



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

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, February 5: 4:30pm – 6:30pm

Tuesday, February 13 & 27: 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.

Welcome Orientation Meetings are held every Monday and Friday at 11am.

Register online at CSCSouthBay.org and click "GETTING STARTED" or contact Carla Bick, our Cancer Support Navigator, at Carla@CSCSouthBay.org.

NUTRITION RESOURCE!

We're excited to introduce **Ina®**, **The Intelligent Nutrition Assistant** from Savor Health®. Ina® provides personalized, evidence-based nutrition support 24/7 "on demand" to help cancer patients stay well-nourished and manage symptoms. To learn more and to sign up for Ina®, please email info@cscsouthbay.org.

FEBRUARY 2024 Calendar

All programs 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, February 8 • 1pm – 3pm

Celebrando La Vida

1st & 3rd Friday, February 2 & 16 • 5pm – 7pm

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

Colo-Rectal Cancers

1st Saturday, February 3 • 10:30am – 12:30pm

Gynecological Cancers

1st & 3rd Tuesday, February 6 & 20 • 10am – 12pm

Life After Cancer

1st Monday, February 5 • 6pm – 8pm

Living Well with Metastatic Cancer

1st Monday, February 5 • 10am – 12pm

Lung Cancer

3rd Saturday, February 17 • 10:30am – 12:30pm

Lymphedema Networking Group (*Meets Quarterly*)

2nd Saturday, March 9 • 11am – 1pm

Oral, Head & Neck Cancer

1st Thursday, February 1 • 2pm – 4pm

Pancreatic Cancer

*typically meets 3rd Monday

4th Monday, February 26 • 10:30am – 12:30pm

Prostate Cancer

1st & 3rd Wednesday, February 7 & 21 • 4:30pm – 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, February 14 • 5pm – 7pm

Sarcoma Alliance

2nd Saturday, February 10 • 11am – 1pm

Spousal Bereavement (*Welcome Orientation NOT required*)

*typically 2nd & 4th Mondays

2nd & 4th Monday, February 12 & 26 • 4:30pm – 6:30pm

Thyroid Cancer

1st Saturday, February 3 • 10am – 12pm

Young Cancer Survivorship

*typically meets 3rd Monday

4th Monday, February 26 • 6pm – 8pm

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

FEBRUARY 2024

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

WEEKLY RECURRING GROUPS & CLASSES					
The groups & orientations listed below will occur every week unless there is a holiday or cancellation.					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am Welcome Orientation	5:30pm Breast Cancer * 6pm ND Breast *** 6pm Cancer Participant 6pm Family/Partners	10am Women's Cancer 6pm Cancer Participant 6pm ND Breast ***	10am ND Breast *** 2pm Cancer Participant 5pm Cancer Participant** 6pm Cancer Participant 6pm Family/Partners 6pm ND Breast ***	11am Welcome Orientation	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CALENDAR LEGEND Classes listed in bold occur monthly * San Pedro Group ** Long Beach Group *** Newly Diagnosed */ Living Well w/ Metastatic Cancer			1 2pm Oral, Head and Neck 4pm Kids Snack & Support 4pm Sound Healing 10am Yin Yoga	2 5pm Celebrando La Vida 9:30am Gentle Yoga 11am Strength & Balance	3 10am Thyroid Cancer 10:30am Colo-Rectal 10am Tai Chi 9am Offsite: Vinyasa Flow
5 4:30pm Bereavement 10am LW Metastatic*/ 6pm Life After Cancer 10am Gentle Hatha Yoga 12pm Sound Bath 9am Walking Grp- Esplanade 10am Knit and Crochet 12pm Vinyasa Flow Beginners	6 10am Gynecological 5:30pm Dancing for Fitness 10:30am Tai Chi 12pm Food and Mood Sharing Circle	7 4:30pm Prostate Cancer 10am Gentle Yoga 4pm Guided Meditation 6:30pm Pilates 11am Restore & Relax Yoga 2pm The Artist's Way 5pm Sugar and Cancer	8 1pm Blood Cancers 4pm Sound Healing 10am Yin Yoga 2pm Chemo-accessorize	9 9:30am Gentle Yoga 10am Mindful Movement 12pm Anti-inflammatory Nutrition and Healthy Weight Both Online & In Person	10 11am Sarcoma Alliance 10am Tai Chi 9am Offsite: Vinyasa Flow 10am Yoga @ RB Pier 12pm Tour: Master Craftsman Home
12 4:30pm Spousal Bereavement 10am Revitalizing Yoga 12pm Sound Bath 9am Walking Grp- Esplanade 10am Knit and Crochet 10am Reiki Sound Bath 12pm Vinyasa Flow Beginners	13 3pm Bereavement 10:30am Tai Chi 12pm Role of Genetics In Cancer Both Online & In Person	14 5pm Prostate (Kaiser Grp) 10am Gentle Yoga 4pm Guided Meditation 6:30pm Pilates 11am SCBG: Yin Yoga 2pm The Artist's Way	15 4pm Kids Snack & Support 4pm Sound Healing 10am Yin Yoga	16 5pm Celebrando La Vida 9:30am Gentle Yoga 12pm The Healing Power of Passion	17 10:30am Lung Cancer 10am Tai Chi 9am Offsite: Vinyasa Flow 9am Writing for Wellness
19  OFFICE CLOSED	20 10am Gynecological 11am Full Body Strength Training 5:30pm Dancing for Fitness 9am Walking- SC Bot. Garden 10:30am Tai Chi 12pm From Loss to Power	21 4:30pm Prostate Cancer 10am Gentle Yoga 4pm Guided Meditation 6:30pm Pilates 11am Restore & Relax Yoga 2pm The Artist's Way	22 4pm Sound Healing 10am Yin Yoga 5:30pm EMF: Electromagnetic Frequencies	23 9:30am Gentle Yoga 10am Restorative Yoga 12pm Lunch & Learn: Physical Therapy for Constipation Both Online & In Person	24 10am Tai Chi 9am Offsite: Vinyasa Flow 11am Word Women: Poetry Heals
26 10:30am Pancreatic 4:30pm Spousal Bereavement 6pm Young Cancer 10am Revitalizing Yoga 12pm Sound Bath 9am Walking Grp- Esplanade 10am Knit and Crochet 12pm Vinyasa Flow Beginners 1:30pm Artlife	27 3pm Bereavement 10:30am Tai Chi 12pm Eating for a Healthy Heart Both Online & In Person	28 10am Gentle Yoga 4pm Guided Meditation 6:30pm Pilates 11am Flexibility & Strength 12:30pm Reiki Energy Circle	29 4pm Sound Healing 10am Yin Yoga	CALENDAR LEGEND Weekly Support Group Networking Group ONLINE Healthy Lifestyle IN PERSON Healthy Lifestyle ONLINE Workshop IN PERSON Workshop Social Event Kids & Teens	



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

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.

HEALTHY LIFESTYLE CLASSES

For more information or to register for class, please visit CSCSouthBay.org

ONLINE CLASSES

These classes are held over Zoom.

1st Monday, February 5 | 10am

Gentle Hatha Yoga with Jenni Green

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

2nd and 4th Mondays, February 12 & 26 | 10am

Revitalizing Yoga with Yoshiko Nishioka

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

Mondays at 12pm

Sound Bath with Victoria Birch-Vandeplas

Experience relaxation with tones of the gong, crystal alchemy singing bowls, and sound healing instruments.

1st & 3rd Tuesdays, February 6 & 20 | 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, February 20 | 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

Gentle Yoga with Maureen O'Connor

We will practice stretching, breathing techniques, and meditation to achieve flexibility, strength, and balance.

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

Pilates is a mind-body exercise that helps to control your body. It will help create balance, strength and flexibility.

Thursdays | 4pm

Sound Healing with Heather Louks

Relax into the healing sounds & frequencies of crystal alchemy bowls to harmonize your mind, body, & spirit.

Fridays | 9:30am

Gentle Yoga with Maureen O'Connor

We will practice stretching, breathing techniques, and meditation to achieve flexibility, strength, and balance.

1st Fridays, February 2 | 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.

Sundays | 8am and 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

Do you knit or crochet or would you like to learn? All skill levels welcome. No experience needed.

2nd Monday, February 12 | 10am

Reiki Infused Alchemy Sound Bath with Delia Hogan

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

Mondays | 12pm

Vinyasa Flow for Beginners with Lisa Jordan

Cultivate inner balance and strength in this asana practice for yoga newcomers/review fundamentals.

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, February 7 & 21 | 11am

Restorative, Relax, Renew Yoga with Avra Diamond

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

2nd Wednesday, February 14 | 11am

SCBG: Yin & Restorative Yoga with Andrea Torregrossa

This will be an all-levels, gentle yoga class at South Coast Botanical Garden. Please bring a yoga mat.

4th Wednesday, February 28 | 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, February 28 | 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 Lisa Jordan

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

2nd Friday, February 9 | 10am

Mindful Movement with Barb Phillips

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

4th Friday, February 23 | 10am

Restorative Yoga with Lisa Briedis

Please join us for gentle, restorative yoga supported by the use of props and open to all levels.

2nd Saturday, February 10 | 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 for link.

Wednesday, February 7 | 5pm - 6pm

Sugar and Cancer with Create Cures Foundation

This topic has been debated by experts for decades. Join us as we debunk myths, clarify about carbohydrates, and more.

Friday, February 9 | 12pm - 1:30pm *(Also In Person)*

Anti-inflammatory Nutrition & Healthy Weight with Lilly Padilla, INHC, AADP

See right for workshop description.

Tuesday, February 13 | 12pm - 1pm *(Also In Person)*

The Role of Genetics in Cancer with Karen Lappen

See right for workshop description.

Friday, February 16 | 12pm - 1:15pm

The Healing Power of Passion with Mary Lyn Miller

Passion is an very powerful force. Join Mary Lyn as she shares her journey and her belief in our capacity for joy. She will discuss tips on how to bring more passion into your life.

3rd Saturday, February 17 | 9am - 12pm

Writing for Wellness with Barbara Force

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

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

From Loss to Power with Ciena Rose William

Moving Through and Beyond Life's Traumatic Moments

We offer practices, experiences, and partnership that will empower you. Join fellow allies who offer empathetic rapport, a safe environment, and heartfelt listening.

Thursday, February 22 | 5:30pm - 6:30pm

EMF: Electromagnetic Frequencies w/ Tracy Coe, cEMF

Learn what is EMF, the science of how it affects us, and easy proven solutions to protect yourself while enjoying tech.

Friday, February 23 | 12:30pm - 1:30pm *(Also In Person)*

Lunch and Learn: Physical Therapy for Constipation with Dr. Sarah Shimanek

See right for workshop description.

Last Saturday, February 24 | 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.

Tuesday, February 27 | 12pm - 1:30pm *(Also In Person)*

Eating for a Healthy Heart with Dianne Staso, MS, RD

See right for workshop description.

IN-PERSON WORKSHOPS

These workshops are held at CSC South Bay.
Registration required at CSCSouthBay.org

1st Tuesday, February 6 | 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.

Thursday, February 8 | 2pm - 3:30pm

Chemo-accessorize with Chemocessories with Iris Lee Knell, LCSW

Having a positive attitude and feeling confident has a way of helping cancer patients feel better. Learn how to accessorize and receive complimentary accessory sets.

Friday, February 9 | 12pm - 1:30pm *(Also Online)*

Anti-inflammatory Nutrition & Healthy Weight with Lilly Padilla, INHC, AADP

Inflammation plays a critical role in determining how we digest food, body weight, and metabolize. Lilly will discuss what foods are anti-inflammatory and provide a food demo that support healthy bacteria and weight.

Tuesday, February 13 | 12pm - 1pm *(Also Online)*

The Role of Genetics in Cancer with Karen Lappen

Learn how genes play a role in cancer, the purpose of testing, and when to talk with your care team.

Friday, February 23 | 12:00pm - 1:30pm *(Also Online)*

Lunch and Learn: Physical Therapy for Constipation with Dr. Sarah Shimanek

Learn physical therapy tips and tricks to help deal with constipation including exercises, massage techniques, toileting habits, and more.

4th Monday, February 26 | 1:30pm - 3:30pm

Artlife: Monthly Workshop with Vanesa Andrade

Vanesa will teach various styles/paintings each month using acrylic paints and brushes.

Tuesday, February 27 | 12pm - 1:30pm *(Also Online)*

Eating for a Healthy Heart with Dianne Staso, MS, RD

Heart disease & stroke are America's #1 and #5 killers. Diet is one of the best ways to protect your heart. Dianne will discuss the latest research and provide a food demonstration.

Administrative Staff

Jillian Van Leuven, Executive Director

Jackie Suiter, Development Director

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

Theresa Plakos, Public Relations Director

Pamela Martis, Director of Finance & Operations

Carla Bick, Cancer Support Navigator

Goli Eslami, Event & Volunteer Manager

Norma Gonzalez, Outreach & Kids Community Manager

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

Vinian Meyer, Office Manager

Rebecca Sul, Program Manager

Licensed Mental Health Professionals

Stephen Lottenberg, MD, PsyD, G41490

Anne Karin Nelson, MS, LMFT#97367

Jo Ann Panitch, LMFT, LMFT#44284

Nadine Shoukry, LMFT#129529

Ruth Schriebman, PsyD, LMFT#39901

Graduate Interns*

Denice Anonuevo, APCC #14864/AMFT #142071

Brittany Anvari, Associate AMFT #128113

Jay Chang, MFT Trainee, LPCC Trainee

Karina Jaimes, MFT Trainee

Bethany Kershishnik, AMFT138997

Maria Page, LPCC Trainee

Eloisa Raho, MFT Trainee

Linda Shrader, AMFT109891

Kari Wendt, MA, APCC#11021

Perla Zarco-Ortega, MFT Trainee



310-376-3550

2601 Airport Drive, Ste.100
Torrance, CA 90505

www.CSCSouthBay.org