

JANUARY/FEBRUARY 2010 PROGRAM CALENDAR

Are you new to The Wellness Community?

We provide free support services for people with cancer and their loved ones. Use this calendar to find out about our programs. We suggest that you learn more by attending a Newcomers Meeting, held Mondays at 7 pm or Fridays at 11 am. These informal meetings are led by a cancer survivor who will introduce you to the Wellness Community programs. Psychosocial services include educational seminars, stress reduction programs, creative expressive programs and support groups. The Wellness Community also offers brief individual, couples and family counseling to participants and their loved ones dealing with issues related to their cancer experience. Call us at 925-933-0107 for information.

You may attend workshops, stress reduction programs and networking groups 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. Adult group members of different ages and with different types of cancer come together each week to get support and learn from each other.

Attendance at a Newcomers Meeting and a brief group preparation interview are necessary before joining a weekly group.

Weekly Group Times for People with Cancer and Their Support Persons

Monday 7 pm–9 pm
Tuesday 11 am–1 pm
Wednesday 10:30 am–12:30 pm
Thursday 7 pm–9 pm

Special Programs and Series Please call 925-933-0107 to register.

Kids Circle and Teen Talk

Saturdays:

January 9 and February 13, 10 am–1 pm

For families with school-age children when a parent has cancer. Each workshop has an activity-based group for children where they identify feelings and learn coping skills; a support group for teens, and a group for parents. The workshop ends with lunch and a family activity to enhance communication.

Planning on Peace of Mind

Tuesday:

January 12, 6–8 pm

With Steven Donovan, Esq. This workshop will provide information about what you need to know about creating wills, trusts, power of attorney and advanced directives for healthcare.

Nutrition and Cancer Treatment

Saturday: January 16, 10 am–1 pm

With Tinrin Chew, RD. Learn what to eat during and after treatment, how to establish nutritional goals, and how foods help in maintaining and regaining health.

Mindful Chi Kung and Healthy Being

Tuesdays:

January 19 and February 23, 2–4 pm

With Chau Yoder. Chi Kung means energy cultivation. It is a moving meditation that integrates mind, body and spirit to enhance health and strengthen the immune system.

CAREing and COPEing Series

Tuesdays:

January 19 through February 9, 6–8 pm

With Margaret Stauffer, MFT. This series is for those diagnosed with breast cancer and a loved one. It teaches a proven method of problem solving, the COPE model. The sessions will provide support as you practice this skill to enhance communication.

African Drumming Circle

Thursdays:

January 21 and February 18, 4:30–5:30 pm

With Patricia Frame. Come experience this way to get “good vibrations.” Drumming has been shown to boost immune system function and metabolism. No rhythmic or musical ability needed!

Introduction to Awareness Through Movement

Introduction—Friday: January 29, 1–3 pm

6 Week Series—Fridays: February 5 through

March 12, 1–2 pm

Learn about this gentle approach to movement focusing on flexibility, balance and coordination. The series can help you overcome limitations brought on by surgery or treatment.

TWC's Annual No Talent Talent Show

Friday: January 29, 6–8 pm

Beat the winter blues as participants and staff display talents you never knew they had. If you sing, dance, recite poetry, or do stand-up, share your talent. If you're shy, participate by cheering us on.

Bead Creative

Saturday: January 30, 10 am–12 noon

With Pam Taylor. Design your own bracelet using stone, crystal and silver. Everything you need is provided in this fun, interactive class.

Movie and Meditation: Fierce Grace

Friday: February 5, 6–8 pm

With Margaret Cullen, MFT. View the documentary about Ram Dass and then participate in a group meditation practice.

Jin Shin Jyutsu

Saturday: February 6, 10 am–12:30 pm

With Terry Moore. Learn to work with specific areas of your body in a way similar to acupressure. This can be used to reduce and better manage the effects of cancer and its treatment. It can support the immune system and reduce the physical and emotional impact of stress.

Moving Beyond Fear

Tuesdays: February 9 and 23, 4–6 pm

With Tony Newey, PhD. In this two-part class, participants will discover practical ways of accessing a source of deep personal calmness, strength and clarity from deep within no matter what is going on in the rest of life.

Employment Rights & Disability Benefits

Tuesday: February 16, 6–8 pm

With Rachael Langston, Esq., Employment Rights Center. Learn about the laws that protect people with cancer as well as the different disability benefits available to them.

Survivorship 101

Saturday: February 20, 10 am–12 noon

With Rachele Portner, RN. You've finished treatment, now what? Learn survivorship care planning, creating a cancer treatment summary, tips for developing a personal recovery plan, including ways to regain strength and ease back into your “normal” life.

Reclaiming Your Sexuality

Saturday: February 27, 10 am–12 noon

With Sandra Lindholm Norman, PsyD, NP. Learn strategies to manage changes in body image, sexual desire, arousal, orgasm and pain with sex. Increase your ability to communicate with your partner about your sexual needs and enhance the sexual intimacy of your relationship.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Offsite Workshops Please call 925-933-0107 for more information.</p> <p>VALLEJO: Chi Kung for Cancer Recovery Wednesday, January 27, 5–7 pm With Lourdes Gonzalez. Sutter Solano Cancer Center, 1st Floor Conference Room, 100 Hospital Drive. Learn how this system of movement and energy cultivation assists in recovering from cancer treatment and returning to health.</p> <p>ANTIOCH: Nutrition and Cancer Treatment Tuesday, February 23, 6–8 pm With Tinrin Chew, RD. Sutter Delta Medical Center, Main Hospital, Board Room, 3901 Lone Tree Way. Learn what to eat during and after treatment, how to establish nutritional goals, and how foods help in maintaining and regaining health.</p>				<p>1 CLOSED Happy New Year!</p>	<p>2</p>
<p>4 8:30–9:30 am Pilates 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>5 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant & Support Person Groups 11 am–1 pm Newly Diagnosed Breast Cancer Group 1:15–3 pm Knitting Circle</p>	<p>6 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Weekly Participant & Support Person Groups 4–6 pm Colorectal Cancer Group 4–6 pm Lung Cancer Group 6–8 pm Family Transition Group 6–8 pm Survivorship Café Night</p>	<p>7 9:30–10:45 am Yoga 11 am–1 pm Gynecologic/Ovarian Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>8 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting</p>	<p>9 10 am–1 pm Kids Circle & Teen Talk</p>
<p>11 8:30–9:30 am Pilates 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>12 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant & Support Person Groups 11 am–1 pm Newly Diagnosed Breast Cancer Group 1:15–3 pm Knitting Circle 6–8 pm Planning on Peace of Mind</p>	<p>13 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed Breast Cancer Group 10:30 am–12:30 pm Weekly Participant & Support Person Groups 6–8 pm Family Transition Group 6–8 Life After Cancer 7–9 Brain Tumor Group</p>	<p>14 9:30–10:45 am Yoga 11 am–1 pm Breast Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>15 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting</p>	<p>16 10 am–1 pm Nutrition & Cancer Treatment 1–4 pm Carcinoid Neuroendocrine Group</p>
<p>18 TWC OFFICES CLOSED Martin Luther King Day 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>19 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant & Support Person Groups 11 am–1 pm Newly Diagnosed Breast Cancer Group 1:15–3 pm Knitting Circle 2–4 pm Mindful Chi Kung & Healthy Being 6–8 pm CAREing & COPEing Series</p>	<p>20 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed Breast Cancer Group 10:30 am–12:30 pm Weekly Participant & Support Person Groups 6–8 pm Family Transition Group 6–8 pm Survivorship Café Night</p>	<p>21 9:30–10:45 am Yoga 11 am–12:30 pm Gynecologic/Ovarian Cancer Group 4:30–5:30 pm African Drumming Circle 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>22 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting</p>	<p>23</p>
<p>25 8:30–9:30 am Pilates 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>26 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant & Support Person Groups 11 am–1 pm Newly Diagnosed Breast Cancer Group 1:15–3 pm Knitting Circle 6–8 pm CAREing & COPEing Series</p>	<p>27 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed Breast Cancer Group 10:30 am–12:30 pm Weekly Participant & Support Person Groups 5–7 pm Vallejo Workshop: Chi Kung for Recovery 6–8 pm Family Transition Group 6–8 pm Life After Cancer 7–9 pm Brain Tumor Group</p>	<p>28 9:30–10:45 am Yoga 11 am–1 pm Breast Cancer Group 11 am–1 pm Metastatic Prostate Group 1–3 pm Prostate Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>29 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 1–3 pm Introduction to Awareness Thru Movement 6–8 pm No Talent Talent Show</p>	<p>30 10 am–12 noon Bead Creative</p>



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1	8:30–9:30 am Pilates 2–3 pm Yoga 6–8:30 pm Cancer Transitions 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups	2 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle 6–8 pm CAREing & COPEing Series	3 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed Breast Cancer Group 10:30 am–12:30 pm Weekly Participant & Support Person Groups 4–6 pm Colorectal Cancer Group 4–6 pm Lung Cancer Group 6–8 pm Family Transition Group 6–8 pm Survivorship Café Night	4 9:30–10:45 am Yoga 11 am–1 pm Gynecologic/Ovarian Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups	5 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 1–2 pm Awareness Through Movement 6–8 pm Movie & Meditation	6 10 am–12:30 pm Jin Shin Jyutsu
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15 CLOSED President's Day	16 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle 6–8 pm Employment Rights & Disability Benefits	17 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed Breast Cancer Group 10:30 am–12:30 pm Weekly Participant & Support Person Groups 6–8 pm Survivorship Café 6–8 pm Family Transition Group	18 9:30–10:45 am Yoga 11 am–1 pm Gynecologic/Ovarian Cancer Group 4:30–5:30 pm African Drumming Circle 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups	19 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 1–2 pm Awareness Through Movement 6–8 pm Food for Life Nutrition & Cooking Classes	20 10 am–12 noon Survivorship 101	
22 8:30–9:30 am Pilates 2–3 pm Yoga 6–8:30 pm Cancer Transitions 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups	23 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle 2–4 pm Mindful Chi Kung and Healthy Being 4–6 pm Moving Beyond Fear 6–8 pm Antioch Workshop: Nutrition & Cancer Treatment	24 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed Breast Cancer Group 10:30 am–12:30 pm Weekly Participant & Support Person Groups 6–8 pm Family Transition Group 6–8 pm Life After Cancer 7–9 pm Brain Tumor Group	25 9:30–10:45 am Yoga 11 am–1 pm Breast Cancer Group 11 am–1 pm Metastatic Prostate Group 1–3 pm Prostate Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups	26 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 1–2 pm Awareness Through Movement 6–8 pm Food for Life Nutrition & Cooking Classes	27 10 am–12 noon Reclaiming Your Sexuality	

Do you have a blood cancer? We offer support...

The Wellness Community is offering individual sessions to explore treatment options and concerns through a pilot study called Open to Options. We believe that decision support will help you better plan for your medical appointments and help you ask the questions you need to help ensure that your treatment decisions fit your personal objectives.

To learn more or schedule an appointment, call Margaret Stauffer at 925.933.0107 or e-mail mstauffer@twcba.org.

Calendar Key

Green:
Mind/Body/Creative Expressive

Blue: Support

Red: Special Programs

Orange: Special Series

Please register for programs in red and orange by calling 925-933-0107.



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www.twcba.org

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Special Series

Call 925-933-0107 to register.

Newly Diagnosed Breast Cancer Series

Wednesdays:

January 13–April 28, 10:30 am–12:30 pm.

With Ilene Scharlach, PhD. For those in or just starting treatment. Guest oncology experts provide information and group support provides tools to assist in coping and sharing experiences. The Tuesday group is for those who started in October.

Cancer Transitions

Mondays:

February 1 through March 15, 6–8:30 pm

With Anne Case, MFT. This series targets many of the physical, psychosocial and practical issues you face once cancer treatment is over. Learn ways to improve lifestyle, establish and incorporate exercise and nutrition goals, and understand medical monitoring during survivorship. Please plan to attend all six sessions.

Food For Life

Nutrition & Cooking Classes

Fridays:

February 19 through March 12, 6–8 pm

With Stephanie Roston, RD, Millenium Chef. This four week series provides information about how certain foods and nutrients work to promote or discourage cancer growth. Includes recipes and cooking demonstrations.

Ongoing Networking Groups

No need to RSVP

Brain Tumor

2nd and 4th Wednesdays: 7–9 pm

Breast Cancer

2nd Thursdays: 11 am–1 pm

Carcinoid Neuroendocrine Cancers

3rd Saturday, Odd Months: 1–4 pm

Colorectal Cancer

1st Wednesday: 4–6 pm

Family Transition

Wednesdays: 6–8 pm

For bereaved TWC members who have experienced a loved one's death from cancer.

Gynecologic/Ovarian Cancer

1st and 3rd Thursdays: 11 am–1 pm

Life After Cancer

2nd and 4th Wednesdays: 6–8 pm

For those who are beyond day to day treatment.

Lung Cancer

1st Wednesday: 4–6 pm

Metastatic Prostate Cancer

4th Thursday: 11 am–1 pm

Prostate Cancer

4th Thursday: 1–3 pm

Survivorship Café Nights

1st and 3rd Wednesdays: 6–8 pm

Social get togethers for long term survivors.

Mind Body

Ongoing Stress Reduction and Exercise Programs.
No need to RSVP

Pilates

Mondays: 8:30–9:30 am

This system of exercise combines the suppleness of yoga with strength training, creating a strong core for physical activities including recovery. Instructor: Ivy Noceto

Yoga

Mondays: 2–3 pm;

Wednesdays: 9–10:15 am;

Thursdays: 9:30–10:45 am and 5–6:30 pm

Gentle breathing and stretching exercises improve muscle tone and aid in stress management. Instructors Sandy Stober, Mary Cameron Smith, Betsy Shandalov and Susan Blackwood Reynolds

Chi Kung

Tuesdays: 9:30–10:45 am

These gentle, flowing movements are designed to increase flexibility, develop physical strength, build energy and improve overall health. Wear comfortable clothes and socks. Instructor: Lourdes Gonzales

Knitting Circle

Tuesdays: 1:15–3 pm

Knitting has been clinically shown to induce states of tranquility similar to meditation. The relaxed atmosphere of the group makes creating fun. Instructor: Janet Correia

Mindfulness

Wednesdays: 9:30–10:30 am

Ongoing group meditation practice. Instructor: Margaret Cullen, MFT

Tai Chi Chih/Qigong: Always Beginning

Fridays: 9:30–10:30 am

Moving meditation. Twenty easy, gentle movements for calmness, balance and self healing. Instructor: Wendy Helms, PhD

Ongoing Offsite Support Groups

Please call 925-933-0107 for more information

ANTIOCH

Mondays: 1:30–3:30 pm.

Weekly drop-in group for people with cancer and their loved ones.

Sutter Delta Medical Center

(Fallman Education Center), 3901 Lone Tree Way

SAN RAMON

2nd Tuesday: 7:30–9 pm

Drop-in Prostate Cancer Group for men and their loved ones.

San Ramon Regional Medical Center

South Building, West Day Room

6001 Norris Canyon Road

VALLEJO

1st and 3rd Wednesdays: 4–5:30 pm

Twice monthly drop-in group for people with cancer and their loved ones.

Sutter Solano Cancer Center

1st Floor Conference Room, 100 Hospital Drive

Grupos De Apoyo Emocional en Espanol

Los Jueves De: 12–2 pm

Los grupos estan localizados en Pittsburg, Concord, Martinez, San Pablo y Walnut Creek. Si necesita un grupo de apoyo en espanol, por favor llame Cyndi Lezcano al 1-800-556-0477.