

MAY/JUNE 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.

Jin Shin Jyutsu

Saturday: May 2, 10 am–12:30 pm

Learn to place your hands on specific areas of your body to help reduce and better manage the effects of cancer and its treatment in a way similar to acupressure. This can support the immune system and reduce the physical and emotional impact of stress on your body.

Introduction to Reiki Healing

Series 1—Tuesdays: 5/5, 5–6 pm & 5/12, 5–7 pm

Series 2—Saturdays: 6/6, 2–3 pm & 6/13, 2–4 pm

Learn the basics of this hands on healing to balance the energy in the body. You can use it on yourself or others to help alleviate 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.

Acupuncture: Its Potential & Possibilities

Tuesday: May 5, 6–8 pm

With Amy Matecki, MD, LAc. Learn how acupuncture can complement cancer treatment. Combining it with medical treatment may assist in reducing pain, lessening anxiety, alleviating chemotherapy side effects and promoting a sense of well-being.

Kids Circle and Teen Talk

Saturdays: May 9 and June 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.

Five Wishes—A Living Will Workshop

Tuesday: May 12, 2–4 pm

Learn how to articulate your personal, emotional and spiritual needs and medical wishes for being treated at end of life and how to discuss and document them clearly for your loved ones and medical team.

Mindful Chi Kung & Healthy Being

Tuesdays: May 19 and June 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.

African Drumming Circle

Thursdays: May 21 and June 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!

The Healing Power of Energy Psychology

Saturday: May 23, 10 am–12 noon

Experience Emotional Freedom Techniques through demonstration and practice to better manage

stress, anxiety, fears, grief, anger, disturbing memories, guilt and insomnia.

The Soul of Caregiving

Saturday: May 30, 10 am–5:30 pm

In this daylong writing and guided imagery workshop for cancer caregivers, learn techniques to reduce stress, overcome obstacles, and get tools for emotional and spiritual renewal and self-care.

Managing Menopause During & After

Cancer Treatment

Tuesday: June 2, 6–8 pm

With Sondra Altman, MD. Learn what you can do to manage menopause and improve quality of life during and after treatment.

Nutrition & Cancer Treatment

Saturday: June 6, 10 am–1 pm

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

Gourmet Salad Preparation Party

Tuesday: June 9, 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.

Bead Creative

Tuesday: June 16, 4–6 pm

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

Cultivating Forgiveness

Saturday: June 20, 10 am–1 pm

With Margaret Cullen, MFT. Explore various aspects of forgiveness—its meaning, myths surrounding it, research regarding health benefits, and how to practice and cultivate it.

Frankly Speaking About Cancer:

Coping with the Cost of Your Care

Saturday: June 27, 8:30 am–12:30 pm

This launch of our nationally developed new program addresses the psychological impact of navigating insurance and financial systems, and often, incurring debt. Learn about resources available to people in treatment for cancer to help them deal with the numerous and complex challenges of managing the cost of cancer care.

Ask the Pharmacist

Tuesday: June 30, 4–6 pm

With Zan Sorooshian, PharmD. Learn about managing side effects, minimizing drug interactions, and the role medications and chemotherapy play in cancer treatment.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Offsite Workshops—Please call 925-933-0107 to register</p> <p>VALLEJO: Nutrition & Cancer Treatment Tuesday, May 12, 6–8 pm. With Tinrin Chew, RD. Sutter Solano Cancer Center, 1st Floor Conference Room, 100 Hospital Drive. Learn what to eat (even when you don't feel like it) and ways to hydrate. Find out how to establish nutritional goals during and after cancer treatment, and how foods help in maintaining and regaining health.</p> <p>ANTIOCH: Managing Symptoms & Side Effects Thursday, June 25, 6–8 pm. With Nurse Practitioners Donna Saba and Stacey Teicher. Sutter Delta Medical Center, Conference Rooms 1–3, 3901 Lone Tree Way. Learn what you can do to feel better during cancer treatment. In this workshop, methods for managing fatigue, nausea and other treatment side effects will be discussed.</p>				<p>1 9:30–10:30 am Tai Chi Chih 11 am Newcomers Meeting</p>	<p>2 10 am–12:30 pm Jin Shin Jyutsu</p>
<p>4 8:30–9:30 am Pilates 2–3 pm Yoga 3–5 pm Integral Tai Chi 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 Newly Diagnosed BC Group 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle 5–6 pm Intro to Reiki 6–8 pm Acupuncture: Its Potential and Possibilities</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 4–5:30 pm Colorectal Cancer Group 4–5:30 pm Lung Cancer Group 6–7:30 pm Survivorship Café Night 6–8 pm Family Transition Group</p>	<p>7 9:30–10:45 am Yoga 11 am–12:30 pm Gynecologic/Ovarian Cancer Group 5:30–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>8 9:30–10:30 am Tai Chi Chih 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 3–5 pm Integral Tai Chi 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 Newly Diagnosed BC Group 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting 2–4 pm 5 Wishes 5–7 pm Beginner Reiki 6–8 pm Vallejo Workshop: Nutrition & Cancer Treatment</p>	<p>13 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Weekly Participant & Support Person Groups 6–7:30 pm Life After Cancer Group 6–8 pm Family Transition Group 7–8:30 pm Brain Tumor Group</p>	<p>14 9:30–10:45 am Yoga 11 am–12:30 pm Gynecologic/Ovarian Cancer Group 5:30–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>15 9:30–10:30 am Tai Chi Chih 11 am Newcomers Meeting</p>	<p>16 1–4 pm Carcinoid Neuroendocrine Group</p>
<p>18 8:30–9:30 am Pilates 2–3 pm Yoga 3–5 pm Integral Tai Chi 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 Newly Diagnosed BC Group 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle 2–4 pm Mindful Chi Kung & Healthy Being</p>	<p>20 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Weekly Participant & Support Person Groups 6–7:30 pm Survivorship Café Night 6–8 pm Family Transition Group</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 5:30–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>22 9:30–10:30 am Tai Chi Chih 11 am Newcomers Meeting</p>	<p>23 10 am–12 noon The Healing Power of Energy Psychology</p>
<p>25 CLOSED FOR MEMORIAL DAY</p>	<p>26 9:30–10:45 am Chi Kung 11 am–1 pm Newly Diagnosed BC Group 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle</p>	<p>27 9–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Weekly Participant & Support Person Groups 6–7:30 pm Life After Cancer Group 6–8 pm Family Transition Group 7–8:30 pm Brain Tumor Group</p>	<p>28 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 5:30–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>29 9:30–10:30 am Tai Chi Chih 11 am Newcomers Meeting</p>	<p>30 Saturday 10 am–5:30 pm The Soul of Caregiving: Writing & Guided Imagery for Insight & Wellness</p>
					<p>31 Sunday 10 am–12 noon Cancer Survivors Celebration at the Ranch</p>



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>3–5 pm Integral Tai Chi</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>11 am–1 pm Newly Diagnosed Breast Cancer Group</p> <p>1:15–3 pm Knitting Circle</p> <p>6–8 pm Managing Menopause During & After Cancer Treatment</p>	<p>3</p> <p>9–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Weekly Groups</p> <p>4–5:30 pm Colorectal Group</p> <p>4–5:30 pm Lung Cancer Group</p> <p>6–7:30 pm Survivorship Café Night</p> <p>6–8 pm Family Transition Group</p>	<p>4</p> <p>9:30–10:45 am Yoga</p> <p>11 am–12:30 pm Gynecologic/Ovarian Cancer Group</p> <p>5:30–6:30 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</p> <p>11 am Newcomers Meeting</p>	<p>6</p> <p>10 am–1 pm Nutrition and Cancer Treatment</p> <p>2–3 pm Intro to Reiki</p>
	<p>8</p> <p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>3–5 pm Integral Tai Chi</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>11 am–1 pm Newly Diagnosed Breast Cancer Group</p> <p>1:15–3 pm Knitting Circle</p> <p>6–8 pm Gourmet Salad Preparation Party</p>	<p>10</p> <p>9–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Weekly Participant & Support Person Groups</p> <p>6–7:30 pm Life After Cancer Group</p> <p>6–8 pm Family Transition Group</p> <p>7–8:30 pm Brain Tumor Group</p>	<p>11</p> <p>9:30–10:45 am Yoga</p> <p>11 am–12:30 pm Breast Cancer Group</p> <p>5:30–6:30 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</p> <p>11 am Newcomers Meeting</p>	<p>13</p> <p>10 am–1 pm Kids Circle & Teen Talk</p> <p>2–4 pm Beginner Reiki</p>
	<p>15</p> <p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>3–5 pm Integral Tai Chi</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>11 am–1 pm Newly Diagnosed Breast Cancer Group</p> <p>1:15–3 pm Knitting Circle</p> <p>4–6 pm Bead Creative</p>	<p>17</p> <p>9–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Weekly Participant & Support Person Groups</p> <p>6–7:30 pm Survivorship Café Night</p> <p>6–8 pm Family Transition Group</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>5:30–6:30 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</p> <p>11 am Newcomers Meeting</p>	<p>20</p> <p>10 am–1 pm Cultivating Forgiveness</p>
	<p>22</p> <p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>3–5 pm Integral Tai Chi</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>11 am–1 pm Newly Diagnosed Breast Cancer Group</p> <p>1:15–3 pm Knitting Circle</p> <p>2–4 pm Mindful Chi Kung</p>	<p>24</p> <p>9–10:15 am Yoga</p> <p>9:30–10:30 am Mindfulness</p> <p>10:30 am–12:30 pm Weekly Participant & Support Person Groups</p> <p>6–7:30 pm Life After Cancer Group</p> <p>6–8 pm Family Transition Group</p> <p>7–8:30 pm Brain Tumor Group</p>	<p>25</p> <p>9:30–10:45 am Yoga</p> <p>11 am–12:30 pm Breast Cancer Group</p> <p>11 am–12:30 pm Metastatic Prostate Cancer Group</p> <p>1–2:30 pm Prostate Group</p> <p>5:30–6:30 pm Yoga</p> <p>6–8 pm Antioch Workshop: Managing Symptoms & Side Effects</p> <p>7–9 pm Weekly Participant & Support Person Groups</p>	<p>26</p> <p>9:30–10:30 am Tai Chi Chih</p> <p>11 am Newcomers Meeting</p>	<p>27</p> <p>8:30 am–12:30 pm Frankly Speaking About Cancer: Coping with the Cost of Your Care</p>
	<p>29</p> <p>8:30–9:30 am Pilates</p> <p>2–3 pm Yoga</p> <p>3–5 pm Integral Tai Chi</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>11 am–1 pm Newly Diagnosed Breast Cancer Group</p> <p>1:15–3 pm Knitting Circle</p> <p>4–6 pm Ask the Pharmacist</p>	<p>SPECIAL SURVIVORSHIP EVENT CELEBRATION AT THE RANCH</p> <p>Sunday, May 31, 11 am–4 pm at Little Hills Ranch in San Ramon. Honoring all cancer survivors and their families, this is a fun-filled day of live music, dancing, games and just being together in honor of National Cancer Survivor's Day. Entertainment for the whole family including swimming, bingo, ping-pong, massages and much more. Picnic lunch provided. Please RSVP to Mary at 925-734-3319.</p>		<p>Calendar Key</p> <p>Green: Mind/Body/Creative Expressive</p> <p>Blue: Support</p> <p>Red: Special Programs</p> <p>Orange: Special Series</p> <p>Please register for programs in red and orange by calling 925-933-0107.</p>	



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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 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

Tuesdays: 11 am–1 pm, April 7 thru July 21.

For those who started in January. Next series starts in July.

Integral Tai Chi

Mondays, 3–5 pm, May 4–June 29

This 8 week class will teach a series of exercises, relaxation techniques and meditation that combine Yoga, Tai Chi, Chi Kung and meditation. It increases balance, awareness, endurance, flexibility, flow, concentration, and energy. Instructor: Mabel Lee

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

Join this "loosely-knit" group of beginners

through experts guided by Janet Correia. Knitting has been clinically shown to induce states of tranquility similar to meditation. The relaxed atmosphere of the group makes creating fun.

Mindfulness

Wednesdays: 9:30–10:30 am

Meditation practice.

Instructor: Margaret Cullen, MFT

Tai Chi Chih

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 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