



WEEKLY SUPPORT GROUPS

Requires attending Welcome Orientation meeting prior to joining a group. Ongoing support groups are facilitated by licensed mental health professionals for cancer patients & their loved ones. Family groups are for spouses, significant others, parents, children, or close friends. One or more support persons may join a family group.

Tuesdays

Breast Cancer (San Pedro Grp) • 5:30pm - 7:30pm
Breast Cancer • 6pm - 8pm
Cancer Patient • 6pm - 8pm
Family/Partners • 6pm - 8pm

Wednesdays

Women's Cancer • 10:30am - 12:30pm
Cancer Patient • 6pm - 8pm
Newly Diagnosed Breast Cancer • 6pm - 8pm

Thursdays

Cancer Patient Group • 2pm - 4pm
Cancer Patient Group (Long Beach Grp) • 5pm - 7pm
Cancer Patient Group • 6pm - 8pm
Family/Partners • 6pm - 8pm
Newly Diagnosed Breast Cancer • 6pm - 8pm

Bereavement Group

(Welcome Orientation **NOT** required)

Monday, December 6 • 4:30pm - 6:30pm and
Tuesday, December 14 • 3pm - 5pm

Welcome Orientation Meeting

If you are new to CSCRB and would like to join a support group or attend a healthy lifestyle class, please attend a Welcome Orientation meeting. Welcome Orientation meeting is every Monday and Friday at 11am. Contact info@cscrb.org or register online at cscrb.org and click Calendar tab.

*Cancer Support Community Redondo Beach does not discriminate on the basis of race, color, creed, national origin, gender, sexual orientation, gender expression, religion, age, disability or other legally protected status to admit access of its programs or services.

Celebrating 34 years of serving cancer patients and their families, completely free of charge.

December 2021

Virtual Programs Calendar

NETWORKING GROUPS

Networking groups for patients & their loved ones are facilitated by licensed mental health professionals. These groups are for sharing and learning from others who are going through similar experiences.

Blood Cancers

2nd Thursday, December 9 • 1pm - 3pm

Carcinoid & Neuroendocrine Tumor

Saturday, December 4 • 10:30am - 12:30pm

Gynecological Cancers

1st & 3rd Wednesday, December 1 & 15 • 12pm - 2pm

Life After Cancer

1st Monday, December 6 • 6pm - 8pm

Living Well with Metastatic Cancer

1st & 3rd Monday, December 6 • 10:30am-12:30pm

Lung Cancer

3rd Saturday, December 11 • 10:30am - 12:30pm

Lymphedema Networking Group (Meets Quarterly)

Dec 11 • 11am - 1pm

Oral, Head & Neck Cancer

1st Thursday, December 2 • 2pm - 4pm

Prostate Cancer

1st & 3rd Wednesday, December 1, 15 • 4:30pm - 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, December 8 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, December 11 • 11am - 1pm

Spousal Bereavement

2nd & 4th Monday, December 13 • 4:30pm - 6:30pm

Thyroid Cancer

1st Saturday, December 4 • 10am - 12pm

Young Cancer Survivorship *

Every Monday • 6pm - 8pm

Young Cancer Survivorship (Long Beach Group) *

Tuesday, December 14 • 6:30pm - 8pm

*Young adults diagnosed with cancer before their early 40's regardless of current age.

December 2021

* Please check the online calendar for the most up to date additions and cancellations.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Weekly Support Group</p> <p>Networking Group</p> <p>Healthy Lifestyle</p> <p>Workshop</p> <p>Social Event</p> <p>Kid & Teens</p>	<p>* San Pedro Grp</p> <p>** Long Beach Grp</p> <p>*** Newly Diagnosed</p>	<p>1</p> <p>Women's Cancer 10:30am</p> <p>Cancer Patient 6pm</p> <p>ND Breast ***6pm</p> <p>Gynecological 12pm</p> <p>Prostate Cancer 4:30pm</p> <p>Teens Chat & Chill 4pm</p> <p>Gentle Yoga 10am</p> <p>Sound Healing 12pm</p> <p>Guided Meditation 4pm</p>	<p>2</p> <p>Cancer Patient 2pm</p> <p>Cancer Patient **5pm</p> <p>Cancer Patient 6pm</p> <p>Family/Partners 6pm</p> <p>ND Breast ***6pm</p> <p>Oral, Head and Neck 2pm</p> <p>Kids Snack & Support 4pm</p> <p>Dancing for Fitness 5:30pm</p> <p>Art for Adults 4pm</p>	<p>3</p> <p>Celebrando La Vida 5pm</p> <p>Gentle Yoga 9:30am</p> <p>Strength & Balance 11am</p> <p>Welcome Orientation 11am</p> <p>Holiday Party 5:30pm</p>	<p>4</p> <p>Thyroid Cancer 10am</p> <p>Carcinoid & NET 10:30am</p>
<p>6</p> <p>Bereavement 4:30pm</p> <p>Metastatic Cancer 10:30am</p> <p>Life After Cancer 6pm</p> <p>Young Cancer Survivorship 6pm</p> <p>Mellow Yoga 10am</p> <p>Strong & Steady 11:30am</p> <p>Tai Chi 4pm</p> <p>Good Vibes Yoga 5:30pm</p> <p>Welcome Orientation 11am</p>	<p>7</p> <p>Breast Cancer *5:30pm</p> <p>Breast Cancer 6pm</p> <p>Cancer Patient 6pm</p> <p>Family/Partners 6pm</p> <p>Strengthen & Soften Yoga 4:30pm</p>	<p>8</p> <p>Women's Cancer 10:30am</p> <p>Cancer Patient 6pm</p> <p>ND Breast ***6pm</p> <p>Prostate (Kaiser Grp) 5pm</p> <p>Gentle Yoga 10am</p> <p>Guided Meditation 4pm</p> <p>Acupressure for a Natural</p> <p>Holiday Facial 11:30am</p>	<p>9</p> <p>Cancer Patient 2pm</p> <p>Cancer Patient **5pm</p> <p>Cancer Patient 6pm</p> <p>Family/Partners 6pm</p> <p>ND Breast ***6pm</p> <p>Blood Cancers 1pm</p> <p>Dancing for Fitness 5:30pm</p> <p>FSAC: Immunotherapy 11:30am</p> <p>Kids & Teens: Create Your Own</p> <p>Holiday Ornament 3pm</p>	<p>10</p> <p>Gentle Yoga 9:30am</p> <p>Welcome Orientation 11am</p>	<p>11</p> <p>Lung Cancer 10:30am</p> <p>Lymphedema 11am</p> <p>Sarcoma Alliance 11am</p> <p>Yoga on the Octagon 10am</p> <p>Writing for Wellness 9am</p>
<p>13</p> <p>Spousal Bereavement 4:30pm</p> <p>Young Cancer Survivorship 6pm</p> <p>Mellow Yoga 10am</p> <p>Strong & Steady 11:30am</p> <p>Tai Chi 4pm</p> <p>Good Vibes Yoga 5:30pm</p> <p>Welcome Orientation 11am</p>	<p>14</p> <p>Bereavement 3pm</p> <p>Breast Cancer *5:30pm</p> <p>Breast Cancer 6pm</p> <p>Cancer Patient 6pm</p> <p>Family/Partners 6pm</p> <p>Strengthen & Soften Yoga 4:30pm</p>	<p>15</p> <p>Women's Cancer 10:30am</p> <p>Cancer Patient 6pm</p> <p>ND Breast ***6pm</p> <p>Gynecological 12pm</p> <p>Prostate Cancer 4:30pm</p> <p>Teens Chat & Chill 4pm</p> <p>Gentle Yoga 10am</p> <p>Sound Healing 12pm</p> <p>Guided Meditation 4pm</p>	<p>16</p> <p>Cancer Patient 2pm</p> <p>Cancer Patient **5pm</p> <p>Cancer Patient 6pm</p> <p>Family/Partners 6pm</p> <p>ND Breast ***6pm</p> <p>Blood Cancers 1pm</p> <p>Kids Snack & Support 4pm</p> <p>Dancing for Fitness 5:30pm</p>	<p>17</p> <p>Gentle Yoga 9:30am</p> <p>Welcome Orientation 11am</p> <p>CLOSED AT 1PM</p>	<p>18</p> <p>CLOSED</p>



Celebrando La Vida
 For our Spanish Support Group,
 please call Mateo Leonardo at
 (310) 363-5154.

If you are new to CSCRB and would like to join a support group or attend a healthy lifestyle class, please attend a Welcome Orientation meeting.

Register at cscrb.org and select Calendar. Email questions to info@cscrb.org or call (310) 376-3550.

WORKSHOPS

Wednesday, December 1 & 15, 7:30pm – 8:30pm • Technology Workshop – Let's Get Social, Social Media That Is!

Join us for a small group workshop that will focus on Social Media and how it can be used to connect and learn more about the many resources and information available on the internet. The goal of these workshops is to improve your health literacy by providing access to and training on digital technology.

Thursday, December 2, 4pm - 5:30pm • Art for Adults – The Great Wave of Compassion with Angie Ladabouche

This project is inspired by Hokusai's famous print of "The Great Wave off Kanagawa" and will help us to explore ways we can develop a visual, self-compassionate "toolbox" that will help us stay afloat when the turbulent waves of challenge arise! List of supplies posted on registration page.

Thursday, December 3, 5:30pm - 5:30pm • Virtual Holiday Party

Join our virtual holiday fun and cheer in the comfort of your home. Prizes awarded for virtual games and ugly sweater contest. Entertainment provided.

Wednesday, December 8, 11:30am - 12:30pm • Acupressure for a Natural Holiday Facial with Ana Paula Duarte, LAc

Brew your favorite tea/beverage before class, softly play your holiday music in the background, sit back, and relax as Ana Paula guides you through the pressure points on your face for a mini cosmetic acupressure session.

Wednesday, December 8, 11:30am - 12:30pm • Acupressure for a Natural Holiday Facial with Ana Paula Duarte, LAc

Brew your favorite tea/beverage before class, softly play your holiday music in the background, sit back, and relax as Ana Paula guides you through the pressure points on your face for a mini cosmetic acupressure session.

Thursday, December 9, 11:30am - 12:30pm • FSAC: Immunotherapy with Nancy Lomibao, MS, LMFT, CCO/PD

This program was designed for individuals considering immunotherapy treatments. It will cover immunotherapy today, the immune system and cancer, the different types of cancer immunotherapy, the importance of immunotherapy, as well as the eligibility requirements for immunotherapy treatment, the side effects of treatment, and resources for support.

Thursday, December 9, 3pm - 4pm • Kids and Teens: Create Your Own Holiday Ornaments

Join us for a fun holiday arts and crafts activity where we will be making 5 holiday character ornaments to hang up in your home and get into the holiday spirit! Kits will be provided free of charge.

Saturday, December 11, 9am - 12pm • Writing for Wellness with Barbara Force

This monthly program offers everyone affected by cancer, ways to express themselves through writing.

HEALTHY LIFESTYLE CLASSES

Dancing for Fitness with Shanee Siracusa - Thursdays • 5:30pm

This class will have aspects of basic dance moves to learn such as grapevines, box steps, and step touches in different directions to get your heart pumping. Weekly theme such as Latin, Disco, Hip Hop, Musicals, and more.

Gentle Yoga with Maureen O'Connor - Wednesdays 10am and Fridays 9:30am

Using a gentle approach and pose modification, we will practice stretching, breathing techniques, and meditation to achieve flexibility, strength, and balance.

Good Vibes Yoga with Daisy Quin - Mondays • 5:30pm

Kick those Monday blues and revitalize the rest of your week with this cooling yoga practice to aid the body's transition from day to night, light to dark.

Guided Meditation - Wednesdays • 4pm

Mindfulness can help us experience our lives more fully. We will meditate together to achieve some of these benefits: relieving stress and adding balance and compassion to our lives. Led by Christine Campisi or Farzaneh Jafari.

Mellow Yoga with Yoshiko Nishioka - Mondays • 10am

Come relax and rejuvenate your body, mind & spirit. Explore breathing techniques, simple stretches & guided relaxation.

Sound Healing with Heather Louks - 1st & 3rd Wednesday • 12pm

This class will help you to connect to the light and joy by, grounding in true energetic balance for you to take with you for the rest of the day. Relax and surrender into the healing sounds and frequencies of crystal alchemy bowls.

Strength & Balance with Mudaser Hakami - 1st Friday of the month • 11am

A fun and energetic group exercise class that promotes the improvement of functional strength, balance, and stability. There are many weights and exercises that can be changed and modified to fit your specific fitness level.

Strengthen & Soften Yoga with Ashley Smaldino - Tuesdays • 4:30pm

In this hatha/restorative blend yoga class, we will focus on building strength and resilience in the body and mind while also making space for softness

Strong and Steady with Lorraine Goldman - Mondays • 11:30am

This class will begin with a gentle warm-up, progress to stretching exercises and ultimately focus on static and dynamic balance challenges.

Tai Chi with Ann Pitts - Mondays • 4pm

This low-impact, graceful exercise is good for the body and mind and has now been proven to reduce stress and tension, improve balance and flexibility, and soothe the mind of distractions.

Note: See online calendar for updates and class cancellations.

Yoga at Redondo Beach Pier - Saturday, December 11, 10am-11am

500 Fisherman's Wharf, International Boardwalk below Kincaid's.

Invite a friend and join us for FREE Yoga at Redondo Beach Pier. All levels are welcome. Be sure to bring a yoga mat, towel & water! This is a socially distanced outdoor yoga class. Face coverings and/or masks are recommended. Visitors must adhere to the LA County Public Health Officer orders. Temperatures will be checked prior to participating.



Teens Chat & Chill - 1st & 3rd Wednesday, 4pm-5pm
 Teens Connect is a support group for teens ages 13-17 who have a family member battling cancer.



Kids Snack & Support - 1st & 3rd Thursday, 4pm-4:30pm
 Kids Community is a free support program for children ages 5-12 who have a family member with cancer.

For more information and/or register your child or teen, email Amil Suthar, MFT Trainee, Kids and Teens Coordinator Ami@cscrb.org.

So that no one faces cancer alone.

Peer to Peer

Patients are matched with peer support volunteers based on diagnosis, cancer stage, age, gender or by preference of the person seeking support. Talking with someone who has lived with cancer can be comforting and reduce the sense of anxiety and isolation that a cancer diagnosis brings. Peer support volunteers are a devoted group of individuals who can provide support, comfort, and practical information, but not medical advice, to those with cancer. For more information contact Carla Bick, Cancer Support Navigator at Carla@cscrb.org.

Individual, Couples and Family Counseling

Cancer Support Community Redondo Beach offers free short-term counseling to Community members, to couples and family members. Joining a weekly support group is also strongly encouraged. The counseling is short-term and provided under the supervision of our licensed clinical staff. For more information, please contact Nancy Lomibao, MS, LMFT at Nancy@cscrb.org.

Administrative Staff

- Joey Shanahan • Executive Director
- Nancy Lomibao, MS, LMFT, LMFT36645
 - Program Director/CCO
- Judith Opdahl • Director Emerita, Planned Giving & Legacy Gifts
- Theresa Plakos • Public Relations Director
- Jackie Suiter • Development Director
- Nida Padilla • Outgoing Program Manager
- Rebecca Sul • Program Manager
- Kelly Zamarripa - DeTate • Events Manager
- Alex Lasso De La Vega • Office Manager
- Carla Bick • Cancer Support Navigator
- Pamela Martis • Accountant/Development Coordinator
- Ami Suthar • Kids and Teens Coordinator

Licensed Mental Health Professionals

- Allison Adamovic, LMFT #125672
- Ann Clary, LMFT, LMFT23879
- Jill Gray, MA, LMFT, LMFT99995
- Stephen Lottenberg, MD, PsyD, G41490
- Anne Karin Nelson, MS, LMFT, LMFT97367
- Jo Ann Panitch, LMFT, LMFT444284
- Ruth Schriebman, PsyD, LMFT, LMFT39901

Graduate Interns

- Brittany Anvari, Associate MFT #128113
- Nadine Shoukry, Associate MFT #109437
- Linda Shrader, Associate MFT #109891
- Jessica Dulin, Associate MFT #118726
- Kristen Brown, MFT Trainee
- Mateo Leonardo, MFT Trainee
- Michele LoBosco, MFT Trainee
- Kari Wendt, LPCC Trainee

* Please note, all Associate MFT and MFT/MSW Trainees are supervised by Nancy Lomibao, LMFT, LMFT36645.



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