

SEPTEMBER/OCTOBER 2011 PROGRAM CALENDAR



Welcome to Cancer Support Community!

WE ARE LOCATED AT:

The Vineyard, 455 N. Whisman Road
Suite 300, Mountain View, CA

ABOUT US:

Cancer Support Community is an affiliate of an international federation created by the joining of two organizations—The Wellness Community and Gilda's Club. We provide free support services for people with cancer and their loved ones. Learn more by attending a **Newcomers Meeting, held Tuesdays at 6 pm or Thursdays at 11 am.** These informal meetings will introduce you to our programs. You may attend workshops and stress reduction programs prior to attending a Newcomers Meeting.

Would you like to be in a weekly support group?

Ongoing professionally facilitated support groups for people with cancer and/or support persons are the heart of our program. Support groups have been shown to decrease distress and improve quality of life. These are separate groups for those with cancer and support persons that meet concurrently. Attendance at a Newcomers Meeting and a brief group preparation interview are necessary before joining a weekly support group.

Weekly Group Times for People with Cancer and Their Support Persons

Wednesday: 10 am–noon
Thursday: 6:30–8:30 pm



SPECIAL PROGRAMS Please call 650-968-5000 to register.

Foods for Health Saturdays: September 10 and October 15, 11 am–1 pm With Grace Avila, Certified Nutrition Educator and Cancer Guide. Each class will help you learn new ways to eat during and after treatment for cancer recovery, how to incorporate nutrient-dense, cancer-fighting foods, stay hydrated, and cope with changes in taste and tolerance. Both classes includes a short food preparation demonstration. Classes can be taken individually or together as new information will be presented at each.

Poetic Medicine: The Healing Art of Poem-Making Tuesday: September 13, 3–5:30 pm With John Fox, CPT. Experiment with the healing power of writing. A nonjudgmental, deep sensing and curious approach to writing helps to salve wounds, strengthen health, enjoy each moment, build community and tune in to your spirit. John is a nationally acclaimed poet and certified poetry therapist.

Coping for Caregivers Saturday: September 17, 11 am–1 pm With Andrea Carandang, MA, LMFT. This workshop is designed for caregivers or anyone who wants to bring more understanding to their relationship with people affected by cancer. It will feature effective ways of communicating with others including health care professionals, help caregivers learn how to maintain balance and strengthen their relationship with loved ones, and increase their ability to deal with typical stressors, conflicts and daily situations. Andrea is a marriage and family therapist in private practice.

From Panic to Powerful Wednesdays: September 21–October 26, 3–5 pm With Shariann Tom, CPCC. This experiential series will utilize the SLAMS model and group coaching to explore panic and various ways to handle it, create a community of support, and discover your pathway to personal power. You will have new tools for dealing with panic, a sense of your future, and plans to confidently move forward. Shariann is a personal coach and cancer survivor.

Art for Healing Thursday: September 22, 2–4 pm With Caroline Thomas, LCSW. Using acrylic paints and guided exercises, participants will access and express their feelings through painting. Caroline is an art and creativity for healing trained facilitator. No art experience needed.

Frankly Speaking About Liver Cancer Tuesday: September 27, 6–8 pm With Brendan Visser, MD. Learn about liver cancer treatment options, symptoms and side effect management, and maintaining a high quality of life while living with cancer. In this workshop for those affected by any stage of liver cancer, find out how to become more active in treatment decision-making and in coping more effectively. Dr. Visser is an Assistant Professor of Surgery specializing in Hepatobiliary and Pancreatic Surgery at Stanford University School of Medicine.

Herbs and Cancer Treatment Saturday: October 1, 11 am–1 pm With J. Blythe Adams. Many people face the challenge of receiving aggressive treatments for cancer which can often severely compromise the person's immune system. We will discuss medicinal mushrooms, herbs, foods and supplements that can be used by cancer patients with excellent results to safely build and support the immune system during and after cancer treatment. Blythe is a Western Clinical Herbalist in private practice.

Feldenkrais for Daily Living Saturday: October 22, 11 am–2 pm With Beth Sidlow Mann. Improve your ability to go through your daily activities without even trying! This workshop offers Awareness through Movement lessons specifically geared for increased ease of movement. In a comfortable position you follow the teacher's instructions which lead you through a series of patterned movements. These movements, when done gently, have powerful results. Beth is a Guild-Certified Feldenkrais Teacher.

Guided Imagery & Stress Reduction Saturday: October 29, 11 am–1 pm With Julie Kaldveer, MA. Learn how to focus and relax the body and mind to help experience relief from negative emotional states and physical discomfort. This can help stimulate the immune system, decrease pain, and reduce the impact of stress on the body. Julie has a counseling degree and is a professional interactive imagery guide.

NEW ONGOING CLASSES, GROUPS AND SERVICES

Family Transition Group First & Third Tuesdays: beginning September 6, 7–9 pm This drop-in group is for Cancer Support Community members who have experienced the recent death of a loved one due to cancer. Facilitator: Pam Wrona, PsyD, Psychological Assistant

Life After Cancer Fourth Tuesdays: beginning September 25, 7–9 pm This drop-in group is for those who are well beyond day-to-day treatment for cancer, but still want a place to connect with others around survivorship issues. Facilitator: Pam Wrona, PsyD, Psychological Assistant

Counseling Services are available to members with cancer and their families who may be dealing with issues related to their cancer experience. Short-term counseling is provided by predoctoral interns or postdoctoral fellows under the supervision of our clinical staff.

SEPTEMBER 2011 PROGRAM CALENDAR

Please call 650-968-5000 for programs in red.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Have you recently been diagnosed with a new or recurrent cancer? Do you need to make decisions about treatment options? Do you have an appointment scheduled to meet with your doctor? Cancer Support Community now offers a question listing service to help you prepare for your upcoming oncology visit. This service is available at no cost to anyone diagnosed with a new or recurrent cancer who has to make decisions about treatment options. The goals of this program are to help you communicate clearly with your medical team, ask critical questions about your options and help ensure that your treatment decisions fit your personal hopes and goals. To make an appointment, please call 650-968-5000.</p>			<p>1 11 am Newcomers Meeting 11 am–Noon Fitness for Every Body 4:30–5:30 pm Feldenkrais Awareness Through Movement 6:30–8:30 pm* Weekly Participant & Support Person Groups</p>	<p>2</p>	<p>3</p>
<p>5</p>	<p>6 2–3 pm Mindfulness 3:15–4:15 pm Tai Chi 6 pm Newcomers Meeting 7–9 pm Family Transition Group</p>	<p>7 10 am–Noon* Weekly Participant & Support Person Groups 1:15–2:30 pm Yoga</p>	<p>8 11 am Newcomers Meeting 11 am–Noon Fitness for Every Body 4:30–5:30 pm Feldenkrais Awareness Through Movement 6:30–8:30 pm* Weekly Participant & Support Person Groups</p>	<p>9</p>	<p>10 11 am–1 pm Foods for Health</p>
<p>12</p>	<p>13 2–3 pm Mindfulness 3–5:30 pm Poetic Medicine 3:15–4:15 pm Tai Chi 6 pm Newcomers Meeting 7–9 pm Young Adult Networking Group</p>	<p>14 10 am–Noon* Weekly Participant & Support Person Groups 1:15–2:30 pm Yoga</p>	<p>15 11 am Newcomers Meeting 11 am–Noon Fitness for Every Body 4:30–5:30 pm Feldenkrais Awareness Through Movement 6:30–8:30 pm* Weekly Participant & Support Person Groups</p>	<p>16</p>	<p>17 11 am–1 pm Coping for Caregivers</p>
<p>19</p>	<p>20 2–3 pm Mindfulness 3:15–4:15 pm Tai Chi 6 pm Newcomers Meeting 7–9 pm Family Transition Group</p>	<p>21 10 am–Noon* Weekly Participant & Support Person Groups 1:15–2:30 pm Yoga 3–5 pm From Panic to Powerful Series</p>	<p>22 11 am Newcomers Meeting 11 am–Noon Fitness for Every Body 2–4 pm Art for Healing 4:30–5:30 pm Feldenkrais Awareness Through Movement 6:30–8:30 pm* Weekly Participant & Support Person Groups</p>	<p>23</p>	<p>24</p>
<p>26</p>	<p>27 2–3 pm Mindfulness 3:15–4:15 pm Tai Chi 6 pm Newcomers Meeting 6–8 pm Frankly Speaking About Liver Cancer 7–9 pm Life After Cancer</p>	<p>28 10 am–Noon* Weekly Participant & Support Person Groups 1:15–2:30 pm Yoga 3–5 pm From Panic to Powerful Series</p>	<p>29 11 am Newcomers Meeting 11 am–Noon Fitness for Every Body 4:30–5:30 pm Feldenkrais Awareness Through Movement 6:30–8:30 pm* Weekly Participant & Support Person Groups</p>	<p>30</p>	

*Requires attendance at a newcomers meeting and brief interview prior to placement in group.

OCTOBER 2011 PROGRAM CALENDAR

Please call 650-968-5000 for programs in red.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3		4 2-3 pm Mindfulness 3:15-4:15 pm Tai Chi 6 pm Newcomers Meeting 7-9 pm Family Transition Group	5 10 am-Noon* Weekly Participant & Support Person Groups 1:15-2:30 pm Yoga 3-5 pm From Panic to Powerful Series	6 11 am Newcomers Meeting 11 am-Noon Fitness for Every Body 4:30-5:30 pm Feldenkrais Awareness Through Movement 6:30-8:30 pm* Weekly Participant & Support Person Groups	7	1 11-1 pm Herbs & Cancer Treatment 8
10		11 2-3 pm Mindfulness 3:15-4:15 pm Tai Chi 6 pm Newcomers Meeting 7-9 pm Young Adult Networking Group	12 10 am-Noon* Weekly Participant & Support Person Groups 1:15-2:30 pm Yoga 3-5 pm From Panic to Powerful Series	13 11 am Newcomers Meeting 11 am-Noon Fitness for Every Body 4:30-5:30 pm Feldenkrais Awareness Through Movement 6:30-8:30 pm* Weekly Participant & Support Person Groups	14	15 11-1 pm Foods for Health
17		18 2-3 pm Mindfulness 3:15-4:15 pm Tai Chi 6 pm Newcomers Meeting 7-9 pm Family Transition Group	19 10 am-Noon* Weekly Participant & Support Person Groups 1:15-2:30 pm Yoga 3-5 pm From Panic to Powerful Series	20 11 am Newcomers Meeting 11 am-Noon Fitness for Every Body 4:30-5:30 pm Feldenkrais Awareness Through Movement 6:30-8:30 pm* Weekly Participant & Support Person Groups	21	22 11-2 pm Feldenkrais for Daily Living
24		25 2-3 pm Mindfulness 3:15-4:15 pm Tai Chi 6 pm Newcomers Meeting 7-9 pm Life After Cancer	26 10 am-Noon* Weekly Participant & Support Person Groups 1:15-2:30 pm Yoga 3-5 pm From Panic to Powerful Series	27 11 am Newcomers Meeting 11 am-Noon Fitness for Every Body 4:30-5:30 pm Feldenkrais Awareness Through Movement 6:30-8:30 pm* Weekly Participant & Support Person Groups	28	29 11-1 pm Guided Imagery & Stress Reduction
31	<p>Wings of Hope Butterfly Release: Saturday, September 17, 2011 in Cuesta Park, Mountain View Join us at this event for friends and families to celebrate and honor the lives of those living or passed, who have been touched by cancer. All proceeds will directly benefit Cancer Support Community. For more information, please contact Alicia Crank at acrank@cancersupportcommunity.net or 650-968-5000. You may also visit our website at www.cancersupportcommunity.net.</p> <p>All of the programs and services at Cancer Support Community are provided free of charge in order to be readily accessible to people affected by cancer. This is made possible by gifts, grants and sponsorships from individuals and organizations each year. Every contribution makes a difference and is greatly appreciated! For more information on how you can support Cancer Support Community, please call us at 650-968-5000 or visit our website www.cancersupportcommunity.net/siliconvalley/donate.html.</p>					

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MIND BODY PROGRAMS — no need to RSVP

Mindfulness Tuesdays: 2–3 pm Ongoing group for both new and experienced meditators. Instructor: Pam Wrona, PsyD, postdoctoral fellow

Tai Chi Tuesdays: 3:15–4:15 pm Learn tai chi movements especially designed for those who are currently undergoing medical treatment. Instructor: Linda Adler

Yoga Wednesdays: 1:15–2:30 pm Gentle restorative breathing and stretching exercises improve muscle tone and aid in stress management. Instructor: Kathy Rule

Fitness for Every Body Thursdays: 11 am–Noon For both support persons and people at any stage of cancer treatment or recovery. Learn to safely exercise while improving your endurance, strength, balance and flexibility in this group fitness class. Gain tools to rebuild and improve your body, overall health and vitality. For any fitness level. Instructor: Stacey Novotny, ACSM, Cancer Exercise Trainer

Feldenkrais Awareness Through Movement Thursdays: 4:30–5:30 pm This gentle approach to movement focuses on flexibility, balance and coordination to help overcome physical limitations. Instructor: Beth Sidlow Mann

DROP-IN NETWORKING GROUPS — no need to RSVP

Grupos de Apoyo en Español Los invitamos a participar y recibir el cariño y apoyo de esta comunidad con una comida ligera. Recibirán educación sobre el cáncer y podrán conocer otras personas que están enfrentando el cáncer. Nuestros Grupos son facilitados por Jana Schustack, MFT, donde los individuales pueden compartír información y experiencias en un ambiente de apoyo. Para más informacion, favor de llamar a Cyndi Lezcano al 1-800-556-0477.

4–6 pm: Segundo Lunes del Mes, Christ the King Catholic Church, 5284 Monterey Hwy., San Jose

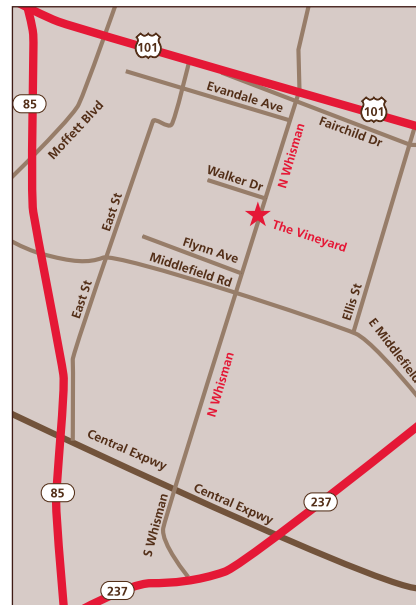
4–6 pm: Cuarto Lunes del Mes, Cancer Support Community, 455 North Whisman Road, Suite 300, Mountain View

Young Adult Networking Group 2nd Tuesday of Every Month: 7–9 pm This is a place where the young adult cancer patient can build comraderie and share experiences, good and bad, with those newly diagnosed and others who have been there. Learn ways to deal with the physical and psychological effects of cancer and recovery. Facilitator: Pam Wrona, PsyD, postdoctoral fellow

CANCER SUPPORT COMMUNITY LOCATION

455 N. Whisman Road, Suite 300
Mountain View, CA 94043
650.968.5000

www.cancersupportcommunity.net



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Formerly The Wellness Community
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