

JULY/AUGUST 2009 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.

Introduction to Reiki Healing

Series 1—Tuesdays:
July 7, 5–6 pm and July 14, 5–7 pm

Series 2—Tuesdays:
August 4, 5–6 pm and August 11, 5–7 pm

Refresher—Tuesday:
August 18, 5–7 pm

With Mike Brabant. Learn the basics of this healing practice to balance the energy in the body. Use it with yourself or others to minimize side effects and promote deep relaxation. History, practice, and benefits in part 1 are prerequisite to learning Reiki practice in part 2 of each series. Anyone who has completed previous Reiki series may attend the Refresher to practice with each other and discuss experiences.

Gourmet Salad Preparation Party

Tuesdays: July 7 and August 25, 6–8 pm
With Life Fusion. A fun and educational evening of tasting and making salads. Learn how to combine a wide variety of vegetables, fruits and nuts for a powerful yet delectable combination to strengthen your immune system and enhance health.

Kids Circle and Teen Talk

Saturdays: July 11 and August 8, 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.

African Drumming Circle

Thursdays: July 16 and August 20, 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!

Complementary Medicine & Cancer Treatment

Saturday: July 18, 10 am–12 noon
With Elizabeth Large, ND. Learn safe and effective natural remedies to use during and after treatment. Topics include diet, supplements, exercise and herbal medicines to minimize side effects and maximize cancer treatment effectiveness and immune system function.

Mindful Chi Kung & Healthy Being

Tuesdays: July 21 and August 18, 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.

Movie and Meditation:

Doing Time, Doing Vipassana

Friday: July 24, 6–8 pm
With Margaret Cullen, MFT. View this extraordinary documentary and then participate in a group meditation practice.

Nutrition & Cancer Treatment

Saturday: July 25, 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.

Bead Creative

Tuesday: July 28, 3–5 pm
With Pam Taylor. Come design your own jewelry using stone, crystal, and silver. Everything you need is provided in this fun, interactive class.

Jin Shin Jyutsu

Saturday: August 1, 10 am–12:30 pm
With Terry Moore. Learn to work with specific areas of your body to reduce and better manage the effects of cancer and its treatment similar to acupuncture. This supports the immune system and reduces the physical and emotional impact of stress on your body.

Breast Reconstruction Choices

Tuesday: August 4, 6–8 pm
With Eric Mariotti, Dr. Mariotti will discuss reconstruction options available to those with breast cancer. There will be time for questions.

Am I Just Forgetful or Is It Chemobrain?

Tuesday: August 11, 6–8 pm
With Alice Berlattani, RN. After cancer treatment, many report difficulty with their thinking abilities. Learn symptoms, tips and helpful strategies to help manage chemobrain.

TWC's 19th Anniversary Party

Friday, August 21, 6–8 pm
Celebrate with us as we mark 19 years of support, education, hope and community. Bring your favorite potluck food. Drinks and cake provided. Enjoy great music and connection.

Survivorship 101

Saturday: August 22, 10 am–12 noon
With Shell Portner, RN. You've finished treatment. Now learn ways to regain strength and ease back into your “normal” life. Also includes survivorship care planning, creating a cancer treatment summary and tips for developing a personal recovery plan.

Managing Lymphedema

Saturday: August 29, 10 am–12 noon
With Catherine MacGuinness, RN. Learn ways to prevent and manage lymphedema after cancer surgery and treatment. There will be time for discussion about the challenges of living with lymphedema.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar Key Green: Mind/Body/Creative Expressive Blue: Support Red: Special Programs Orange: Special Series</p> <p>Please register for programs in red and orange by calling 925-933-0107.</p>		<p>1 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 Groups 4–5:30 pm Colorectal Group 4–5:30 pm Lung Cancer Group 6–7:30 pm Survivorship Café 6–8 pm Family Transition Group</p>	<p>2 9:30–10:45 am Yoga 11 am–12:30 pm Gynecologic/Ovarian Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>3 CLOSED: Independence Day Holiday</p>	<p>4 CLOSED: Independence Day</p>
<p>6 8:30–9:30 am Pilates 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>7 9:30–10:45 am Chi Kung 11 am–1 pm Newly Diagnosed Breast Cancer Group 1:15–3 pm Knitting Circle 5–6 pm Intro to Reiki 6–8 pm Gourmet Salad Preparation Party</p>	<p>8 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed BC Group 10:30 am–12:30 pm Weekly Participant & Support Person Groups 3–5 pm Integral Tai Chi Series 5–7 pm Vallejo Workshop: Stress Reduction & Guided Imagery 6–7:30 pm Life After Cancer 6–8 pm Family Transition Group 7–8:30 pm Brain Tumor Group</p>	<p>9 9:30–10:45 am Yoga 11 am–12:30 pm Breast Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>10 9:30–10:30 am Tai Chi Chih Qigong Always Beginning 11 am Newcomers Meeting</p>	<p>11 10 am–1 pm Kids Circle & Teen Talk</p>
<p>13 8:30–9:30 am Pilates 2–3 pm Yoga 3:30–6 pm Mindfulness Meditation Series 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>14 9:30–10:45 am Chi Kung 11 am–1 pm Newly Diagnosed Breast Cancer Group 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle 5–7 pm Beginning Reiki</p>	<p>15 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 3–5 pm Integral Tai Chi Series 6–7:30 pm Survivorship Café Night 6–8 pm Family Transition Group</p>	<p>16 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>17 9:30–10:30 am Tai Chi Chih Qigong Always Beginning 11 am Newcomers Meeting</p>	<p>18 10 am–12 noon Complimentary Medicine & Cancer Treatment 1–4 pm Carcinoid Neuroendocrine Group</p>
<p>20 8:30–9:30 am Pilates 2–3 pm Yoga 3:30–6 pm Mindfulness Meditation Series 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>21 9:30–10:45 am Chi Kung 11 am–1 pm Newly Diagnosed Breast Cancer Group 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle 2–4 pm Mindful Chi Kung and Healthy Being</p>	<p>22 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 3–5 pm Integral Tai Chi Series 6–7:30 pm Life After Cancer 6–8 pm Family Transition Group 7–8:30 pm Brain Tumor Group</p>	<p>23 9:30–10:45 am Yoga 11 am–12:30 pm Breast Cancer Group 11 am–12:30 pm Metastatic Prostate Cancer Group 1–2:30 pm Prostate Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>24 9:30–10:30 am Tai Chi Chih Qigong Always Beginning 11 am Newcomers Meeting 6–8 pm Movie and Meditation: <i>Doing Time, Doing Vipassana</i></p>	<p>25 10 am–1 pm Nutrition and Cancer Treatment</p>
<p>27 8:30–9:30 am Pilates 2–3 pm Yoga 3:30–6 pm Mindfulness Meditation Series 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>28 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle 3–5 pm Bead Creative</p>	<p>29 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 3–5 pm Integral Tai Chi Series 6–8 pm Family Transition Group</p>	<p>30 9:30–10:45 am Yoga 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>31 9:30–10:30 am Tai Chi Chih Qigong Always Beginning 11 am Newcomers Meeting</p>	



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Offsite Workshops—Please call 925-933-0107 to register</p> <p>VALLEJO: Stress Reduction & Guided Imagery Wednesday, July 8, 5–7 pm. With Julie Kaldveer, MA. Sutter Solano Cancer Center, 1st Floor Conference Room, 100, Hospital Drive. Learn to focus and relax the mind and body to experience relief from negative emotional states, helping to stimulate the immune system and reduce the impact of physical and emotional stress.</p> <p>ANTIOCH: Acupuncture: Its Potential & Possibilities Wednesday, August 26, 6–8 pm. With Amy Matecki, MD. Sutter Delta Medical Center, Main Hospital, Community Education Room, 3901 Lone Tree Way. Learn how acupuncture can complement cancer treatment, assisting in reduction of pain, anxiety, chemotherapy side effects, and promoting a sense of well-being.</p>					<p>1 10 am–12:30 pm Jin Shin Jyutsu</p>
<p>3 8:30–9:30 am Pilates 2–3 pm Yoga 3:30–6 pm Mindfulness Meditation Series 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>4 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle 5–6 pm Intro to Reiki 6–8 pm Breast Reconstruction Choices</p>	<p>5 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed BC Group 10:30 am–12:30 pm Weekly Participant & Support Person Groups 3–5 pm Integral Tai Chi Series 4–5:30 pm Colorectal Group 4–5:30 pm Lung Cancer Group 6–7:30 pm Survivorship Café 6–8 pm Family Transition Group</p>	<p>6 9:30–10:45 am Yoga 11 am–12:30 pm Gynecologic/Ovarian Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>7 9:30–10:30 am Tai Chi Chih Qigong Always Beginning 11 am Newcomers Meeting</p>	<p>8 10 am–1 pm Kids Circle & Teen Talk</p>
<p>10 8:30–9:30 am Pilates 2–3 pm Yoga 3:30–6 pm Mindfulness Meditation Series 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>11 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting 5–7 pm Beginner Reiki 6–8 pm Am I Just Forgetful or Is It Chemobrain?</p>	<p>12 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed BC Group 10:30 am–12:30 pm Weekly Participant & Support Person Groups 3–5 pm Integral Tai Chi Series 6–7:30 pm Life After Cancer Group 6–8 pm Family Transition Group 7–8:30 pm Brain Tumor Group</p>	<p>13 9:30–10:45 am Yoga 11 am–12:30 pm Breast Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>14 9:30–10:30 am Tai Chi Chih Qigong Always Beginning 11 am Newcomers Meeting</p>	<p>15 1–4 pm Multiple Myeloma Group</p>
<p>17 8:30–9:30 am Pilates 2–3 pm Yoga 3:30–6 pm Mindfulness Meditation Series 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>18 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 & Healthy Being 5–7 pm Reiki Refresher</p>	<p>19 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed BC Group 10:30 am–12:30 pm Weekly Participant & Support Person Group 3–5 pm Integral Tai Chi Series 6–7:30 pm Survivorship Café Night 6–8 pm Family Transition Group</p>	<p>20 9:30–10:45 am Yoga 11 am–12:30 pm Gynecologic/Ovarian Cancer Group 11 am–12:30 pm Metastatic Prostate Cancer Group 1–2:30 pm Prostate 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>21 9:30–10:30 am Tai Chi Chih Qigong Always Beginning 11 am Newcomers Meeting 6–8 pm TWC's 19th Anniversary Party</p>	<p>22 10 am–12 noon Survivorship 101</p>
<p>24/31 8:30–9:30 am Pilates 2–3 pm Yoga 3:30–6 pm Mindfulness Meditation Series 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>25 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 Gourmet Salad Preparation Party</p>	<p>26 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Newly Diagnosed BC Group 10:30 am–12:30 pm Weekly Participant & Support Person Groups 3–5 pm Integral Tai Chi Series 6–7:30 pm Life After Cancer 6–8 pm Antioch Workshop: Acupuncture: Its Potential 6–8 pm Family Transition Group 7–8:30 pm Brain Tumor Group</p>	<p>27 9:30–10:45 am Yoga 11 am–12:30 pm Breast Cancer Group 11 am–12:30 pm Metastatic Prostate Cancer Group 1–2:30 pm Prostate Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>28 9:30–10:30 am Tai Chi Chih Qigong Always Beginning 11 am Newcomers Meeting</p>	<p>29 10 am–12 noon Managing Lymphedema</p>



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WALNUT CREEK, CA

Ongoing Networking Groups No need to RSVP

Brain Tumor

2nd and 4th Wednesdays: 7–8:30 pm

Breast Cancer

2nd and 4th Thursdays: 11 am–12:30 pm

Colorectal Cancer

1st Wednesday: 4–5:30 pm

Carcinoid Neuroendocrine

3rd Saturday, Odd Months: 1–4 pm

Gynecologic/Ovarian Cancer

1st and 3rd Thursday: 11 am–12:30 pm

Family Transition

Wednesdays: 6–8 pm

For bereaved TWC family members who have experienced the death of a loved one due to cancer

Life After Cancer

2nd and 4th Wednesdays: 6–7:30 pm

For alumni of weekly groups or new participants who are well beyond day to day treatment

Lung Cancer

1st Wednesday: 4–5:30 pm

Metastatic Prostate Cancer

4th Thursday: 11 am–12:30 pm

Prostate Cancer

4th Thursday: 1–2:30 pm

Survivorship Café Nights

1st and 3rd Wednesdays: 6–7:30 pm

Social get togethers for long term survivors

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.

Special Series

Call 925-933-0107 to register.

Newly Diagnosed Breast Cancer Group Series

Wednesdays: July 1 and October 24,
10:30 am–12:30 pm

For those in or just starting treatment. Guest oncology experts along with group support provide tools to assist in coping and sharing experiences. The Tuesday group is for those who started in April.

Integral Tai Chi Special Series

Wednesdays: July 8 thru August 26, 3–5 pm

This 8 week class teaches a series of exercises, relaxation techniques and meditation that combined Yoga, Tai Chi Chi Kung and meditation. It increases balance, awareness, endurance, flexibility, flow, concentration and energy. Instructors: Mabel Lee and Chau Yoder

Mindfulness Meditation

Mondays: July 13 thru August 31, 3:30–6 pm

The practice of meditation aids in achieving emotional balance, managing pain, and summoning the wisdom of body and mind in the quest for health. It is a powerful way to manage stress and be in the moment, enhancing quality of life. Please plan to attend all sessions.

Mind Body

Ongoing Stress Reduction, Creative Expression 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 Mike Brabant

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

Meditation practice.

Instructor: Margaret Cullen, MFT

Tai Chi Chih/Qigong

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

PLEASANTON, Tuesdays: 2–4 pm

Weekly drop-in group for people with cancer and their loved ones. ValleyCare Health Library and Ryan Comer Cancer Resource Center, 5725 West Las Positas Boulevard, Suite 270

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 & 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