



**CANCER SUPPORT  
COMMUNITY  
SOUTH BAY**

All CSC South Bay services are provided free of charge!

## WEEKLY SUPPORT GROUPS

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.

### Tuesdays

**Newly Diagnosed Cancer:** 3pm - 4:30pm \*In Person Only

**Breast Cancer (San Pedro Group):** 5:30pm - 7:30pm

**Newly Diagnosed Breast Cancer:** 6pm - 8pm

**Cancer Participant:** 6pm - 8pm

On the 1st Tues this group meets in person @ our office

**Family/Partners:** 6pm - 8pm

### Wednesdays

**Women's Cancer:** 10am - 12pm

**Cancer Participant:** 6pm - 8pm

**Newly Diagnosed Breast Cancer:** 6pm - 8pm

### Thursdays

**Newly Diagnosed Breast Cancer:** 10am - 12pm

**Cancer Participant:** 2pm - 4pm

On the 3rd Thurs this group meets in person @ our office

**Cancer Participant (Long Beach Grp):** 5pm - 7pm

**Cancer Participant:** 6pm - 8pm

**Family/Partners:** 6pm - 8pm

**Newly Diagnosed Breast Cancer:** 6pm - 8pm

### Bereavement Group

(Welcome Orientation **NOT** required)

**Monday, May 6 & 20:** 4:30pm - 6:30pm

**Tuesday, May 14 & 28:** 3pm - 5pm

## WELCOME ORIENTATION MEETING

If you are new to CSC South Bay and would like to join a support group or attend a healthy lifestyle class, please attend a Welcome Orientation meeting. **held every Monday and Friday at 11am.**

Register online at [CSCSouthBay.org](http://CSCSouthBay.org) and click "GETTING STARTED" or contact Carla Bick, our Cancer Support Navigator, at [Carla@CSCSouthBay.org](mailto:Carla@CSCSouthBay.org).

## Newly Diagnosed Cancer Group

We have an **In Person, Weekly Newly Diagnosed** Cancer Group on Tuesdays from **3pm- 4:30pm** at Our Office. This group is designed for those individuals who have recently received a cancer diagnosis or are within 18 month timeframe of their last treatment or surgery. To join, please register for our Welcome Orientation on our website at [CSCSouthBay.org](http://CSCSouthBay.org). See above for more info.

# MAY 2024 Calendar

All programs offered online via Zoom, unless otherwise noted. For most up-to-date schedule/information, visit

[www.CSCSouthBay.org](http://www.CSCSouthBay.org)



## NETWORKING GROUPS

These cancer-specific groups for patients & their loved ones are facilitated by licensed mental health professionals. Share and learn from others going through similar experiences.

### Blood Cancers

2nd Thursday, May 9 • 1pm - 3pm

### Celebrando La Vida

1st & 3rd Friday, May 3 & 17 • 5pm - 7pm

Para nuestro grupo de apoyo español, por favor llame Norma al 310-376-3550.

### Colo-Rectal Cancers

1st Saturday, May 4 • 10:30am - 12:30pm

### Gynecological Cancers

1st & 3rd Tuesday, May 7 & 21 • 10am - 12pm

### Life After Cancer

1st Monday, May 6 • 6pm - 8pm

### Living Well with Metastatic Cancer

1st Monday, May 6 • 10am - 12pm

### Lung Cancer

3rd Saturday, May 18 • 10:30am - 12:30pm

### Lymphedema Networking Group (Meets Quarterly)

2nd Saturday, June 8 • 11am - 1pm

### Oral, Head & Neck Cancer

1st Thursday, May 2 • 2pm - 4pm

### Pancreatic Cancer

3rd Monday, May 20 • 10:30am - 12:30pm

### Prostate Cancer

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

### Prostate Cancer (Kaiser Group)

2nd Wednesday, May 8 • 5pm - 7pm

### Sarcoma Alliance

2nd Saturday, May 11 • 11am - 1pm

### Spousal Bereavement (Welcome Orientation NOT required)

\*typically 2nd & 4th Mondays

2nd Monday, May 13 • 4:30pm - 6:30pm

### Thyroid Cancer

1st Saturday, May 4 • 10am - 12pm

### Young Cancer Survivorship \*


3rd Monday, May 20 • 6pm - 8pm

\*Diagnosed before early 40's, regardless of current age.

# MAY 2024

All programs offered online via Zoom, unless otherwise noted.  
For most up to date schedule/information: [www.CSCSouthBay.org](http://www.CSCSouthBay.org)

WEEKLY RECURRING GROUPS & CLASSES					
The groups, classes, and orientations listed below will occur every week unless there is a holiday or cancellation.					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am <b>Welcome Orientation</b>	3pm ND Cancer- In Person	10am Women's Cancer	10am ND Breast ***	11am <b>Welcome Orientation</b>	10am Tai Chi
12pm Sound Bath	5:30pm Breast Cancer *	6pm Cancer Participant	2pm Cancer Participant	9:30am Gentle Yoga	9am Offsite: Vinyasa Flow
9am Walking Grp- Esplanade	6pm ND Breast ***	6pm ND Breast ***	5pm Cancer Participant**		
10am Knit and Crochet	6pm Cancer Participant	8am Vinyasa Flow	6pm Cancer Participant		
	6pm Family/Partners	10am Gentle Yoga	6pm Family/Partners		
	4pm Relax and Renew	4pm Guided Meditation	6pm ND Breast ***		
	10:30am Tai Chi	6:30pm Pilates	4pm Sound Healing		
			10am Yin Yoga		
					<b>SUNDAY</b>
					8am Vinyasa Flow

MAY GROUPS & CLASSES					
The groups and classes listed below reoccur monthly.					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4
<b>CALENDAR LEGEND</b> Classes listed in bold occur monthly * San Pedro Group ** Long Beach Group *** Newly Diagnosed */ Living Well w/ Metastatic Cancer		4:30pm Prostate Cancer	2pm Oral, Head and Neck	5pm Celebrando La Vida	10am Thyroid Cancer
		11am Restore & Relax Yoga	4pm Kids Snack & Support	11am Strength & Balance	10:30am Colo-Rectal
			11:30am Chakra Sound Healing	11:30am <b>Cinco De Mayo Loteria</b> Cinco de Mayo con un Almuerzo y Juego de Loteria CSCSB	12pm Emotional Empower 1 Recognizing Emotions
6	7	8	9	10	11
4:30pm Bereavement	10am Gynecological	5pm Prostate (Kaiser Grp)	1pm Blood Cancers		11am Sarcoma Alliance
10am LW Metastatic*/	5:30pm Dancing for Fitness	11am Yin & Restorative Yoga	11am 5Rhythms		10am Yoga @ RB Pier
6pm Life After Cancer	12pm Food and Mood Sharing Circle	12:30pm FSAC: Non-Melanoma Skin Cancer Both Online & In Person	11:30am Lunch & Learn: Energize & Protect Your Skin Both Online & In Person		12pm Emotional Empower 2 Regulating Emotions
10am Gentle Hatha Yoga	2pm Empowering Yourself During & After Cancer				
13	14	15	16	17	18
4:30pm Spousal Bereavement	3pm Bereavement	4:30pm Prostate Cancer	4pm Kids Snack & Support	5pm Celebrando La Vida	10:30am Lung Cancer
10am Revitalizing Yoga	5:30pm Popular Diets and Cancer	11am Restore & Relax Yoga	5:30pm Introduction to Chinese Medicine	10am Mindful Movement	9am Writing for Wellness
10am Reiki Sound Bath		12pm Moving from Loss to Power			
6pm Survivorship After Cancer					
20	21	22	23	24	25
4:30pm Bereavement	10am Gynecological	11am Flexibility & Strength	11am 5Rhythms	10am Restorative Yoga	11am Word Women: Poetry Heals
10:30am Pancreatic	11am Full Body Strength Training	12:30pm Reiki Energy Circle	12pm End of Life Workshop	12pm Offsite:Awakening Sound Bath	
6pm Young Cancer	5:30pm Dancing for Fitness				
10am Gentle Hatha Yoga	9am Walking- SC Botanic Garden				
1:30pm Artlife					
27	28	29	30	<b>CALENDAR LEGEND</b>	
	3pm Bereavement	5pm Met. Prostate Cancer & GU ASCO 2024 Updates	5:30pm Building Strength After Cancer	<b>Weekly Support Group</b> Networking Group ONLINE Healthy Lifestyle IN PERSON Healthy Lifestyle ONLINE Workshop IN PERSON Workshop Social Event Kids & Teens	
Office Closed					
			<b>FRIDAY</b>		
			31		
			12pm Social Security Disability Insurance & Health Benefits		



**MAY HIGHLIGHT**  
In Person at Our Office  
**Cinco de Mayo  
Lunch & Loteria**  
Friday, May 3 | 11:30 am - 1pm

Join us as we play a fun Mexican/Latin American family board game, Loteria, with a CSC South Bay twist.

**ASPECTO INTERESANTE EN MAYO**  
En persona en nuestra oficina  
**Cinco de Mayo con un Delicioso Almuerzo y Juego de Lotería CSCSB**  
Viernes 3 de Mayo | 11:30am - 1pm

Únase a nosotros mientras jugamos un divertido juego de mesa familiar Mexicano/latinoamericano, llamado Lotería, con un toque CSC South Bay.



**Kids Snack & Support**  
1st & 3rd Thursdays | 4pm - 4:45pm

Free support program for children 5-12 who have a family member with cancer. In a small, supportive group setting, children will talk, learn, and grow together. For more info, please email Norma Gonzalez, Kids Community Manager, at [Norma@CSCSouthBay.org](mailto:Norma@CSCSouthBay.org)

**Kids Community also hosts themed monthly activities that bring together families to connect, learn, and have fun!**

## OTHER AVAILABLE SERVICES

### Peer to Peer Counseling

Dedicated volunteers that can provide support, comfort, and information to those with cancer.

### Individual, Couples, and Family Counseling

CSC South Bay provides free, short term counseling under the supervision of our licensed clinical staff. To learn more, please contact Carla Bick, our Cancer Support Navigator, at [Carla@CSCSouthBay.org](mailto:Carla@CSCSouthBay.org).

# HEALTHY LIFESTYLE CLASSES

For more information or to register for class, please visit [CSCSouthBay.org](http://CSCSouthBay.org)

## ONLINE CLASSES

These classes are held over Zoom.

**1st & 3rd Monday, May 6 & 20 | 10am**

**Gentle Hatha Yoga with Jenni Green**

Come connect your mind, body, and spirit through stretches, poses, breath work, and meditation.

**2nd Monday, May 13 | 10am**

**Revitalizing Yoga with Yoshiko Nishioka**

Come relax and rejuvenate your body, mind with balancing exercises, simple stretches, and more.

**Mondays | 12pm**

**Sound Bath with Victoria Birch-Vandeplass**

Relax with the tones of gongs & crystal alchemy sound bowls.

**Tuesdays | 4pm**

**Relax and Renew with Amparo Denney**

Discover yourself using standing/floor asanas (poses), pranayama (breathwork), and a short guided meditation.

**1st & 3rd Tuesdays, May 7 & 21 | 5:30pm**

**Dancing for Fitness with Shanée Siracusa**

Each week has a new theme and basic dance moves to get your heart pumping. Come shimmy, sweat, & smile.

**3rd Tuesday, May 21 | 11am**

**Full Body Strength Training with Annelise Tripp**

Move through a full body resistance training routine at home. All you need is a chair, resistance band, & wall!

**Wednesdays | 10am and Fridays | 9:30am**

**Gentle Yoga with Maureen O'Connor**

Practice stretching, breathing techniques, and meditation.

**Wednesdays | 4pm**

**Guided Meditation with Christine/Farzaneh**

Let's meditate together to achieve stress relief, balance, and compassion into your life.

**Wednesdays | 6:30pm**

**Pilates with Bernadette Sanders**

These exercise can help create balance, strength & flexibility.

**2nd & 4th Thursdays, May 9 & 23 | 11am**

**5Rhythms with Masayo Benoist**

5Rhythms® is a dynamic movement meditation, free-form dance based to ignite creativity and connection.

**Thursdays | 4pm**

**Sound Healing with Heather Louks**

Relax with healing sounds to harmonize your mind & body.

**1st Fridays, May 3 | 11am**

**Strength & Balance with Mudaser Hakami**

Come and improve your functional strength, balance, and stability. Exercises can be modified.

**Saturdays | 10am**

**Tai Chi with Ann Pitts**

This low-impact, graceful exercise is good for the body and mind and can reduce stress and improve balance.

**Wednesdays & Sundays | 8am Online**

**Saturdays | 9am In Person**

**The Greenhouse: Vinyasa Flow with Sarah Beston**

We will move mindfully and fluidly through strong and energizing practices while linking breath to movement.

## IN-PERSON CLASSES

Classes are held at CSC Offices or Offsite Locations

**Mondays at 9am | 3rd Tuesday at 9am**

**Walking Group with Gina Koency**

Join us as we walk The Esplanade on Mondays and South Coast Botanical Garden on the 3rd Tuesday.

**Mondays | 10am**

**Knit and Crochet with Yarn Angels**

All skill levels welcome. No experience needed.

**2nd Monday, May 13 | 10am**

**Reiki Infused Alchemy Sound Bath with Delia Hogan**

Endocrine Alchemy bowls, gongs, and other instruments help heal the body and provide emotional care.

**Tuesdays | 10:30am**

**Tai Chi with Les Krzcuk**

This low-impact, graceful exercise reduces tension, improves balance, flexibility, and soothes the mind.

**1st and 3rd Wednesday, May 1 & 15 | 11am**

**Restorative, Relax, Renew Yoga with Andrea**

**Torregrossa**

Restorative Yoga emphasizes the meditative aspect of yoga. Join us to experience relaxation and tranquility.

**2nd Wednesday, May 8 | 11am**

**Yin & Restorative Yoga with Andrea Torregrossa**

This will be an all-levels, gentle yoga class using light sequence of yoga intended to heal, restore and relax.

**4th Wednesday, May 22 | 11am**

**Flexibility and Strength with Chanel Walker Terry**

A low-intensity balance class to help improve stability and create a strong core, using traditional yoga movements.

**4th Wednesday, May 22 | 12:30pm**

**Reiki Circle w/ Jovita Trani and other Reiki Masters**

We will practice our awareness of our own energy using the Mind/Body Connection (PNI).

**Thursdays | 10am**

**Yin Yoga with Andrea Torregrossa**

Use both active movement and passive poses to target deep tissues, promote flexibility, and motion.

**1st Thurs. May 2 | 11:30am & 4th Fri., May 24 | 12pm**

**Sound Healing with Lynette Toma**

Immerse yourself in a symphony of invigorating sounds to stimulate the senses and awaken your inner vitality.

**3rd Friday, May 17 | 10am**

**Mindful Movement with Barb Phillips**

Mixture of stretches, balance activities, core strengthener, restorative yoga, and guided meditation.

**4th Friday, May 24 | 10am**

**Restorative Yoga with Lisa Briedis**

Join us for gentle, restorative yoga open to all levels.

**2nd Saturday, May 11 | 10am**

**Morning Yoga at Redondo Beach Pier- Concert Stage!**

All levels are welcome. Weather permitting. Bring a yoga mat, towel, & water. No registration required.



# WORKSHOPS

## ONLINE WORKSHOPS

These workshops are held over Zoom.  
Register at [CSCSouthBay.org](http://CSCSouthBay.org) for link.

**Saturday, May 4 & 11 | 12pm - 1pm**

**Emotional Empowerment for Women with Akhila Health**

Learn to navigate your emotions & how to cultivate self-awareness, empathy, and compassion to thrive in every aspect of life.

**May 4:** Recognizing Emotions. **May 11:** Regulating Emotions.

**Tuesday, May 7 | 2pm - 3pm**

**Empowering Yourself During and After Cancer Treatment with Brittany Rudinica, LCSW and Susan Starr, AOCNP**

Learn how and why it is important to take control of your physical and mental well-being during treatment and beyond.

**Wednesday, May 8 | 12:30pm - 2pm** *(Also In Person)*

**FSAC Non-Melanoma Skin Cancer with Dr. Lydia Kim**

See workshop description to the right.

**Thursday, May 9 | 12pm - 12:30pm** *(Also In Person)*

**Lunch and Learn: Energize and Protect Your Skin – Advice from Christine Petti, MD, Plastic Surgery**

See workshop description to the right.

**Monday, May 13 | 6pm - 7pm**

**Survivorship After Cancer: Now What? with Dr. Priya Mitra**

Cancer is scary, even after you've completed your treatment.

Let's discuss ways to stay happy and healthy in life AFTER cancer.

**Tuesday, May 14 | 5:30pm - 6:30pm**

**Popular Diets and Cancer with Marissa Minderler, RD**

Learn various popular diets and examine the current research on how these diets may impact cancer risk and or treatment.

**Wednesday, May 15 | 12pm - 1:30pm**

**Moving from Loss to Power with Ciena Rose William**

Begin to move through the losses- physical, emotional, social, professional, personal- that can be part of the cancer journey.

**Thursday, May 16 | 5:30pm - 6:15pm**

**An Introduction to Chinese Medicine**

**with Jeannette Painovich, DAOM, L.Ac., M.A.**

Join us for a brief explanation of traditional Chinese medicine and how it can be used to treat various health issues, enhance immunity, & positively impact your emotional/mental health.

**3rd Saturday, May 18 | 9am - 12pm**

**Writing for Wellness with Barbara Force**

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

**Last Saturday, May 25 | 11am - 12:30pm**

**Word Women: Poetry Heals with Ja'net Danielo**

Let's use poetry to explore our cancer journey to move toward healing. Open to anyone who has or has had cancer.

## ONLINE WORKSHOPS CONT'D

**Wednesday, May 29 | 5pm - 6pm**

**Metastatic Prostate Cancer & GU ASCO Updates w/Dr. Xu**

We will focus on the treatment of metastatic prostate cancer & highlights from the recent GU (genitourinary) ASCO conference.

**Thursday, May 30 | 5:30pm - 6:30pm**

**Building Strength After Cancer with Mary Welch, NP**

Learn about the impact of cancer treatments on muscle mass, nutrition for muscle building, and safe exercise techniques.

**Friday, May 31 | 12pm - 1pm**

**Social Security Disability Insurance & Federal Health Benefits**

EBSA & SSA will discuss: 1. laws including the No Surprises Act, Mental Health Parity and Addiction Equity Act. 2: qualifications and navigating through benefits including SSDI and SSI.

## IN-PERSON WORKSHOPS

These workshops are held at CSC South Bay.  
Registration required at [CSCSouthBay.org](http://CSCSouthBay.org)

**Friday, May 3 | 11:30am - 1pm**

**Cinco De Mayo Lunch & Loteria/Cinco de Mayo con un Delicioso Almuerzo y Juego de Loteria CSCSB**

See Page 2 in our May Highlight for more information.

Referirse al Aspecto Interesante de Mayo, en la pagina no. 2 para mas informacion.

**1st Tuesday, May 7 | 12pm - 1pm**

**Food and Mood Sharing Circle with Lily Hanna**

This workshop provides a space to learn, exchange ideas, and connect. Different topic each month. **May Theme: Stress**

**Wednesday, May 8 | 12:30pm - 2pm** *(Also Online)*

**FSAC Non-Melanoma Skin Cancer with Dr. Lydia Kim**

Learn the types of NMSC, potential treatments and side effects, clinical trials, & the emotional concerns of an NMSC diagnosis.

**Thursday, May 9 | 11:30am - 12:30pm** *(Also Online)*

**Lunch and Learn: Energize and Protect Your Skin – Advice from Christine Petti, MD, Plastic Surgery**

Dr. Petti will discuss the anatomy of the skin and its susceptibility to premature aging and malignancies.

**3rd Monday, May 20 | 1:30pm - 3:30pm**

**Artlife: Monthly Workshop with Vanesa Andrade**

Vanesa will teach various styles/paintings each month.

**Thursday, May 23 | 12pm - 2pm**

**End of Life Workshop with Luna Peak Foundation**

Join us for an intro on end-of-life planning for ourselves & our loved ones. We will share resources, discuss goals for care, and lead a death positive meditation.

## Administrative Staff

Jillian Van Leuven, Executive Director

Nancy Lomibao, MS, LMFT# 36645, CCO/Program Director

Jackie Suiter, Development Director

Pamela Martis, Director of Finance & Operations

Theresa Plakos, Public Relations Director

Carla Bick, Cancer Support Navigator

Goli Eslami, Event & Volunteer Manager

Karla Haynes, MS, LMFT#100393, Assoc. Clinical Supervisor

Norma Gonzalez, Outreach & Kids Community Manager

Rebecca Sul, Program Manager

Vinian Meyer, Office Manager

\*All MFT/MSW/LPCC Associates & Trainees are supervised by Karla Haynes, MS, LMFT #100393 and/or Nancy Lomibao, MS, LMFT, LMFT #36645

## Licensed Mental Health Professionals

Anne Karin Nelson, MS, LMFT#97367

Jo Ann Panitch, LMFT, LMFT#44284

Nadine Shoukry, LMFT#129529

Ruth Schriebman, PsyD, LMFT#39901

Stephen Lottenberg, MD, PsyD, G41490

## Graduate Interns\*

Brittany Anvari, AMFT #128113

Denice Anonuevo, APCC# 14864/AMFT# 142071

Jay Chang, MFT Trainee, LPCC Trainee

Kari Wendt, MA, APCC#11021

Karina Jaimes, MFT Trainee

Linda Shrader, AMFT# 109891

Maria Page, LPCC Trainee

Perla Zarco-Ortega, MFT Trainee



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[www.CSCSouthBay.org](http://www.CSCSouthBay.org)