8:45pm Kate & Kacey
9:00pm - 10:30pm Crow Hill Band

THURSDAY
October 11, 2018 (6:00pm)
SAINT ROCKE
142 Pacific Coast Highway
Hermosa Beach

$15 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

$50 Supports one Welcome Meeting for new participants.

$100 Pays for the cost of four individual counseling sessions for a cancer patient or loved one.

$250 Will provide one weekly cancer patient or family support group for up to 14 at CSCRB.

$500 Will fund one year of the Life After Cancer support group.

$1,000 Funds one educational workshop pertaining to cancer for 50 participants, given by a physician or professional.

$2,500 Supports two months of weekly kids and teens counseling and activities for those experiencing cancer in their family.

$5,000 Funds one year of Kids & Teens Bereavement sessions.

www.CancerSupportRedondoBeach.org/donate
So that no one faces cancer alone.

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Joey Shanahan - Development Director/COO
Pamela Martis - Accountant/Development Coordinator
Nida Padilla - Program Manager
Theresa Plakos - Public Relations Director
Judith Opdahl - Director Emerita,
Planned Giving & Legacy Gifts
Juan Altamirano - Spanish Coordinator
Jill Gray, MA, LMFT, LMFT99995 - Cancer Support Navigator and Kids Community Coordinator
Mel Padilla - Events Manager
Loré Moore - Office Manager

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Anne Clary, LMFT, LMFT233879
Sharon Feigenbaum, MA, LMFT, LMFT98511
Jill Gray, MA, LMFT, LMFT99995
Stephen Lottenberg, MD, PsyD, G41490
Anne Karin Nelson, MS, LMFT, LMFT97367
Jo Ann Panitch, LMFT, LMFT44284
Ruth Schrieberman, PsyD, LMFT, LMFT39901
Christine Winkler, PhD, LMFT, LMFT9011
Sandra Weiss, PhD, LMFT, LMFT6604

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Maggie Botts, MSW Student Trainee
Allison Adamovic, MFT Trainee
Jessica Dulin, MFT Trainee
Gabe Lanum, MFT Trainee
Yvonne Rodriguez, MFT Trainee
Linda Shrader, MFT Trainee
Nadine Shoukry, MFT Trainee
Vanessa Vaidivia, MFT Trainee

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

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