



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

Saturdays

Celebrating Survivorship: 10am - 12pm *In-Person Only

Bereavement Group

(Welcome Orientation **NOT** required)

Monday, Nov. 4 & 18 and Dec. 2 & 16: 4:30pm - 6:30pm

Tuesday, Nov. 12 & 26 and Dec. 10: 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 and click "GETTING STARTED" or contact Norma Gonzalez, our Cancer Support Navigator, at Norma@CSCSouthBay.org.



PARTICIPANT HOLIDAY PARTY

FRIDAY, DEC. 6 | 5:30PM - 7:30PM

Bring yourself and support persons to join in the holiday cheer! We will provide food, drinks, entertainment, and wine. Feel free to bring a dessert or side dish to share!

Register at CSCSouthBay.org

NOVEMBER & DECEMBER 2024 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, Nov. 14 and Dec. 12 • 1pm - 3pm

Celebrando Cada Dia

1st & 3rd Tuesday, Nov. 5 & 19 and Dec. 3 & 17

• 6pm - 7:30pm *In Person @ Our Office

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

Colo-Rectal Cancers

1st Saturday, Nov. 2 and Dec. 7 • 10:30am - 12:30pm

Gynecological Cancers

1st & 3rd Tues., Nov. 5 & 19 and Dec. 3 & 17 • 10am - 12pm

Life After Cancer

1st Monday, Nov. 4 and Dec. 2 • 6pm - 8pm

Living Well with Metastatic Cancer

1st Monday, Nov. 4 and Dec. 2 • 10am - 12pm

Lung Cancer

3rd Saturday, November. 16 • 10:30am - 12:30pm

Lymphedema Networking Group (Meets Quarterly)

2nd Saturday, December 14 • 11am - 1pm

Oral, Head & Neck Cancer

1st Thursday, Nov. 7 and Dec. 5 • 2pm - 4pm

Pancreatic Cancer

3rd Monday, Nov. 18 and Dec. 16 • 10:30am - 12:30pm

Prostate Cancer

1st & 3rd Wed., Nov. 6 & 20 and Dec. 4 • 4:30pm - 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, Nov. 13 and Dec. 11 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, Nov. 9 and Dec. 14 • 11am - 1pm

Spousal Bereavement (Welcome Orientation NOT required)

*typically meets the 2nd & 4th Mondays

4th Monday, Nov. 25 and Dec. 9 • 4:30pm - 6:30pm

Thyroid Cancer

1st Saturday, Nov. 2 and Dec. 7 • 10am - 12pm

Young Cancer Survivorship

1st & 3rd Mon., Nov. 4 & 18 and Dec. 2 & 16 • 6pm - 7:30pm

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

NOVEMBER & DECEMBER

ONLINE WORKSHOPS via Zoom

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

Monday & Wednesday, Nov. 4 & 6 | 12:30pm - 1:45pm
Emotional Empowerment Series with Akhila Health
Suzanne will guide us in mind-body practices to help manage our emotions, improve our mindset, and increase our self-compassion. **Pt 5- Power of Mindfulness Pt 6- Growth Mindset**

Monday, November 4 | 6pm - 7:30pm
FSAC: GI Side Effects of Non-Small Cell Lung Cancer (NSCLC) Treatment with Dr. Andrew Horodner
Learn about the potential GI side effects of NSCLC treatment, symptom management, and specific ways to navigate the emotional impact of this disease.

Tuesday, November 5 | 5:30pm - 6:30pm
Boost Your Immunity: Foods, Supplements & Lifestyle Tips with Create Cures Foundation
Join us as we explore the immune-boosting properties of foods, supplements to consider, and lifestyle strategies to support your health through the winter and holidays.

Wednesday, November 6 | 6pm - 7pm
Conquer your Stress with Dr. Kathy Gruver
Stress is not the problem - it's our reaction and we can learn to control it. Gain self-care techniques: affirmations, breathwork, mindfulness and mini-meditations, to practice for better health.

Thursday, November 7 | 5:30pm - 7pm
Medical Cannabis and Cancer with Bonni Goldstein, MD
Learn the basic mechanisms of the science of medical cannabis as it relates to cancer. She will review the endocannabinoid system, the compounds found in the cannabis plant, and the latest research on cannabis compounds.

Thursday, November 14 | 6pm - 7pm
Integrating the 5 Pillars of Health in Daily Life Series with Dr. Natacha Nelson DC, MA. - Final
Join us as we break down the last Pillar of Health into bite-sized pieces and gain tools to integrate them in your daily life. **Final Topic - Mental Health.**

Friday, November 15 | 1pm - 2pm
How Plant-Based Diets Can Support Survivorship with Marissa Minderler, RD
Learn what is a plant-based diet and research on how it can reduce risk of recurrence and support cancer survivorship. We will explore the role of plants, their potential to influence weight, microbiome, stress, and practical tips.

Tuesday, November 12 | 12pm - 1pm (also In-Person)
Exploring the Genetics of Breast, Ovarian, and Colorectal Cancer with Diane Prager, MD
Dr. Prager will provide an overview on inherited cancer syndromes, colorectal cancer and polyposis syndrome, and testing considerations.

Saturday, November 16 and December 7 | 9am - 12pm
Writing for Wellness with Barbara Force
This monthly program offers everyone affected by cancer ways to express themselves through writing.

Mondays, November 18 - December 16 | 6:30pm - 8pm
Sexuality after Pelvic Cancers with Kineret Sherman
Pelvic cancer treatments can bring about many changes that can affect the patient's mental-emotional state and sexuality. We will explore body image, how to talk about your new sexuality with your partner, exercises to regain trust in non-sexual touch after treatments, and more.
Important: This workshop series is open to anyone impacted by cancer, but some topics will be geared towards those who have pelvic cancers.

Tuesday, November 19 | 5:30pm - 6:30pm
SBSC: Nutrition In Your Kitchen: Waste Not, Want Not with Meghan Laszlo MS, RD, CSO
Join Meghan to learn strategies to reduce food waste and savor the season. Meghan will also provide a live cooking demo.

Thursday, November 21 | 12pm - 1pm
Languishing to Flourishing with Camela Galano
Learn how to step beyond feelings of stuck and stalled to joy and purpose. Reclaim your sense of excitement and passion!

Thursday, December 5 | 12:30pm - 1:30pm
Building Resilience with Aimee Sax, MSW
What does resilience look like to you? Learn to reconceptualize strength and come away with some tangible ways to build the internal strength you need to help carry you through challenging times in your life. You have the tools you need- join this workshop to help unlock them.

Tuesday, December 10 | 6pm - 7pm
Grief Through the Holidays w/Eloisa Macri Raho, MA, MFT
We will explore an alternative grieving process from the one largely promoted by our Western society and based on "letting go." What if we can transform the relationship with our departed loved ones into a new relationship that keeps them alive in a non-physical way? Let's fill the emptiness with creativity, love, memories, and spiritual reconnection.

Thursday, December 12 | 12pm - 1:30pm (also In-Person)
Acupressure for a Natural Holiday Facial with Ana Paula Duarte LAc
Grab your favorite tea/beverage, 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 facial acupressure session.

Friday, December 13 | 1pm - 2pm (also In-Person)
Lunch & Learn: Exercises for Your Pelvic Floor with Dr. Sarah Shimanek
Come to learn some exercises for your pelvic floor to improve your bowel and bladder function and prevent future incontinence and other issues. Wear comfortable clothes because we will be moving!

Monday, November 4 & December 16 | 2pm - 3pm
CSCLA: Declutter 101 with Regina Lark, PhD
Learn how to let go of "stuff" with various fun & easy techniques.

HEALTHY LIFESTYLE CLASSES

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



NOVEMBER HIGHLIGHT

Dinner and Thankful Bingo with CSC South Bay

Wednesday, November 20 | 5:30pm - 7:30pm | In Person at Our Office

Start the holiday cheer with CSC South Bay! We will have a fun night of dinner and bingo!

Theme: Thankful! Please feel free to wear your favorite fall shirt or outfit.

ONLINE CLASSES

These classes are held over Zoom.

1st & 3rd Monday, Nov. 4 & 18 and Dec. 2 & 16 | 10am

Gentle Hatha Yoga with Jenni Green

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

Monday, November 25 and December 9 | 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, Nov. 5 & 19 and Dec. 3 & 17 | 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.

3rd Tuesday, November 19 | 11am

Full Body Strength Training with Annelise Chin, CPT, MES

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

Wednesdays | 10am

Qi Gong with Regina Dell'Oro

Qi Gong is a holistic 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 Thursdays, November 14 and December 12 | 11am

5Rhythms with Masayo Benoist

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

1st Fridays, November 1 and December 6 | 11am

Strength & Balance with Mudasar Hakami

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

Fridays | 9:30am

Gentle Yoga with Maureen O'Connor

Practice stretching, breathing techniques, and meditation.

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 Tuesday, Dec 17 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.

3rd & 4th Monday, Nov. 18 & 25 and Dec. 16 | 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 Krzcuk

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

1st & 3rd Wednesday, Nov 6 & 20 and Dec 4 & 18 | 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, November 13 and December 11 | 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.

Wednesday, November 20 and December 11 | 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).

Nov. 7 & Dec. 5 | 11:30am and Nov. 13 & Dec. 11 | 12pm

Sound Healing with Lynette Toma

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

Fridays | 11am

Zumba/Move and Groove with Liza Legaspi

Zumba is the ultimate dance-fitness party. Let the music free your body and find yourself in shape.

Friday, November 15 and December 13 | 9:30am

Restorative Yoga with Lisa Briedis

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

2nd Saturday, November 9 and December 14 | 10am

Morning Yoga at Redondo Beach Pier- Concert Stage with Isabelle Royer

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

IN-PERSON WORKSHOPS @ Our Office

*unless otherwise stated

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



Day of the Dead Celebration

Friday, November 1 | 12pm - 1:30pm

Join us for an afternoon of festivities filled with food, music, and fun activities. We will also honor/remember our loved ones by creating an altar for photos to be displayed.

1st Thursday, November 7 and December 5 | 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 theme.

Friday, November 8 & 22 | 12:30pm - 2pm

Lunch & Learn: Integrating the 5 Pillars of Health in Daily Life Series with Dr. Natacha Nelson DC, MA.

Join us as we break down the last 2 Pillars of Health into bite-sized pieces and gain tools to integrate them in your daily life. **Pt 4** - Emotional Health. **Pt 5** - Mental Health.

Tuesday, November 12 | 12pm - 1pm (also Online)

Exploring the Genetics of Breast, Ovarian, and Colorectal Cancer with Diane Prager, MD

Dr. Prager will provide an overview on inherited cancer syndromes, colorectal cancer and polyposis syndrome, and testing considerations.

Wednesday, November 13 & 20 and December 11&18 from 1pm - 3pm

Sewing: School of Couture with Dee Aizakhmetova

This workshop is full. Workshops are provided monthly.

Participant Holiday Party

Friday, December 6 | 5:30 - 7:30PM

Bring yourself & support persons to join in the holiday cheer! Register at CSCSouthBay.org.

Monday, Nov. 18 and Dec. 9 | 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.

Tuesday, December 10 | 12pm - 1:30pm

Healthy Holiday Recipes with Dianne Staso, MS, RD

Learn to lighten up your holiday gatherings with healthy recipes that don't skimp on flavor. Dianne will be making a pomegranate pumpkin seed chicken salad, a creamy yogurt-based spinach artichoke dip, and a few other fun seasonal recipes.

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

Acupressure For a Natural Holiday Facial with Ana Paula Duarte LAc

Grab your favorite tea/beverage, 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 facial acupressure session.

Friday, December 13 | 12:30pm - 2pm

Lunch & Learn: Exercises for Your Pelvic Floor with Dr. Sarah Shimanek

Come to learn some exercises for your pelvic floor to improve your bowel and bladder function and prevent future incontinence and other issues. Wear comfortable clothes because we will be moving!



*We look forward to seeing you in 2025!

Our office will close early December 19, 2024
and re-open January 6, 2025.



KIDS

COMMUNITY

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. For more info, please email Cristina Scott, Kids Community Manager, at Cristina@CSCSouthBay.org.

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

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, PCC Trainee

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 email Norma Gonzalez, Cancer Support Navigator, at Norma@CSCSouthBay.org.



**CANCER SUPPORT
COMMUNITY
SOUTH BAY**

310-376-3550

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www.CSCSouthBay.org