

MARCH/APRIL 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.

Please call us at 925-933-0107 for information.

You may attend workshops, stress reduction programs and networking groups prior to attending a Newcomers Meeting.

SPECIAL PROGRAMS Please call 925-933-0107 to register.

Art for Life

Tuesdays: March 2 and April 20, 2–4 pm
With Cherylene Robison. The March session, Passion Creates Action, will use collage in a fun way to explore your true passion and the action you need to take to create the life you desire. In April's session, The Soul's Purse, you will create a beautiful silk purse as a way of exploring the essence of your Self. Honor the challenges and miracles in your life. Cherylene is an artist and long-time cancer survivor.

Integral Tai Chi Series

Wednesdays:
March 3 through April 28, 2–4 pm
With Chau Yoder and Mabel Lee. This series teaches exercises and relaxation techniques that combine Yoga, Tai Chi, Chi Kung and meditation. The practice increases balance, endurance, strength, flexibility, awareness, flow, concentration and energy. Each class builds on the previous session. Chau has been teaching for TWC since our inception. Both Chau and Mabel have trained as integral tai chi instructors.

Am I Just Forgetful or Is It Chemobrain?

Saturday: March 6, 10 am–12 noon
With Alice Barlettani, RN. After cancer treatment, many report difficulty with their thinking abilities. Learn symptoms, tips and helpful strategies to help manage chemobrain. Alice is an oncology nurse with EpicCare.

Bead Creative

Saturday: March 6, 1–3 pm
With Pam Taylor. Design your own bracelet using stone, crystal and silver. Everything you need is provided in this fun, interactive class Pam is an artist and cancer survivor.

Making Memories: Spring Is In the Air

Tuesdays: March 9 and April 13, 2–4 pm
With Alisa Scarano. Love being creative? Join us on March 9 as we create a fun

Spring/Easter project using your favorite photos, paper and embellishments. On April 13 we explore the art of cardmaking. All level crafters welcome. Alisa is an inveterate crafter and cancer survivor.

Kids Circle and Teen Talk

Saturdays:
March 13 and April 10, 10 am–1 pm
With TWC licensed therapists. 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.

Healing with Acupressure

Tuesday: March 16, 6–8 pm
With Kathryn Chess, CMP. Stimulate and balance your body using your own internal healing powers with Acupressure, gentle yoga, and meditation. Discover how to use these ancient holistic methods to gently restore your health during and after cancer treatment. Kathryn is a certified accupressurist and yoga instructor.

CAREing and COPEing Series

Tuesdays: March 16 thru April 6, 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. Margaret is the Program Director of TWC.

African Drumming Circle

Thursdays:
March 18 and April 15, 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! Patricia is a talented musician and brings a multitude of drums to enjoy.

special PROGRAMS & SERIES

MARCH/APRIL 2010 SPECIAL PROGRAMS

Special Announcements

The Wellness Community San Francisco Bay Area is an affiliate of a network of cancer support organizations. In 2009, the national Wellness Community organization joined with Gilda's Clubs to form an international federation called the Cancer Support Community.



We are also growing locally, and we are very pleased to announce that this Spring we will open our second facility in Mountain View. This new facility will be open with the name "Cancer Support Community of Silicon Valley", while our Walnut Creek facility will continue to be known as "The Wellness Community East Bay".

What's most important to know is that while the new facility will be called the Cancer Support Community, only the name has changed — we will offer the same services and programs, and they will continue to be delivered with the same caring, quality and effectiveness that have always been the hallmark of The Wellness Community.

SPECIAL PROGRAMS Please call 925-933-0107 to register.

—CONTINUED FROM PAGE 1

Nutrition and Cancer Treatment

Saturday:

March 20, 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. Tinrin has been an oncology dietitian for over 20 years.

Working Through Loss When Faced With Cancer

Saturday:

March 27, 10 am–1 pm

With Radhe Lesney, MFT. Feelings of loss and a grieving process are part of dealing with a cancer diagnosis. Join us as we explore this topic with discussion and experiential exercises. For both cancer survivors and caregivers. Radhe is a family therapist and a breast cancer survivor.

Managing Symptoms & Side Effects

Saturday:

April 3, 10 am–12 noon

With Diana Longacre, RN, OCN. Learn what you can do to feel better during cancer treatment in this informal workshop. Diana, an oncology nurse and cancer survivor herself, will discuss methods for managing fatigue, nausea, and other treatment side effects.

Recent Advances in Head & Neck Cancer

Tuesday: April 13, 6–8 pm

With Marjaneh Moini, MD. Dr. Moini is a radiation oncologist with John Muir Health. She will discuss treatment options, latest research, side effect management, and ways to improve medical outcomes.

Survivorship 101

Tuesday: April 20, 6–8 pm

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. Rachele is the Cancer Survivorship Program Coordinator at John Muir Health and a breast cancer survivor.

Authenticity in Difficult Times

Saturday: April 24, 10 am–12 noon

With Celeste Demitrios. This interactive workshop will examine how to stay true to our beliefs and feelings when faced with emotional, physical, spiritual and financial challenges. Together we will explore what is important to us and what we pay attention to. Are they one in the same, or are we distracted by other things? Celeste is a certified integral coach who specializes in helping people explore their authentic self and quiet the inner critic. Celeste first came to The Wellness Community as a cancer patient with only months to live. That was over 20 years ago.

Talking About Cancer

Sunday: April 25, 1–5 pm

With Miki Kashtan. Whether you are facing cancer or are caring for someone who is, every step of the way may involve challenging conversations. The potential for conflict, misunderstanding, inner disconnection, fear, overwhelm and anguish may increase, as well as stress about practical and emotional support. This workshop will introduce a way of connecting and communicating that supports trust, mutual understanding and intimacy among friends and family. This process can assist people in taking ownership of the decision-making process, as well as to advocate for themselves based on a deeper understanding of their needs and those of their providers. Miki is a certified trainer with the International Center for Nonviolent Communication and a veteran of several cancers in her family (her own included).



SPECIAL SERIES AND ONGOING PROGRAMS

SPECIAL SERIES

Please call 925-933-0107 to register.

Newly Diagnosed Breast Cancer Series

Tuesdays:

April 13 through July 27, 11 am–1 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 Wednesday group is for those who started in January.

Mindfulness Meditation

Fridays:

April 23 through June 18, 1–3 pm
With Margaret Cullen, MFT. Meditation practice aids in achieving emotional balance, managing pain, and using the wisdom of body and mind. It is a powerful way to manage stress, be present in the moment, and enhance quality of life. Please plan to attend all sessions.

Cancer Transitions

Mondays:

February 1 thru March 15, 6–8:30 pm
Limited to those who started in February.

Awareness Through Movement

Fridays:

February 5 through March 12, 1–2 pm
Limited to those who started in February. Ongoing classes will begin on Wednesday, March 17, 1–2 pm.

Food for Life

Nutrition & Cooking Classes

Fridays:

February 19 through March 12, 6–8 pm
This series is limited to those who started in February. Wait lists for the new series are forming, so call to get your name on the list.

ONGOING PROGRAMS

NETWORKING GROUPS

No need to RSVP.

Brain Tumor

2nd and 4th Wednesdays: 7–9 pm

Breast Cancer

2nd and 4th Thursdays: 11 am–1 pm

Carcinoid Neuroendocrine Cancers

3rd Saturday, Odd Months: 1–4 pm

Colorectal Cancer

NEW TIME:

2nd Wednesday: 4–6 pm

Gynecologic/Ovarian Cancer

**1st and 3rd Thursdays:
11 am–1 pm**

Lung Cancer

**1st Wednesday:
4–6 pm**

Metastatic Prostate Cancer

**4th Thursday:
11 am–1 pm**

Prostate Cancer

**4th Thursday:
1–3 pm**

Family Transition

Wednesdays: 6–8 pm

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

Life After Cancer

**2nd and 4th Wednesdays:
6–8 pm**

For those beyond day to day treatment.

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: 8:45–10:15 am;

Thursdays: 9:30–10:45 am & 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

Awareness Through Movement

Wednesdays: 1–2 pm (starts March 17)

This gentle approach to movement focuses on flexibility, balance and coordination to help overcome physical limitations brought on by treatment. Instructor: Peter Boffey

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

MARCH 2010 PROGRAM CALENDAR



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>6–8:30 pm Cancer Transitions</p> <p>7 pm Newcomers Meeting</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>2</p> <p>9:30–10:45 am Chi Kung</p> <p>11 am–1 pm Weekly Participant & Support Person Groups</p> <p>1:15–3 pm Knitting Circle</p> <p>2–4 pm Art for Life: Passion Creates Action</p>	<p>3</p> <p>8:45–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Newly Diagnosed BC Group</p> <p>10:30 am–12:30 pm Weekly Participant & Support Person Groups</p> <p>2–4 pm Integral Tai Chi</p> <p>4–6 pm Lung Cancer Group</p> <p>6–8 pm Family Transition Group</p> <p>6–8 pm Survivorship Café Night</p>	<p>4</p> <p>9:30–10:45 am Yoga</p> <p>11 am–1 pm Gynecologic/Ovarian Cancer Group</p> <p>5–6:30 pm Yoga</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>5</p> <p>9:30–10:30 am Tai Chi Chih Qigong: Always Beginning</p> <p>11 am Newcomers Meeting</p> <p>1–2 pm Awareness Through Movement</p> <p>6–8 pm Food for Life Nutrition & Cooking Classes</p>	<p>6</p> <p>10 am–12 noon Am I Just Forgetful or is it Chemobrain</p> <p>1–3 pm Bead Creative</p>
8	<p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>6–8:30 pm Cancer Transitions</p> <p>7 pm Newcomers Meeting</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>9</p> <p>9:30–10:45 am Chi Kung</p> <p>11 am–1 pm Weekly Participant & Support Person Groups</p> <p>1:15–3 pm Knitting Circle</p> <p>2–4 pm Making Memories: Spring is in the Air</p>	<p>10</p> <p>8:45–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Newly Diagnosed BC Group</p> <p>10:30 am–12:30 pm Weekly Support Groups</p> <p>2–4 pm Integral Tai Chi</p> <p>4–6 pm Colorectal Cancer Group</p> <p>6–8 pm Family Transition Group</p> <p>6–8 pm Life After Cancer</p> <p>7–9 pm Brain Tumor Group</p>	<p>11</p> <p>9:30–10:45 am Yoga</p> <p>11 am–1 pm Breast Cancer Group</p> <p>5–6:30 pm Yoga</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>12</p> <p>9:30–10:30 am Tai Chi Chih Qigong: Always Beginning</p> <p>11 am Newcomers Meeting</p> <p>1–2 pm Awareness Through Movement</p> <p>6–8 pm Food for Life Nutrition & Cooking Classes</p>	<p>13</p> <p>10 am–1 pm Kids Circle & Teen Talk</p>
15	<p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>6–8:30 pm Cancer Transitions</p> <p>7 pm Newcomers Meeting</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>16</p> <p>9:30–10:45 am Chi Kung</p> <p>11 am–1 pm Weekly Participant & Support Person Groups</p> <p>1:15–3 pm Knitting Circle</p> <p>6–8 pm Healing with Acupressure</p> <p>6–8 pm CAREing & COPEing Series</p>	<p>17</p> <p>8:45–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Newly Diagnosed BC Group</p> <p>10:30 am–12:30 pm Weekly Participant & Support Person Groups</p> <p>1–2 pm Awareness Through Movement</p> <p>2–4 pm Integral Tai Chi</p> <p>6–8 pm Family Transition Group</p> <p>6–8 pm Survivorship Café Night</p>	<p>18</p> <p>9:30–10:45 am Yoga</p> <p>11 am–12:30 pm Gynecologic/Ovarian Cancer Group</p> <p>4:30–5:30 pm African Drumming Circle</p> <p>5–6:30 pm Yoga</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>19</p> <p>9:30–10:30 am Tai Chi Chih Qigong: Always Beginning</p> <p>11 am Newcomers Meeting</p>	<p>20</p> <p>10 am–1 pm Nutrition & Cancer Treatment</p> <p>1–4 pm Carcinoid Neuroendocrine Group</p>
22	<p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>7 pm Newcomers Meeting</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>23</p> <p>9:30–10:45 am Chi Kung</p> <p>11 am–1 pm Weekly Participant & Support Person Groups</p> <p>1:15–3 pm Knitting Circle</p> <p>6–8 pm CAREing & COPEing Series</p>	<p>24</p> <p>8:45–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Newly Diagnosed BC Group</p> <p>10:30 am–12:30 pm Weekly Participant & Support Person Groups</p> <p>1–2 pm Awareness Through Movement</p> <p>2–4 pm Integral Tai Chi</p> <p>6–8 pm Family Transition Group</p> <p>6–8 pm Life After Cancer</p> <p>7–9 pm Brain Tumor Group</p>	<p>25</p> <p>9:30–10:45 am Yoga</p> <p>11 am–1 pm Breast Cancer Group</p> <p>11 am–1 pm Metastatic Prostate Group</p> <p>1–3 pm Prostate Cancer Group</p> <p>5–6:30 pm Yoga</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>26</p> <p>9:30–10:30 am Tai Chi Chih Qigong: Always Beginning</p> <p>11 am Newcomers Meeting</p>	<p>27</p> <p>10 am–1 pm Working Through Loss When Faced with Cancer</p>
29	<p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>7 pm Newcomers Meeting</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>30</p> <p>9:30–10:45 am Chi Kung</p> <p>11 am–1 pm Weekly Participant & Support Person Groups</p> <p>1:15–3 pm Knitting Circle</p> <p>6–8 pm CAREing & COPEing Series</p>	<p>31</p> <p>8:45–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Newly Diagnosed BC Group</p> <p>10:30 am–12:30 pm Weekly Support Groups</p> <p>1–2 pm Awareness Through Movement</p> <p>2–4 pm Integral Tai Chi</p> <p>5–7 pm Vallejo Workshop: Employment Rights & Disability Benefits</p> <p>6–8 pm Family Transition Group</p>	<p>Offsite Workshops Please call 925-933-0107 for more information.</p> <p>VALLEJO: Employment Rights & Disability Benefits for Cancer Wednesday, March 31, 5–7 pm With Rachael Langston, Esq. Sutter Solano Cancer Center 1st floor conference room, 100 Hospital Drive. Learn about the laws that protect people with cancer as well as the different disability benefits available to them. Rachael is an attorney with the Legal Aid Society Employment Law Center in San Francisco.</p> <p>ANTIOCH: Medical Chi Kung and Cancer Treatment Tuesday, April 27, 6–8 pm With Lourdes Gonzales. Sutter Delta Medical Center, Main Hospital Board Room, 3901 Lone Tree Way. Medical Chi Kung is a branch of Traditional Chinese Medicine that combines breath work, movement and sound to aid in recovery and sustain health. Come ready to learn and practice. Lourdes is an acupuncturist and holistic health educator.</p>		



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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All of the programs and services at The Wellness 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 over 2,000 individuals and organizations each year. Every contribution makes a difference and is greatly appreciated.</p> <p>We would like to give special acknowledgement to our Leadership Sponsors, who have provided extraordinary support during the past year: Genentech • Kaiser Permanente • John Muir Health • McKesson • Safeway • Verizon</p> <p>For more information on how you can support The Wellness Community, please call us at 925-933-0107 or visit our website at www.twcba.org/donate.html.</p>			<p>1 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>2 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting</p>	<p>3 10 am–12 noon Managing Symptoms & Side Effects</p>
<p>5 8:30–9:30 am Pilates 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>6 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</p>	<p>7 8:45–10:15 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 Support Groups 1–2 pm Awareness Through Movement 2–4 pm Integral Tai Chi 4–6 pm Lung Cancer Group 6–8 pm Family Transition Group 6–8 pm Survivorship Café Night</p>	<p>8 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>9 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting</p>	<p>10 10 am–1 pm Kids Circle & Teen Talk</p>
<p>12 8:30–9:30 am Pilates 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>13 9:30–10:45 am Chi Kung 11 am–1 pm Weekly Support Groups 11 am–1 pm Newly Diagnosed Breast Cancer Group 1:15–3 pm Knitting Circle 2–4 pm Making Memories: Card Making 6–8 pm Recent Advances in Head & Neck Cancers</p>	<p>14 8:45–10:15 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 Support Groups 1–2 pm Awareness Through Movement 2–4 pm Integral Tai Chi 4–6 pm Colorectal Cancer Group 6–8 pm Family Transition Group 6–8 pm Life After Cancer 7–9 pm Brain Tumor Group</p>	<p>15 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</p>	<p>16 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting</p>	<p>17 10 am–1 pm Multiple Myeloma Group</p>
<p>19 8:30–9:30 am Pilates 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>20 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 Art for Life: Soul's Purse 6–8 pm Survivorship 101</p>	<p>21 8:45–10:15 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 1–2 pm Awareness Through Movement 2–4 pm Integral Tai Chi 6–8 pm Family Transition Group 6–8 pm Survivorship Café Night</p>	<p>22 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>23 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 1–3 pm Mindfulness Meditation Series</p>	<p>24 Saturday 10 am–12 noon Authenticity in Difficult Times</p>
<p>26 8:30–9:30 am Pilates 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>27 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 Antioch Workshop: Medical Chi Kung and Cancer Treatment</p>	<p>28 8:45–10:15 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 1–2 pm Awareness Through Movement 2–4 pm Integral Tai Chi 6–8 pm Family Transition Group 6–8 pm Life After Cancer 7–9 pm Brain Tumor Group</p>	<p>29 9:30–10:45 am Yoga 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>30 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 1–3 pm Mindfulness Meditation Series</p>	<p>25 Sunday 1–5 pm Talking About Cancer</p>

OFFSITE SUPPORT GROUPS

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

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.

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.

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

- Mondays: 7 pm–9 pm
- Tuesdays: 11 am–1 pm
- Wednesdays: 10:30 am–12:30 pm
- Thursdays: 7 pm–9 pm

www.twcba.org
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cancer support, education and hope

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