



CANCER SUPPORT
COMMUNITY
SOUTH BAY

ALL SERVICES ARE **FREE**

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 Grp): 5:30pm - 7:30pm

Newly Diagnosed Breast Cancer: 6pm - 8pm

Cancer Participant: 6pm - 8pm

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

2nd and 4th Saturdays

Celebrating Survivorship: Jan. 11 & 25 and Feb. 8 & 22

10am - 12pm *In-Person Only

Bereavement Group

(Welcome Orientation **NOT** required)

Monday, Jan. 6 and Feb. 3: 4:30pm - 6:30pm

Tuesday, Jan. 14 & 28 and Feb. 11 & 25: 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.

INTERESTED IN JOINING OUR COMMUNITY?

Register online at CSCSouthBay.org and click "GETTING STARTED," use QR Code with camera app, or contact Norma Gonzalez, our Cancer Support Navigator, at Norma@CSCSouthBay.org.



JANUARY & FEBRUARY 2025 Calendar

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

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, Jan. 9 and Feb. 13 • 1pm - 3pm

Celebrando Cada Dia

1st & 3rd Tuesday, Jan. 7 & 21 and Feb. 4 & 18

• 5:30pm - 7pm *In Person @ Our Office

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

Colo-Rectal Cancers *Jan. cancelled due to holiday.

1st Saturday, Feb. 1 • 10:30am - 12:30pm

Gynecological Cancers

1st & 3rd Tues., Jan. 7 & 21 and Feb. 4 & 18 • 10am - 12pm

Life After Cancer

1st Monday, Jan. 6 and Feb. 3 • 6pm - 8pm

Living Well with Metastatic Cancer

1st Monday, Jan. 6 and Feb. 3 • 10am - 12pm

Lung Cancer

3rd Saturday, Jan. 18 and Feb. 15 • 10:30am - 12:30pm

Lymphedema Networking Group (Meets Quarterly)

2nd Saturday, March 8 • 11am - 1pm

Oral, Head & Neck Cancer *Jan. cancelled due to holiday.

1st Thursday, Feb. 6 • 2pm - 4pm

Pancreatic Cancer *typically meets on the 3rd Monday.

4th Monday, Jan. 27 & Feb. 24 • 10:30am - 12:30pm

Prostate Cancer

1st & 3rd Wed., Jan. 15 and Feb. 5 & 19 • 4:30pm - 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, Jan. 8 and Feb. 12 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, Jan. 11 and Feb. 8 • 11am - 1pm

Spousal Bereavement (Welcome Orientation **NOT** required)

2nd & 4th Monday, Jan. 13 & 27 and Feb. 10 & 24

• 4:30pm - 6:30pm

Thyroid Cancer *Jan. cancelled due to holiday.

1st Saturday, Feb. 1 • 10am - 12pm

Young Cancer Survivorship *Typically also meets 3rd Mon.

1st Mon., Jan. 6 and Feb. 3 • 6pm - 7:30pm

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

HEALTHY LIFESTYLE CLASSES

For the most up to date schedule/information or to register, please visit www.CSCSouthBay.org

ONLINE CLASSES

These classes are held over Zoom.

1st Mondays, Jan. 6 and Feb. 3 | 10am

Gentle Hatha Yoga with Jenni Green

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

**2nd & 4th Mondays, Jan. 13 & 27
and Feb. 10 & 24 | 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.

**1st & 3rd Tuesdays, Jan. 7 & 21
and Feb. 4 & 18 | 5:30pm**

Dancing for Fitness with Shanée Siracusa

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

Wednesdays | 10am

Qi Gong with Regina Dell'Oro

Qi Gong is a wholistic experience addressing the mind, heart, and body. Let's explore the basics of meditation and how to help mobilize our energy to increase our sense of well-being.

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 exercises can help create balance, strength, & flexibility.

**2nd & 4th Thursdays, Jan. 9 & 23
and Feb. 13 & 27 | 11am**

5Rhythms with Masayo Benoist

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

Fridays | 9:30am

Gentle Yoga with Maureen O'Connor

Practice stretching, breathing techniques, and meditation.

1st Friday, February 7 | 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.

IN-PERSON CLASSES

Classes are held at CSC Offices or Offsite Locations

Mondays at 8:30am | 3rd Tues., Jan. 21 and Feb. 18 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.

Mondays | 12:15pm

Hatha Flow with Poppy Jones

Join us for a gentle mat yoga class designed to increase mobility and flexibility.

Monday, January 13 | 1:30pm

New! Music and Meditation with Preston Taalbi

Enjoy a calming musical experience paired with a series of guided meditations to self-activate our energy in a fun and meaningful way!

4th Monday, Jan. 27 and Feb. 24 | 10am

Sacred Sound with Amber Zinsmeister

Experience soothing vibrations of crystal singing bowls, gongs, & more to promote balance, healing, and emotional well-being.

Tuesdays | 10:30am

Tai Chi with Les Krzucuk

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

Wednesdays | 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 Wednesdays, Jan. 22 and Feb. 26 | 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).

**2nd Wed. Jan. 8 and Feb. 12 | 12pm, 1st Thurs. Feb. 6 |
11:30am, 4th Fri. Jan. 24 and Feb. 28 | 12pm**

Sound Healing with Lynette Toma

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

4th Thursdays, Jan. 23 and Feb. 27 | 10am

Restorative Yoga with Lisa Briedis

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

Fridays re-starting February | 11am

Zumba/Move and Groove with Liza Legaspi

Let the music free your body and find yourself in shape.

2nd Saturdays, Jan. 11 and Feb. 8 | 10am

**Morning Yoga at Redondo Beach Pier- Concert Stage with
The Greenhouse PV**

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

JANUARY & FEBRUARY 2025

ONLINE WORKSHOPS via Zoom

For the most up to date schedule/information or to register, please visit www.CSCSouthBay.org or call 310-376-3550.

Please use QR Code using your camera app to go directly to our website calendar.



Tuesday, January 7 | 12pm - 1pm

Cervical Health Awareness with Dr. Priya Mitra

January is Cervical Health Awareness Month. What is cervical cancer? How can we prevent, catch, and treat it? Please join us to learn about these topics and more, you have more control than you think!

**Mondays, January 13 & 27
and February 27 | 6pm - 7pm**

Stress Management Series with Akhila Health

Zoe will share practical tools and mind-body practices for regulating stress and improving your overall well-being. Through interactive sessions, you'll encounter mindfulness techniques, breathwork, and vision-boarding guidelines to help navigate life's challenges. **Part 1:** Exploring Stress & Your Health. **Part 2:** Engaging in Body Awareness. **Part 3:** Vision Boarding Guidelines.

Thursday, January 16 | 12pm - 1:30pm

Reawaken Your Aliveness:

Moving from Loss to Power with Ciena Rose William

Your deep aliveness is within reach. Honor and move through overwhelm, sadness, and fear to access your vitality. Nurture your well-being with creativity and embodied meditations. Discover accessible practices to foster self-compassion and embrace moments of growth through life's ebbs and flows. Max. 12 Participants.

**3rd Saturdays, January 18
and February 15 | 9am - 12pm**

Writing for Wellness with Barbara Force

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

Thursday, January 23 | 12pm - 1:30pm (also In-Person)

**Nutrition: Conquering Carbs & Cravings
with Lilly Padilla, INHC, AADP**

Join us to discover the secret weapon for battling fat and inflammation in the kitchen. Learn which carbs can make you sick, cause weight gain, and disrupt your hormones, and metabolism, plus much more!

Friday, January 24 | 1pm - 2pm (also In-Person)

Lunch & Learn: Successful Aging with Helen Dennis

We will discuss a successful aging model, whether "success" is the right concept and ways to slow the aging process -- all leading to optimal aging.

**Last Saturdays, January 25
and February 22 | 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.

Monday, February 3 | 2pm - 3pm

Declutter 101 with Regina Lark, PhD

Is your office or home filled with clutter? Learn how to get rid of "our stuff", determine if you should keep it, sell it, or give it away using various fun and easy techniques.

Thursday, February 6 | 5:30pm - 6:30pm

Sleep Well, Live Well:

Strategies for Restorative Sleep with Mary Welch, NP

Discover how quality sleep can strengthen your immune system, enhance mental focus, and support weight management by balancing hormones. Learn practical tips and a personalized sleep routine, designed to optimize your nighttime rest and daily well-being.

Thursday, February 13 | 1pm - 2pm

**CSCSGV: A Psychiatrist's Guide to Cancer Treatment
with Dr. Richard Palmer**

With a diagnosis of cancer, the immediate focus is on the physical aspects of the disease. Learn how a psychiatrist sees his role in helping patients with the emotional aspects of cancer including the use of various medications.

Thursday, February 20 | 12pm - 1:30pm

**Why is Palliative Care Still Misunderstood in 2025?
with Glen Komatsu, MD**

The term "Palliative Care" is often misunderstood, leading many people to decline it due to misinformation. It is not hospice care, it does not mean doctors are "giving up," and it's not only for those at the end of their life. Learn what Palliative Care really is—and what it isn't—so you can make an informed decision about what's best for you or your loved ones.

Tuesday, February 25 | 6pm - 7pm

**Radiation Treatment for Breast Cancer
with Peyman Kabolizadeh, MD PhD**

Dr. K will discuss the role of radiation therapy in breast cancer treatment, including how treatment targets remaining cancer cells after surgery, treatment process, potential side effects, and importance of personalized care plans. He will also address common concerns on managing side effects and improving quality of life during treatment.

Friday, February 28 | 1pm - 2pm (also In-Person)

**Lunch & Learn: The Role of Genetics in Cancer
with Karen Lappen**

Learn about how our genes play a role in cancer, the purpose and utility of genetic testing, and when you may want to talk with your care team about undergoing genetic testing.

IN-PERSON WORKSHOPS @ Our Office

*unless otherwise stated

For the most up to date schedule/information or to register, please visit www.CSCSouthBay.org



JANUARY HIGHLIGHT

Love & Laughter Winter Social & Comedy Hour

Tuesday, January 28 | 5:30pm - 7pm | In Person at Our Office

Laughter is the best medicine. Join us for a social from 5:30-6pm. We will have small bites and drinks available. Then we will enjoy the in person comedy hour together from 6pm-7pm!

1st Thursday, February 6 | 1pm - 2pm

Food and Mood Sharing Circle with Lily Hanna

This workshop provides a space to learn, exchange ideas, and connect. Each month will have a different topic for discussion geared toward Food and Mood categories.

Wednesday, January 22 | 5:30pm - 7pm

Social! Dinner and New Year Bingo with CSC South Bay

Start the new year with CSC South Bay as we have a fun night of dinner and bingo!

2nd Wednesday, January 8 and February 12 | 1pm - 3pm

Sewing: School of Couture with Dee Aizakhmetova

Skill: Beginners. Learn how to thread the sewing machine, manage the machine, and sew straight lines. Max 5.

3rd Wednesday, January 15 and February 19 | 1pm - 3pm

Sewing: School of Couture with Dee Aizakhmetova

Skill: Proficient. Join Dee as you further your sewing skills by doing intermediate projects. Each month will have a new project. Participants must know how to use a sewing machine. Max 5 Participants.

Thursday, January 23 | 12pm - 1:30pm (also Online)

Nutrition: Conquering Carbs & Cravings with Lilly Padilla, INHC, AADP

Join us to discover the secret weapon for battling fat and inflammation in the kitchen. Learn which carbs can make you sick, cause weight gain, and disrupt your hormones, and metabolism, plus much more!

Friday, January 24 | 12:30pm - 2pm (also Online)

Lunch & Learn: Successful Aging with Helen Dennis

We will discuss a successful aging model, whether "success" is the right concept and ways to slow the aging process - all leading to optimal aging.

4th Monday, January 27

and February 24 | 1:30pm - 3:30pm

Artlife: Monthly Workshop with Vanesa Andrade

Vanesa will teach various styles/paintings each month using acrylic paint on watercolor paper. All materials are provided.

Saturday, February 8 | 12:30pm - 2:30pm

Technology Workshop with Leuzinger High Students

Ask your technology questions to our high school students. This can range from emails, surfing the web, social media, and more. Please register by Wed. 2/5.

Friday, February 28 | 12:30pm - 2pm (also Online)

Lunch and Learn: The Role of Genetics in Cancer with Karen Lappen

Learn about how our genes play a role in cancer, the purpose and utility of genetic testing, and when you may want to talk with your care team about undergoing genetic testing.



Kids Snack & Support

1st & 3rd Thursdays | 4pm - 4:45pm

Free online support program for children 5-12 who have a family member with cancer. In a small and supportive group setting, children will talk, learn, and grow together.

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

To learn more, please email Norma Gonzalez, Cancer Support Navigator, at Norma@CSCSouthBay.org.

Administrative Staff

Jillian Van Leuven, Executive Director
Nancy Lomibao, MS, LMFT# 36645, CCO/Program Director
Pamela Martis, Director of Finance & Operations
Theresa Plakos, Public Relations Director
Carla Bick, Data Analyst and Reporting Specialist
Goli Eslami, Event & Volunteer Manager
Karla Haynes, MS, LMFT#100393, Assoc. Clinical Supervisor
Kelsey Schaible, Marketing and Communications Manager
Melody Lomboy, Development Coordinator
Norma Gonzalez, Cancer Support Navigator
Rebecca Sul, Program Manager
Vinian Meyer, Participant Engagement & Operations Manager

All MFT & PCC Associates & Trainees are supervised by Karla Haynes, MS, LMFT# 100393 and/or Nancy Lomibao, MS, LMFT# 36645.

Licensed Mental Health Professionals

Jo Ann Panitch, LMFT, LMFT#44284
Nadine Shoukry, LMFT#129529
Ruth Schriebman, PsyD, LMFT#39901
Stephen Lottenberg, MD, PsyD, G41490

Graduate Interns*

Amanda Linzmeyer, MFT Trainee
Brittany Anvari, AMFT#128113
Chiara Petrone, PCC Trainee
Cristina Scott, MFT Trainee, Outreach & Kids Community Manager
Jay Chang, AMFT #149255, APCC#17480
Kari Wendt, MA, APCC# 11021, Facilitator
Linda Shrader, AMFT# 109891
Lali Borovich, MFT Trainee
Lizette Bojorquez, AMFT# 143141
Maria Page, M.A., APCC 17924

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.



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COMMUNITY
SOUTH BAY

310-376-3550

2601 Airport Drive, Ste.100
Torrance, CA 90505

www.CSCSouthBay.org