



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

(Drop-in meeting - Welcome meeting **NOT** required)
Meets on Monday, May 3, 17 • 5pm - 7pm and
Tuesday, May 11, 25 • 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 or register online at <https://cscrb.gnosishosting.net/Events/Calendar> for Zoom information.

*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

Celebrating 34 years of serving cancer patients and their families, completely free of charge.

May 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

2nd Thursday, May 13 • 1pm - 3pm

Carcinoid & Neuroendocrine Tumor

Saturday, May 1 • 10:30am - 12:30pm

Gynecological Cancers

1st & 3rd Wednesday, May 5 & 19 • 12pm - 2pm

Life After Cancer

1st Monday, May 3 • 6pm - 8pm

Living Well with Metastatic Cancer

Monday, May 3 & 17 • 10:30am - 12:30pm

Lung Cancer

Saturday, May 15 • 10:30am - 12:30pm

Lymphedema Networking Group (Meets Quarterly)

June 12, Sep 11, Dec 11 • 11am - 1pm

Oral, Head & Neck Cancer

1st Thursday, May 6 • 2pm - 4pm

Prostate Cancer

1st & 3rd Wednesday, May 5 & 19 • 4:30pm - 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, May 12 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, May 8 • 11am - 1pm

Spousal Bereavement

2nd & 4th Monday, May 10 & 24 • 5pm-7pm

Thyroid Cancer

1st Saturday, May 1 • 10am - 12pm

Young Cancer Survivorship *

Every Monday • 6pm - 8pm

Young Cancer Survivorship (Long Beach Group) *

3rd Tuesday, May 18 • 6:30pm - 8pm

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

May 2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Thyroid Cancer 10am Carcinoid & NET 10:30am
3 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 RESTORATIVE YOGA 7pm Welcome Orientation 11am	4 Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm Barre Class 9:30am You & Yoga Flow 11:30am Strengthen & Soften Yoga 4:30pm Gratitude 10:30am	5 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Gynecological 12pm Prostate Cancer 4:30pm Gentle Yoga 10am Sound Healing 12pm Guided Meditation 4pm Ask the Dr: Gynecological Cancer 12pm	6 Cancer Patient 2pm Cancer Patient ** 5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Oral, Head and Neck 2pm Kids Snack & Support 4pm Qi Gong 9:30am Gentle Yoga & Sound 4pm Dancing for Fitness 5:30pm	7 Celebrando La Vida 5pm Gentle Yoga 9:30am Strength & Balance 1:30pm Yoga for Self-Care 3pm Welcome Orientation 11am When Comfort Care is the Alternative 2pm	8 Sarcoma 11am Simple Mini Ikebana 10am
10 Spousal Bereavement 5pm Young Cancer Survivorship 6pm Mellow Yoga 10am Strong & Steady 11:30am HANNA SOMATIC 2:30pm Tai Chi 4pm Good Vibes Yoga 5:30pm Welcome Orientation 11am	11 Bereavement 3pm Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm You & Yoga Flow 11:30am Strengthen & Soften Yoga 4:30pm Gratitude 10:30am	12 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Prostate (Kaiser Grp) 5pm Gentle Yoga 10am Qi Gong 2:30pm Guided Meditation 4pm	13 Cancer Patient 2pm Cancer Patient ** 5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Blood Cancers 1pm Kids Grief Snack & Support 4pm Qi Gong 9:30am Gentle Yoga & Sound 4pm Dancing for Fitness 5:30pm Ask the Dr: Breast Cancer 6pm	14 Gentle Yoga 9:30am Yoga for Self-Care 3pm Welcome Orientation 11am Sarcoma: Facing the Challenge Together 3pm	15 Lung Cancer 10:30am Writing for Wellness 9am
17 Bereavement 5pm Metastatic Cancer 10:30am Young Cancer Survivorship 6pm Mellow Yoga 10am Strong & Steady 11:30am Tai Chi 4pm Good Vibes Yoga 5:30pm Welcome Orientation 11am Get Your Affairs in Order 5:30pm	18 Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm LB Young Cancer **6:30pm Barre Class 9:30am You & Yoga Flow 11:30am Strengthen & Soften Yoga 4:30pm	19 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Gynecological 12pm Prostate Cancer 4:30pm Gentle Yoga 10am Sound Healing 12pm Guided Meditation 4pm Acupressure & Cancer 11:30am	20 Cancer Patient 2pm Cancer Patient ** 5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Kids Snack & Support 4pm Qi Gong 9:30am Gentle Yoga & Sound 4pm Dancing for Fitness 5:30pm	21 Celebrando La Vida 5pm Gentle Yoga 9:30am Yoga for Self-Care 3pm Welcome Orientation 11am Goals to Reach for a Healthier You 11:30am	22
24 Spousal Bereavement 5pm Young Cancer Survivorship 6pm Mellow Yoga 10am Strong & Steady 11:30am Tai Chi 4pm Good Vibes Yoga 5:30pm Welcome Orientation 11am	25 Bereavement 3pm Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm Barre Class 9:30am You & Yoga Flow 11:30am Strengthen & Soften Yoga 4:30pm	26 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Gentle Yoga 10am Guided Meditation 4pm Integrative Medicine 5:30pm SBSC Collaboration (TMMC)	27 Cancer Patient 2pm Cancer Patient ** 5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Kids Grief Snack & Support 4pm Qi Gong 9:30am Gentle Yoga & Sound 4pm Dancing for Fitness 5:30pm	28 Gentle Yoga 9:30am Welcome Orientation 11am	29
31 MEMORIAL DAY - CLOSED					

* San Pedro Grp
** Long Beach Grp
*** Newly Diagnosed

Weekly Support Group
Networking Group
Healthy Lifestyle
Workshop
Social Event
Kids & Teens

Celebrando La Vida

For our Spanish Support Group, please call Mateo Leonardo at (310) 363-5154.

Para nuestro grupo de apoyo español, por favor Mateo Leonardo at (310) 363-5154.

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WORKSHOPS

Tue, May 4 & 11, 10:30am-11:30am • Gratitude: A Journey Towards Social & Emotional Wellness with David Hart, PhD

Participants will learn the science of positive psychology and how it can improve quality of life, evidence-based strategies for feeling good and increase motivation.

Wednesday, May 5, 12pm – 1:30pm • Ask the Doctor: Gynecological Cancer with Jeff F. Lin, MD

Join us as Dr. Jeff F. Lin answers your questions on the latest gynecologic treatments, diagnostic testing, symptom management and survivorship. Dr. Jeff F. Lin is a board-certified gynecologic oncologist with City of Hope.

Friday, May 7, 2pm-3:30pm • When Comfort Care is the Alternative with Glen Komatsu, MD

Discover how being prepared can help during serious illness and family caregiving. Dr. Komatsu will explain how palliative care might be the support you're looking for when faced with a serious illness.

Saturday, May 10, 10am-11am • Simple Mini Ikebana with Valeria Brinkers

Brighten your house by learning how to create a simple flower Mother's Day arrangement using items such as a bowl, wine glass and flowers in your yard or you purchased. Valeria will guide you using the therapeutic principles of Ikebana Flower Arranging.

Fridays, May 7-21, 3pm-4pm • Yoga for Self-Care with Daisy Quin

In weeks 4-6 of this 6-week program, discover why we all need Self-Care and how the practice of yoga can support you in restoring and supporting your ability to look after and nurture yourself.

Monday, May 10, 2:30pm - 3:30pm • Hanna Somatic with Farzaneh Jafari, PhD

Developed by Thomas Hanna, somatic movements can: release and reverse chronic and acute neuromuscular pain, improve mobility.

Thursday, May 13, 6pm-7:30pm • Ask the Doctor: Breast Cancer with Lorena Gonzalez, MD

Join us as Dr. Lorena Gonzalez answers your questions on the latest breast cancer treatments, diagnostic testing, symptom management and survivorship.

Friday, May 14, 3pm-5pm • Sarcoma: Facing the Challenge Together

In collaboration with National Leiomyosarcoma Foundation, please join us as a panel of National Sarcoma experts present topics on survivorship from a sarcoma diagnosis.

Monday, May 17, 5:30pm-7pm • Get Your Affairs in Order with Eric Harris and Anna Schneider, Trust Attorneys

In this workshop, you will learn how to plan during major life events, get ideas to protect your assets and ensure that your loved ones are taken care of and avoid probate.

Wednesday, May 19, 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 from cancer treatment such as nausea, chemo brain, and neuropathy.

Friday, May 21, 11:30am-12:30pm • Goals to Reach for a Healthier You with Jenny Alcala Alonzo

You want to be healthier, but you are not sure where to start. There is so much to think about! It might help to have a plan of action. Join us as we discuss setting goals to reach a healthier you!

Wednesday, May 26, 5:30pm-6:30pm • Integrative Medicine, Supplements and Vitamins with Nicole Alexander-Spencer, MD

Learn how Integrative Medicine, supplements and vitamins can impact your cancer risk, promote overall health, well being and help in side effect management. In collaboration with South Bay Survivorship Consortium.

HEALTHY LIFESTYLE CLASSES

Barre Class with Tarra Rose Laperdon - Tuesdays • 9:30am

Barre is a full body workout that hits all muscle groups while incorporating ballet and different aspects of dance!

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.

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

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

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.

Qi Gong & Meditation with Gayla Gabriel - Thursdays • 9:30am

This practice is appropriate for people of all ages and levels of well-being. Qi Gong has been shown to produce positive effects on one's physical, psychosocial, and total quality of life.

Sound Healing with Heather Louks - 1st & 3rd 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 - 1st Friday of the month • 1:30pm

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.

Restorative Yoga & Reiki with Christine Tran - 1st Monday • 7pm

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

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.

You & Yoga Morning Flow with Chinatsu Kambayashi - Tues • 9:30am

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

Writing for Wellness with Barbara Force - Sat, May 15 • 9am

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



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 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.

Kids Grief Snack & Support - 2nd & 4th Thursday, 4pm-4:30pm
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 Amil Suthar, MFT Trainee, Kids and Teens Coordinator 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 Allison Adamovic, Cancer Support Navigator at Allison@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.

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, 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
Nadine Shoukry, Associate MFT #109437
Linda Shrader, Associate MFT #109891
Jessica Dulin, Associate MFT #118726
Mateo Leonardo, MFT Trainee
Kristen Brown, MFT Trainee
Ami Suthar, MFT Trainee
Kari Wendt, LPCC Trainee

* Please note, all Associate MFT and MFT/MSW Trainees are supervised by Nancy Lomibao, LMFT, LMFT36645



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