



## WEEKLY SUPPORT GROUPS

Requires New Members Orientation 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 meeting NOT required)

**Monday, November 1, 15, 29 • 4:30pm - 6:30pm and**  
**Tuesday, November 9 & 23 • 3pm - 5pm**

### New Members Orientation

If you are new to CSCRB and would like to join a support group or attend a healthy lifestyle class, please attend Welcome Orientation. Orientation is every Monday and Friday at 11am. Contact [info@cscrb.org](mailto:info@cscrb.org) or register online at [cscrb.org](http://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.**

# November 2021

## Virtual Programs Calendar

### NETWORKING GROUPS

Drop-in 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

2<sup>nd</sup> Thursday, November 11 • 1pm - 3pm

### Carcinoid & Neuroendocrine Tumor

Saturday, November 6 • 10:30am - 12:30pm

### Gynecological Cancers

1<sup>st</sup> & 3<sup>rd</sup> Wednesday, November 3 & 17 • 12pm - 2pm

### Life After Cancer

1<sup>st</sup> Monday, November 1 • 6pm - 8pm

### Living Well with Metastatic Cancer

1<sup>st</sup> & 3<sup>rd</sup> Monday, November 1, 15 • 10:30am-12:30pm

### Lung Cancer

3<sup>rd</sup> Saturday, November 20 • 10:30am - 12:30pm

### Lymphedema Networking Group (Meets Quarterly)

Dec 11 • 11am - 1pm

### Oral, Head & Neck Cancer

1<sup>st</sup> Thursday, November 4 • 2pm - 4pm

### Prostate Cancer

1<sup>st</sup> & 3<sup>rd</sup> Wednesday, November 3, 17 • 4:30pm - 6:30pm

### Prostate Cancer (Kaiser Group)

2<sup>nd</sup> Wednesday, November 10 • 5pm - 7pm

### Sarcoma Alliance

2<sup>nd</sup> Saturday, November 13 • 11am - 1pm

### Spousal Bereavement

2<sup>nd</sup> & 4<sup>th</sup> Monday, November 8, 22 • 4:30pm - 6:30pm

### Thyroid Cancer

1<sup>st</sup> Saturday, November 6 • 10am - 12pm

### Young Cancer Survivorship \*

Every Monday • 6pm - 8pm

### Young Cancer Survivorship (Long Beach Group) \*

3<sup>rd</sup> Tuesday, November 16 • 6:30pm - 8pm

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

# November 2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Bereavement 5pm Metastatic Cancer 10:30am Life After Cancer 6pm Young Cancer Survivorship 6pm Mellow Yoga 10am Strong & Steady 11:30am Tai Chi 4pm Good Vibes Yoga 5:30pm <b>Welcome Orientation 11am</b>	2 Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm Strengthen & Soften Yoga 4:30pm	3 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Gynecological 12pm Prostate Cancer 4:30pm Teens Chat & Chill 4pm Gentle Yoga 10am Sound Healing 12pm Guided Meditation 4pm Medical Cannabis 5:30pm	4 Cancer Patient 2pm Cancer Patient **5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Oral, Head and Neck 2pm Kids Snack & Support 4pm Dancing for Fitness 5:30pm	5 Celebrando La Vida 5pm Gentle Yoga 9:30am <b>Strength &amp; Balance 11am</b> <b>Welcome Orientation 11am</b> The F-word and How it Promotes Thrivership 12pm	6 Thyroid Cancer 10am Carcinoid & NET 10:30am
8 Spousal Bereavement 5pm Young Cancer Survivorship 6pm Mellow Yoga 10am Strong & Steady 11:30am Tai Chi 4pm Good Vibes Yoga 5:30pm <b>Welcome Orientation 11am</b>	9 Bereavement 3pm Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm Strengthen & Soften Yoga 4:30pm The Power of Sleep 5:30pm In collaboration with SBSC	10 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Prostate (Kaiser Grp) 5pm Guided Meditation 4pm	11 Cancer Patient 2pm Cancer Patient **5pm Cancer Patient 6pm Family/Partners 6pm Gentle Yoga 10am Blood Cancers 1pm Dancing for Fitness 5:30pm	12 Gentle Yoga 9:30am <b>Welcome Orientation 11am</b>	13 Sarcoma Alliance 11am <b>Yoga on the Octagon 10am</b> Writing for Wellness 9am
15 Bereavement 5pm Metastatic Cancer 10:30am Young Cancer Survivorship 6pm Mellow Yoga 10am Strong & Steady 11:30am <b>Hanna Somatic 2:30pm</b> Tai Chi 4pm Good Vibes Yoga 5:30pm <b>Welcome Orientation 11am</b>	16 Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm LB Young Cancer **6:30pm Strengthen & Soften Yoga 4:30pm	17 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Gynecological 12pm Prostate Cancer 4:30pm Teens Chat & Chill 4pm Gentle Yoga 10am Sound Healing 12pm Guided Meditation 4pm Acupressure & Cancer 11:30am	18 Cancer Patient 2pm Cancer Patient **5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Blood Cancers 1pm Kids Snack & Support 4pm Dancing for Fitness 5:30pm	19 Celebrando La Vida 5pm Gentle Yoga 9:30am <b>Welcome Orientation 11am</b> Bone Health and Cancer 11:30am	20 Lung Cancer 10:30am
22 Spousal Bereavement 5pm Young Cancer Survivorship 6pm Mellow Yoga 10am Strong & Steady 11:30am Tai Chi 4pm Good Vibes Yoga 5:30pm <b>Welcome Orientation 11am</b>	23 Bereavement 3pm Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm Strengthen & Soften Yoga 4:30pm	24 Women's Cancer 10:30am Gentle Yoga 10am <b>CLOSE AT 3PM</b>	25 	26	27
29 Bereavement 5pm Young Cancer Survivorship 6pm Mellow Yoga 10am Strong & Steady 11:30am Tai Chi 4pm Good Vibes Yoga 5:30pm <b>Welcome Orientation 11am</b>	30 Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm Strengthen & Soften Yoga 4:30pm TAT 11am		* San Pedro Grp ** Long Beach Grp *** Newly Diagnosed	<b>Weekly Support Group</b> Networking Group Healthy Lifestyle Workshop Social Event Kid & Teens	

## 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](http://cscrb.org) and select Calendar. Email questions to [info@cscrb.org](mailto:info@cscrb.org).

## WORKSHOPS

### **Wednesday, November 3, 5:30pm - 7pm • Medical Cannabis with Bonni Goldstein, MD**

Dr. Goldstein will discuss the benefits of using medical marijuana to ease side effects of cancer treatment. Learn the right information about the popular and scientific data with using medical marijuana and how to obtain a doctor's recommendation for medical marijuana.

### **Friday, November 5, 12pm - 1pm • The F-word and How it Promotes Thrivership with Rachel Beller, RDN**

Fiber is essential for breast health, but how do you know you are getting enough and the right types? Join this live webinar with Rachel Beller RDN, Creator of the Beller Nutrition Masterclass, Celebrity Dietitian, and Cancer Nutrition Expert as seen on Good Morning America and more. In collaboration with Southern California Cancer Support Communities.

### **Tuesday, November 9, 5:30pm - 6:30pm • The Power of Sleep: Optimizing Sleep for Cancer Survivors with Arash Asher, MD**

Sleep challenges are incredibly common for patients with cancer and cancer survivors. The focus of this presentation is twofold: 1) To provide insights on the emerging science highlighting the importance of sleep for our health, particularly as related to cancer biology. 2) to review strategies to optimize sleep, primarily focusing on non-pharmacologic and integrative tools. In collaboration with SBSC and TMMC

### **Saturday, November 13, 9am - 12pm • Writing for Wellness with Barbara Force**

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

### **Monday, November 15, 2:30pm - 3:30pm • Hanna Somatic with Farzaneh Jafari, PhD**

Hanna Somatic, developed by Thomas Hanna, is a system of neuromuscular education (mind-body training) that enables you to enjoy freedom from pain and more comfortable movement. Somatic movements can: release and reverse chronic and acute neuromuscular pain, improve mobility, strength & coordination, improve posture and appearance.

### **Wednesday, November 17, 11:30am - 12:30pm • Acupressure and Cancer with Ana Paula Duarte, LAc**

Learn how to give yourself an acupressure massage with specific points to relieve some of the most common side effects of cancer treatment such as nausea, chemo brain, lymphedema, hot flashes, dry mouth, joint pain, and neuropathy.

### **Friday, November 19, 11:30am - 12:30pm • Bone Health Basics and Cancer with Jenny Alcalá-Alonzo**

Cancer treatment may cause Osteoporosis. Osteoporosis causes your bones to get weak and may cause them to break. The good news is that osteoporosis can often be prevented and treated. Please join us to learn how you can prevent bone loss and possible broken bones.

### **Tuesday, November 30, 11am - 12:30pm • Tapas Acupressure Technique with Corina Gheorghiu, LMFT**

Corina Gheorghiu will guide you in a series of holding acupressure points that connect all physical, mental, emotional, and spiritual parts to help with sleep and illness. TAT has been used successfully to end fears and phobias, lessen stress, and heal emotional origins of physical disease.

## 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 - 1<sup>st</sup> & 3<sup>rd</sup> 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 - 1<sup>st</sup> 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, November 13, 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](mailto: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](mailto: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](mailto:Nancy@cscrb.org).



Cancer Support Community Redondo Beach  
121 W. Torrance Blvd., Ste #201  
Redondo Beach, CA 90277  
Phone (310) 376-3550

### 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 • 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.