



October 2020 Virtual Programs

New Members Orientation

New Members Orientation is every Monday and Friday at 11:00 am. Contact info@cscrb.org or register online at <https://cscrb.gnosishosting.net/Events/Calendar> for Zoom information. You may attend all workshops and mind-body activities before attending a Welcome Meeting.

*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 33 years of
serving cancer patients
and their families,
completely free of charge.**

WEEKLY SUPPORT GROUPS VIA ZOOM

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
Family/Partners • 6pm - 8pm
Newly Diagnosed Breast Cancer • 6pm - 8pm

Thursdays

Cancer Patient Group • 2pm - 4pm & 6 - 8pm
Family/Partners • 6pm - 8pm
Newly Diagnosed Breast Cancer • 6pm - 8pm

Bereavement Group

(Drop-in meeting)

Meets on Monday, Oct 5, 19 • 5pm - 7pm and
Tuesday, Oct 13, 27 • 3pm - 5pm

NETWORKING GROUPS VIA ZOOM

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

2nd Thursday, Oct 8 • 1pm - 3pm

Carcinoid & Neuroendocrine Tumor

1st Saturday, Oct 3 • 10:30am - 12:30pm

Gynecological Cancers

3rd Wednesday, Oct 21 • 12pm - 2pm

Life After Cancer

Monday, Oct 5 • 6pm - 8pm

Living Well with Metastatic Cancer

1st & 3rd Monday, Oct 5 & 19 • 10:30am - 12:30pm

Lung Cancer

3rd Saturday, Oct 17 • 10:30am - 12:30pm

Lymphedema Networking Group (Meets Quarterly)

Saturday, Dec 12 • 11am - 1pm

Oral, Head & Neck Cancer

1st Thursday, Oct 1 • 2pm - 4pm

Prostate Cancer

1st & 3rd Wednesday, Oct 7, 21 • 4:30pm - 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, Oct 14 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, Oct 10 • 11am - 1pm

Spousal Bereavement

2nd & 4th Monday, Oct 12 & 26 • 4:15pm - 6:15pm

Thyroid Cancer

1st Saturday, Oct 3 • 10:30am - 12:30pm

Young Cancer Survivorship *

Every Monday • 6pm - 8pm

Young Cancer Survivorship (LB Group) *

3rd Tuesday, Oct 20 • 6:30pm - 8pm

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

October 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;">Weekly Support Group</p> <p style="text-align: center;">Networking Group</p> <p style="text-align: center;">Mind/Body Workshop</p> <p style="text-align: center;">Social</p> <p style="text-align: center;">Kids & Teens</p>			<p>1 Cancer Patient 2pm</p> <p>Cancer Patient (LB Group) 5pm</p> <p>Cancer Patient 6pm</p> <p>Family/Partners 6pm</p> <p>Newly Diagnosed Breast 6pm</p> <p style="background-color: #e0ffe0;">Oral, Head and Neck 2pm</p> <p>Vinyasa Flow Yoga 10am</p> <p>Gentle Yoga & Sound Bath 4pm</p> <p>Dancing for Fitness 5:30pm</p>	<p>2</p> <p>Gentle Yoga 9:30am</p> <p style="background-color: #ffe0e0;">Welcome Orientation 11am</p>	<p>3</p> <p>Thyroid Cancer 10am</p> <p style="background-color: #ffe0e0;">Carcinoid & NETs 10:30am</p> <p style="background-color: #ffe0ff;">Intro to Medical Qi Gong 10am</p>
<p>5 Bereavement 5pm</p> <p style="background-color: #e0ffe0;">Metastatic Cancer 10:30am</p> <p>Life After Cancer 6pm</p> <p>Young Cancer Survivorship 6pm</p> <p>Mellow Yoga 10am</p> <p>Strength & Balance 11:30am</p> <p>Tai Chi 4pm</p> <p>Restorative Yoga & Reiki 7pm</p> <p style="background-color: #ffe0e0;">Welcome Orientation 11am</p>	<p>6</p> <p style="background-color: #e0ffe0;">Breast Cancer (SP Grp) 5:30pm</p> <p>Breast Cancer 6pm</p> <p>Cancer Patient 6pm</p> <p>Family/Partners 6pm</p> <p style="background-color: #e0ffe0;">You & Yoga Morning Flow 9:30am</p> <p>Sound Healing 1pm</p>	<p>7</p> <p style="background-color: #e0ffe0;">Women's Cancer 10:30am</p> <p>Cancer Patient 6pm</p> <p>Family/Partners 6pm</p> <p>Newly Diagnosed Breast 6pm</p> <p style="background-color: #e0ffe0;">Prostate Cancer 4:30pm</p> <p>Gentle Yoga 10am</p> <p>Guided Meditation 4pm</p> <p style="background-color: #ffe0ff;">Stress Management 6pm</p>	<p>8 Cancer Patient 2pm</p> <p>Cancer Patient (LB Group) 5pm</p> <p>Cancer Patient 6pm</p> <p>Family/Partners 6pm</p> <p>Newly Diagnosed Breast 6pm</p> <p style="background-color: #e0ffe0;">Blood Cancers 1pm</p> <p>Vinyasa Flow Yoga 10am</p> <p>Gentle Yoga & Sound Bath 4pm</p> <p>Dancing for Fitness 5:30pm</p>	<p>9</p> <p>Gentle Yoga 9:30am</p> <p style="background-color: #ffe0e0;">Vision Board: What Would I Love 1:30pm</p> <p style="background-color: #ffe0e0;">Welcome Orientation 11am</p>	<p>10</p> <p style="background-color: #e0ffe0;">Sarcoma 11am</p> <p style="background-color: #ffe0e0;">Breast Cancer & Qi Gong 10am</p>
<p>12</p> <p style="background-color: #e0ffe0;">Spousal Bereavement 4:15pm</p> <p>Young Cancer Survivorship 6pm</p> <p>Mellow Yoga 10am</p> <p>Strength & Balance 11:30am</p> <p>Tai Chi 4pm</p> <p>Restorative Yoga & Reiki 7pm</p> <p style="background-color: #ffe0e0;">Hanna Somatic 2:30pm</p> <p style="background-color: #ffe0e0;">Welcome Orientation 11am</p>	<p>13</p> <p style="background-color: #e0ffe0;">Bereavement 3pm</p> <p style="background-color: #e0ffe0;">Breast Cancer (SP Grp) 5:30pm</p> <p>Breast Cancer 6pm</p> <p>Cancer Patient 6pm</p> <p>Family/Partners 6pm</p> <p style="background-color: #e0ffe0;">You & Yoga Morning Flow 9:30am</p> <p>Sound Healing 1pm</p> <p>Kundalini Yoga & Sound Bath 5pm</p>	<p>14</p> <p style="background-color: #e0ffe0;">Women's Cancer 10:30am</p> <p>Cancer Patient 6pm</p> <p>Family/Partners 6pm</p> <p>Newly Diagnosed Breast 6pm</p> <p style="background-color: #e0ffe0;">Prostate (Kaiser Grp) 5pm</p> <p>Gentle Yoga 10am</p> <p>Guided Meditation 4pm</p> <p style="background-color: #ffe0ff;">Stress Management 6pm</p>	<p>15</p> <p>Cancer Patient 2pm</p> <p>Cancer Patient (LB Group) 5pm</p> <p>Cancer Patient 6pm</p> <p>Family/Partners 6pm</p> <p style="background-color: #e0ffe0;">Newly Diagnosed Breast 6pm</p> <p>Vinyasa Flow Yoga 10am</p> <p>Gentle Yoga & Sound Bath 4pm</p> <p>Dancing for Fitness 5:30pm</p>	<p>16</p> <p>Gentle Yoga 9:30am</p> <p style="background-color: #ffe0e0;">Welcome Orientation 11am</p>	<p>17</p> <p style="background-color: #e0ffe0;">Lung Cancer 10:30am</p> <p style="background-color: #ffe0e0;">Writing for Wellness 9am</p>
<p>19</p> <p style="background-color: #e0ffe0;">Bereavement 5pm</p> <p style="background-color: #e0ffe0;">Metastatic Cancer 10:30am</p> <p>Young Cancer Survivorship 6pm</p> <p>Mellow Yoga 10am</p> <p>Strength & Balance 11:30am</p> <p>Tai Chi 4pm</p> <p>Restorative Yoga & Reiki 7pm</p> <p style="background-color: #ffe0e0;">FSAC: Precision Medicine 5:30pm</p> <p style="background-color: #ffe0e0;">Welcome Orientation 11am</p>	<p>20</p> <p style="background-color: #e0ffe0;">Breast Cancer (SP Grp) 5:30pm</p> <p>Breast Cancer 6pm</p> <p>Cancer Patient 6pm</p> <p>Family/Partners 6pm</p> <p style="background-color: #e0ffe0;">Young Cancer (LB Grp) 6:30pm</p> <p style="background-color: #e0ffe0;">You & Yoga Morning Flow 9:30am</p> <p>Sound Healing 1pm</p> <p>Kundalini Yoga & Sound Bath 5pm</p>	<p>21</p> <p style="background-color: #e0ffe0;">Women's Cancer 10:30am</p> <p>Cancer Patient 6pm</p> <p>Family/Partners 6pm</p> <p>Newly Diagnosed Breast 6pm</p> <p style="background-color: #e0ffe0;">Gynecological 12pm</p> <p>Prostate Cancer 4:30pm</p> <p>Gentle Yoga 10am</p> <p>Guided Meditation 4pm</p> <p style="background-color: #ffe0ff;">Acupressure & Cancer 11:30am</p> <p style="background-color: #ffe0ff;">Medical Cannabis 5:30pm</p>	<p>22</p> <p>Cancer Patient 2pm</p> <p>Cancer Patient (LB Group) 5pm</p> <p>Cancer Patient 6pm</p> <p>Family/Partners 6pm</p> <p style="background-color: #e0ffe0;">Newly Diagnosed Breast 6pm</p> <p>Vinyasa Flow Yoga 10am</p> <p>Dancing for Fitness 5:30pm</p> <p style="background-color: #ffe0e0;">Ayurveda 3pm</p>	<p>23</p> <p>Gentle Yoga 9:30am</p> <p style="background-color: #ffe0e0;">Nutrition for Immune Support 1:30pm</p> <p style="background-color: #ffe0e0;">Welcome Orientation 11am</p>	<p>24</p> <p style="background-color: #ffe0e0;">Energetics of Food 10am</p> <p style="background-color: #ffe0ff;">Kids Activity 10am</p>
<p>26</p> <p style="background-color: #e0ffe0;">Spousal Bereavement 4:15pm</p> <p>Young Cancer Survivorship 6pm</p> <p>Mellow Yoga 10am</p> <p>Strength & Balance 11:30am</p> <p>Tai Chi 4pm</p> <p>Restorative Yoga & Reiki 7pm</p> <p style="background-color: #ffe0e0;">Welcome Orientation 11am</p>	<p>27</p> <p style="background-color: #e0ffe0;">Bereavement 3pm</p> <p style="background-color: #e0ffe0;">Breast Cancer (SP Grp) 5:30pm</p> <p>Breast Cancer 6pm</p> <p>Cancer Patient 6pm</p> <p>Family/Partners 6pm</p> <p style="background-color: #e0ffe0;">You & Yoga Morning Flow 9:30am</p> <p>Sound Healing 1pm</p> <p>Kundalini Yoga & Sound Bath 5pm</p>	<p>28</p> <p style="background-color: #e0ffe0;">Women's Cancer 10:30am</p> <p>Cancer Patient 6pm</p> <p>Family/Partners 6pm</p> <p>Newly Diagnosed Breast 6pm</p> <p style="background-color: #e0ffe0;">Gentle Yoga 10am</p> <p>Guided Meditation 4pm</p>	<p>29 Cancer Patient 2pm</p> <p>Cancer Patient (LB Group) 5pm</p> <p>Cancer Patient 6pm</p> <p>Family/Partners 6pm</p> <p>Newly Diagnosed Breast 6pm</p> <p>Vinyasa Flow Yoga 10am</p> <p>Gentle Yoga & Sound Bath 4pm</p> <p>Dancing for Fitness 5:30pm</p> <p style="background-color: #ffe0ff;">Jason Love 6pm</p>	<p>30</p> <p>Gentle Yoga 9:30am</p> <p style="background-color: #ffe0e0;">Fermented Vegetables, Nutrition & Digestion 11:30am</p> <p style="background-color: #ffe0e0;">Welcome Orientation 11am</p>	<p>31</p>

WORKSHOPS & EVENTS VIA ZOOM

Saturday, October 3, 10am - 12pm • Intro to Medical Qi Gong with Benj Sinskul, Medical Qi Gong Practitioner

Medical Qi Gong is one of the four foundational schools of traditional Chinese Medicine. Using experiential techniques, attendees will learn to sense chi fields and how the movement of energy affects everyone.

Wednesday, October 7 and 14, 6pm - 7pm • Stress Management for Mind and Body Balance with Lucia Galante Johnson, MS, FHD

Join us in this four-part series as Lucia Johnson shares quick and easy methods to reduce stress and support relaxation in your daily life. You will learn self-care methods of mindfulness practices, meditation, self-acupressure, and guided imagery that will support your journey of healing.

Friday, October 9, 1:30pm - 3pm • Vision Board: "What Would I Love!" With Christine Mazanec

Join Christine as she shares Vision Board Making - a fun, easy, powerful and essential method and tool for every person's Life Toolbox. Christine Mazanec is a Vision Board Facilitator, certified Transformational Trainer.

Saturday, October 10, 10am - 12pm • Breast Cancer and Medical Qi Gong with Benj Sinskul, Medical Qi Gong Practitioner

Learn about Traditional Chinese Medicine's (TCM) perspective of how breast cysts and tumors develop. Perform Qi Gong exercises to empower you to combat your disease.

Monday, October 12, 2:30pm - 3:30pm - 4:30pm • Hanna Somatic with Farzaneh Jafari, Ph.D., Certified Hanna Somatic Educator and Certified Yoga Therapist

Hanna Somatic movements can: release and reverse chronic and acute neuromuscular pain, improve mobility, strength & coordination, improve posture and appearance.

Monday, October 19, 5:30pm - 7pm • Frankly Speaking About Cancer: Precision Medicine with Wade Nishimoto, MD

The Cancer Support Community invites people interested in learning about precision medicine to a free workshop that provides fundamental information about precision medicine, biomarker testing, and types of targeted therapies to find the best treatment on an individual basis.

Wednesday, October 21, 11:30am - 12:30pm • Acupressure and Breast Cancer with Ana Paula Duarte, LAc

Learn how to give yourself an acupressure massage with specific points to relieve breast cancer treatment side effects such as nausea, diarrhea, pain, arm swelling, constipation and more.

Wednesday, October 21, 5:30pm - 7:30pm • 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 to medical marijuana. In collaboration with South Bay Survivorship Consortium.

Thursday, October 22, 3pm - 5pm • Ayurveda with Sandra Ruckdaschel

This monthly class includes meditation, yoga principles and movements, breathing techniques, daily healing routines, emotional release techniques, and Ayurvedic fundamentals such as understanding the mind-body personality, Ayurvedic nutrition, and the awakening of inner pharmacy through the senses.

Friday, October 23, 1:30pm - 3:00pm • Nutrition for Immune Support During COVID-19 Pandemic with Zhaoping Li, MD

Nutrition is the cornerstone of health, affecting many disease conditions, such as cancer, diabetes, autoimmune disorders, dementia, and heart disease, as well as overall quality of life.

Saturday, October 24, 10am - 12pm • Energetics of Food with Benj Sinskul, Medical Qi Gong Practitioner

Benj Sinskul will discuss the Classical Chinese Medicine perspective of the energetics of food. Is food medicine or medicine food?

Thursday, October 29, 5:30pm - 7pm • Love and Laughter with Jason Love

Laughter is the best medicine. Join professional comedian, Jason Love and a few of his comedy colleagues for an evening of family love, fun, and laughter. Jason has appeared on Comedy Central, HBO, America's Got Talent, and over 20 national TV broadcasts. Dress in costume in celebration of Halloween. <https://jasonlove.com>

Friday, October 30, 11:30am - 1:00pm • Fermented Vegetables, Nutrition and Digestion with Lilly Padilla, INHC, AADP

Fermented foods have shown to benefit digestion, assimilation of nutrients, and can boost the immune system. In this cooking demonstration, Lilly will show you how to make fermented vegetables according to the plant's constitution and energy. Learn how to combine and create diversity in probiotic foods to balance dishes, boost digestion and detoxification.

To receive **Zoom login**, register for workshops and mind/body classes at cscrb.org and click the calendar section or send email to info@cscrb.org. Zoom info will be emailed the evening before the workshop/class.

WEEKLY MIND/BODY CLASSES

Dancing for Fitness with Shanee Siracusa - Thursdays • 5:30pm - 6:30pm

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.

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, balance and INNER CALM.

Gentle Yoga and Sound Bath with Sound Zoe - Thursdays • 4pm - 5pm NEW!

The class begins with gentle yoga movements designed to release tension and stagnant energy in the body. The class ends with the healing vibrations of Crystal Alchemy Sound bowls.

Guided Meditation - Wednesdays • 4pm - 4:45pm

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.

Kundalini and Sound Bath with Lisa Mecham - Tuesdays • 5pm - 6pm

Kundalini Yoga incorporates pranayama (breathwork), mantra (chanting), dynamic movement, mudra and meditative focus to balance your body and fine tune your physical body. The class ends with the sounds of crystal alchemy bowls and the gong.

Mellow Yoga with Yoshiko Nishioka - Mondays • 10am - 11am

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

Restorative Yoga & Reiki with Christine Tran - Mondays • 7pm - 8pm

Restorative yoga & Reiki for Self-Care integrates the two practices to restore, rejuvenate, and balance the body, mind, energy, and spirit, and aid our response to stress

Sound Healing with Heather Louks - Tuesdays • 1pm - 2pm

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 Tami Endow - Mondays • 11:30am - 12:10pm

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

Tai Chi with Ann Pitts - Mondays • 4pm - 5pm

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.

Vinyasa Flow Yoga with Freddy Mendoza - Thursdays • 10am - 11am NEW!

Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath.

You & Yoga Morning Flow w/ Chinatsu Kambayashi - Tues • 9:30am - 10:30am

The class begins with easy breathing practice and moving towards opening space inside your body and mind feeling calmer the rest of the day.



Teens Connect – 1st & 3rd Thursday – 4:30pm – 6pm

Teens Connect is a support group for teens ages 13-17 who have a family member battling cancer.

Teens Grief – 2nd & 4th Thursday – 4:30pm – 6pm

This group is for teens ages 13-17 who are grieving the loss of a parent, grandparent, sibling, or any other family member with



Kids Community - 1st & 3rd Thursday – 4pm – 5:30pm

Kids Community is a free support program for children ages 5-12 who have a family member with cancer.

Kids Grief & Transition - 2nd & 4th Thursday – 4pm – 5:30pm

This group is for children ages 5-12 who are grieving the loss of a parent, grandparent, sibling, or any other member to cancer.

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

Celebrando La Vida

For our Spanish Support Group, please call Gabe Lanum at (310) 422-9435.

Para nuestro grupo de apoyo español, por favor Gabe Lanum al (310) 422-9435.

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.

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 Allison Adamovic, Associate MFT #111620 at Allison@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 • Program Manager
- Kelly Zamarripa - DeTate • Events Manager
- Alex Lasso De La Vega • Office Manager
- Allison Adamovic, Associate MFT #111620
 - Cancer Support Navigator
- Pamela Martis • Accountant/Development Coordinator
- Kari Wendt, MFT Trainee • Kids and Teens Coordinator

Licensed Mental Health Professionals

- 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
- Jackie Smuckler, MA, LMFT, LMFT117016
- Christine Winkler, PhD, LMFT, LMFT9011

Graduate Interns

- Brittany Anvari, Associate MFT #90362
- Allison Adamovic, Associate MFT #111620
- Gabriel Lanum, Associate MFT #119294
- Nadine Shoukry, Associate MFT #109437
- Linda Shrader, Associate MFT #109891
- Jessica Dulin, Associate MFT #118726
- Mateo Leonardo, MFT Trainee
- Ami Suthar, MFT Trainee
- Kari Wendt, MFT Trainee

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

So that no one faces cancer alone.

Cancer Support Community Redondo Beach
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