



**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 Patient: 6pm - 8pm

Family/Partners: 6pm - 8pm

Wednesdays

Women's Cancer: 10am - 12pm

Cancer Patient: 6pm - 8pm

Newly Diagnosed Breast Cancer: 6pm - 8pm

Thursdays

Newly Diagnosed Breast Cancer: 10am - 12pm

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 Orientation **NOT** required)

Monday, March 6 & 20: 4:30pm - 6:30pm

Tuesday, March 14 & 28: 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, Cancer Support Navigator, at Carla@CSCSouthBay.org.

NEW NUTRITION RESOURCE!

We're excited to partner with Savor Health® and 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.

MARCH 2023 Calendar

All programs offered online via Zoom, unless otherwise noted. For most up-to-date schedule/information, visit

www.CSCSouthBay.org



NETWORKING GROUPS

Networking 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, March 9 • 1pm - 3pm

Colo-Rectal Cancers

1st Saturday, March 4 • 10:30am - 12:30pm

Gynecological Cancers

1st & 3rd Wednesday, March 1 & 15 • 12pm - 2pm

Life After Cancer

1st Monday, March 6 • 6pm - 8pm

Living Well with Metastatic Breast Cancer

1st Monday, March 6 • 10:00am - 12:00pm

Lung Cancer

3rd Saturday, March 18 • 10:30am - 12:30pm

Lymphedema Networking Group (Meets Quarterly)

Saturday, March 11 • 11am - 1pm

Oral, Head & Neck Cancer

1st Thursday, March 2 • 2pm - 4pm

Pancreatic Cancer

3rd Monday, March 27 • 10:30am - 12:30pm

Prostate Cancer

1st & 3rd Wednesday, March 1 & 15 • 4:30pm - 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, March 8 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, March 11 • 11am - 1pm

Spousal Bereavement

(Welcome Orientation NOT required)

2nd & 4th Monday, March 13 & 27 • 4:30pm - 6:30pm

Thyroid Cancer

1st Saturday, March 4 • 10am - 12pm

Young Cancer Survivorship *

3rd Monday, March 27 • 6pm - 8pm

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

MARCH 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* San Pedro Grp ** Long Beach Grp *** Newly Diagnosed- which includes recently diagnosed, in treatment, or up to 18-months post treatment/surgery */ Living Well with Metastatic Breast Cancer		Weekly Support Group Networking Group ONLINE Healthy Lifestyle IN PERSON Healthy Lifestyle		ONLINE Workshop IN PERSON Workshop Social Event Kids & Teens	
		1	2	3	4
		10am Women's Cancer 6pm Cancer Patient 6pm ND Breast *** 12pm Gynecological 4:30pm Prostate Cancer 10am Gentle Yoga 4pm Guided Meditation	10am ND Breast *** 2pm Cancer Patient 5pm Cancer Patient ** 6pm Cancer Patient 6pm Family/Partners 6pm ND Breast *** 2pm Oral, Head and Neck 4pm Kids Snack & Support 5:30pm Dancing for Fitness 11:30am Yin Yoga 10am Meditation Techniques	9:30am Gentle Yoga 11am Strength & Balance 11am Welcome Orientation	10am Thyroid Cancer 10:30am Colo-Rectal 10am Tai Chi
6	7	8	9	10	11
4:30pm Bereavement 10am LW Met Breast*/ 6pm Life After Cancer 11am Welcome Orientation 9am Walking Grp- Esplanade	5:30pm Breast Cancer * 6pm ND Breast *** 6pm Cancer Patient 6pm Family/Partners 3:30pm Chair Yoga 5pm Sound Healing 10:30am Tai Chi 11:45am Food & Mood Sharing Circle	10am Women's Cancer 6pm Cancer Patient 6pm ND Breast *** 5pm Prostate (Kaiser Grp) 10am Gentle Yoga 4pm Guided Meditation 11am SCBG: Yin Yoga 1pm Somatic Storytelling Circles 6pm Highlights of Breast Cancer Symposium	10am ND Breast *** 2pm Cancer Patient 5pm Cancer Patient ** 6pm Cancer Patient 6pm Family/Partners 6pm ND Breast *** 1pm Blood Cancers 11am 5Rhythms 5:30pm Dancing for Fitness 11:30am Yin Yoga	9:30am Gentle Yoga 11am Welcome Orientation 11am Sewing: School of Couture	11am Lymphedema 11am Sarcoma Alliance 10am Tai Chi 10am Yoga @ RB Pier 4:30pm Kids Community South Bay Lakers Game
13	14	15	16	17	18
10:30am Pancreatic 4:30pm Spousal Bereavement 11am Welcome Orientation 10am Revitalizing Yoga 9am Walking Grp- Esplanade	3pm Bereavement 5:30pm Breast Cancer * 6pm ND Breast *** 6pm Cancer Patient 6pm Family/Partners 3:30pm Chair Yoga 5pm Sound Healing 10:30am Tai Chi 10am It's Never Too Late to Begin Again 11:45am Food & Mood Sharing Circle	10am Women's Cancer 6pm Cancer Patient 6pm ND Breast *** 12pm Gynecological 4:30pm Prostate Cancer 10am Gentle Yoga 4pm Guided Meditation	10am ND Breast *** 2pm Cancer Patient 5pm Cancer Patient ** 6pm Cancer Patient 6pm Family/Partners 6pm ND Breast *** 4pm Kids Snack & Support 5:30pm Dancing for Fitness 10am Reiki Sound Bath 11:30am Yin Yoga 11am Intro to Strength Training 10am Meditation Techniques	9:30am Gentle Yoga 10am Mindful Movement 11am Welcome Orientation 11am Learn and Lunch: Acupressure & Cancer Both Online & In-Person	10:30am Lung Cancer 10am Tai Chi 9am Writing for Wellness
20	21	22	23	24	25
4:30pm Bereavement 10:30am Pancreatic 6pm Young Cancer 11am Welcome Orientation 9am Walking Grp- Esplanade	5:30pm Breast Cancer * 6pm ND Breast *** 6pm Cancer Patient 6pm Family/Partners 3:30pm Chair Yoga 9am Walking- SC Bot. Garden 10:30am Tai Chi 11:45am Food & Mood Sharing Circle	10am Women's Cancer 6pm Cancer Patient 6pm ND Breast *** 10am Gentle Yoga 12:30pm Sound Bath 4pm Guided Meditation	10am ND Breast *** 2pm Cancer Patient 5pm Cancer Patient ** 6pm Cancer Patient 6pm Family/Partners 6pm ND Breast *** 11am 5Rhythms 5:30pm Dancing for Fitness 11:30am Yin Yoga 12:30pm Nutritional Meals: Liver and Eye Health	9:30am Gentle Yoga 11am Welcome Orientation 12:30pm Reiki Energy Circle	10am Tai Chi 11am Word Women: Poetry Heals
27	28	29	30	31	1-Apr
4:30pm Spousal Bereavement 11am Welcome Orientation 10am Revitalizing Yoga 9am Walking Grp- Esplanade	3pm Bereavement 5:30pm Breast Cancer * 6pm ND Breast *** 6pm Cancer Patient 6pm Family/Partners 3:30pm Chair Yoga 10:30am Tai Chi 10am It's Never Too Late to Begin Again 12:30pm Artlife	10am Women's Cancer 6pm Cancer Patient 6pm ND Breast *** 10am Gentle Yoga 12:30pm Sound Bath 4pm Guided Meditation 5pm Understanding CA End of Life Options	10am ND Breast *** 2pm Cancer Patient 5pm Cancer Patient ** 6pm Cancer Patient 6pm Family/Partners 6pm ND Breast *** 5:30pm Dancing for Fitness 11:30am Yin Yoga 10am Meditation Techniques	9:30am Gentle Yoga 11am Welcome Orientation	10am Thyroid Cancer 10:30am Colo-Rectal 10am Tai Chi



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 information, please email Norma Gonzalez, Outreach & Kids Community Manager, at Norma@CSCSouthBay.org

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



Saturday, March 11 | 10am - 11am
Yoga at Redondo Beach Pier-Concert Stage
 Join us for FREE Yoga at Redondo Beach Pier. New Location: Concert Stage (aka Horseshoe) All levels are welcome. Weather permitting. Bring a yoga mat, towel, & water!

HEALTHY LIFESTYLE CLASSES

2nd and 4th Thursdays | 11am *New Time!*

5Rhythms with Masayo Benoist

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

Tuesdays | 3:30pm

Chair Yoga with Maureen O'Connor

This yoga form uses a chair for support, modified to be accessible to those who cannot move easily.

Thursdays | 5:30pm

Dancing for Fitness with Shanée Siracusa

Each week has a new theme and basic dance moves to get your heart pumping. You will shimmy, sweat, and smile.

Wednesdays at 10am and Fridays at 9:30am

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 Campisi

or Farzaneh Jafari

Let's meditate together to achieve stress relief and add balance and compassion into your life.

2nd and 4th Mondays | 10am

Revitalizing Yoga with Yoshiko Nishioka

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

Wednesdays, resuming March 22 | 12:30pm

Sound Bath with Victoria Birch-Vandeplass

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

1st Friday, March 3 | 11am

Strength & Balance with Mudaser Hakami

Come and improve your functional strength, balance, and stability. Exercises can be modified to fit your fitness level.

Saturdays | 10:00am

Tai Chi with Ann Pitts

This low-impact, graceful exercise is good for the body & mind and can reduce stress and improve balance.

OTHER AVAILABLE SERVICES

Peer to Peer Counseling

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@CSCSouthBay.org.

Individual, Couples and Family Counseling

Free, short-term counseling is available to participants, couples and family members. Counseling provided under the supervision of our licensed clinical staff.

For more information contact Carla Bick, Cancer Support Navigator at Carla@CSCSouthBay.org.

IN-PERSON CLASSES

Registration Required at CSCSouthBay.org

Mondays at 9am | 3rd Tuesdays at 9am

Walking Group with Gina Koency

Join us as we walk The Esplanade and South Coast Botanical Garden. *Our Wednesday evening walking group is put on hiatus until the spring.

Tuesdays | 10:30am

Tai Chi with Les Krzcuk

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

2nd Wednesdays, March 8 | 11am

SCBG: Yin & Restorative Yoga with Jonilyn Brown

This will be an all-levels, gentle yoga class. We will begin with a calming meditation, followed by a light sequence of yoga intended to heal, restore and relax. Please bring a yoga mat, towel, and water. Held at South Coast Botanical Garden. Registration required.

3rd Thursday, March 16 | 10am

Reiki Infused Alchemy Sound Bath w/Delia Hogan

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

Thursdays | 11:30am

Yin Yoga with Lisa Jordan

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

3rd Fridays, March 17 | 10:00am

Mindful Movement with Barb Phillips

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

4th Fridays, March 24 | 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), members can further support themselves and fellow members through these simple, supportive experiences.

Kids Community!

Saturday, March 11 | 4:30pm

Kids Community Goes to a South Bay Lakers

Basketball Game with Norma Gonzalez

Join us for an evening of basketball fun at the UCLA Health Training Center in El Segundo! To learn more and register, please visit www.CSCSouthBay.org

WORKSHOPS

Thursday, March 8 | 1pm – 2:30pm

Somatic Storytelling Circles - A Way of Moving from Loss to Life Connections with Ciena Rose William

Everyone has a big story. Let's take a tiny piece and allow the sensations from those moments to find life in writing.

Thursday, March 8 | 6pm – 7pm

MC: Highlights of San Antonio Breast Cancer Symposium

This workshop will present highlights from SABCS, where researchers presented breaking developments in the treatment and care of patients with breast cancer.

Tuesdays, March 14 & 28 | 10am - 12pm

It's Never Too Late to Begin Again with Karen Sidney

This is aimed at those leaving one chapter behind and heading into one yet to be created. Registration is closed.

Thursday, March 16 | 11am – 12pm

Intro to Strength Training from Home with Annelise Tripp

Learn why and how to create your own resistance training routine. Modifications will be provided and monthly classes!

3rd Saturdays, March 18 | 9am - 12pm

Writing for Wellness with Barbara Force

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

3rd Fridays, March 17 | 11am - 12pm (also In Person)

Acupressure and Cancer with Ana Paula Duarte LAC

Learn how to give yourself an acupressure massage to relieve some of the most common side effects of cancer treatment.

Thursday, March 23 | 12:30pm – 1:30pm

Nutritional Meals for Liver & Eye Health with Lilly Padilla

Join us for a nutrition workshop with Lilly, learn to support the liver and the eyes health with nutritious, delicious meals!

Last Saturdays, March 25 | 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.

Wednesday, March 29 | 5pm – 6:30pm

Understanding CA End of Life Options w/ Karen Morin, RN

Understand recent updates to Medical Aid in Dying Law.

Advocate for yourself to get the care and treatment you want.

IN-PERSON WORKSHOPS

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

Thursdays: March 2, 16, 30 | 10am – 11:30am

Meditation Techniques with Christine Campisi

Learn techniques in mindful meditation to relax the body, quiet the active mind and perhaps gain insight into your thoughts.

Tuesdays: March 7, 14, 21 | 11:45am – 12:45pm

Food and Mood Sharing Circle with Lily Hanna

Join us for health-tip handouts and discussion on food, mood, and stress coping mechanisms. This workshop provides a space to learn, exchange ideas and connect. Each week will have a different topic for group discussion.

2nd Fridays, March 10 | 11am - 1pm

Sewing: School of Couture with Dee Aizakhmetova

This is an Off-Site Workshop. Learn how to use a sewing machine, sewing basics, pattern construction and more! March Theme: Butterfly Key Chain

Friday, March 17 | 11am - 12:30pm (also Online)

Learn and Lunch: 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. Lunch will be served after the workshop from 12pm-12:30pm.

4th Tuesdays, March 28 | 12:30pm - 2:30pm

Artlife: Monthly Workshop with Vanesa Andrade

Learn how to sketch/paint different styles based on different artworks. Materials will be provided.

Administrative Staff

Jackie Suiter, Interim Executive Director
Nancy Lomibao, MS, LMFT# 36645, Program Director/CCO
Theresa Plakos, Public Relations Director
Carla Bick, Cancer Support Navigator
Norma Gonzalez, Outreach & Kids Community Manager
Pamela Martis, Controller & Development Manager
Rebecca Sul, Program Manager
Starr Pappagalo, Communication Manager
Mariana Garcia, Office Manager

* All Associate MFT and MFT/MSW/LPCC Trainees are supervised by Nancy Lomibao, LMFT, LMFT# 36645.

CSC South Bay 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.

Licensed Mental Health Professionals

Allison Adamovic, LMFT# 125672
Anne Karin Nelson, MS, LMFT# 97367
Jo Ann Panitch, LMFT, LMFT# 444284
Nadine Shoukry, LMFT# 129529
Ruth Schriebman, PsyD, LMFT# 39901
Stephen Lottenberg, MD, PsyD, G41490

Graduate Interns*

Brittany Anvari, Associate MFT# 128113
Linda Shrader, Associate MFT# 109891
Kari Wendt, Associate APCC#11021
Bethany Kershishnik, MFT Trainee
Denice Anonuevo, LPCC Trainee
Eloisa Raho, MFT Trainee
Isabella Cuevas, MFT Trainee
Maria Page, LPCC Trainee



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