



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
Newly Diagnosed Breast Cancer • 6pm - 8pm

Thursdays

Cancer Patient Group • 2pm - 4pm
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, Dec 7, 21 • 5pm - 7pm and
Tuesday, Dec 15 • 3pm - 5pm

December 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.

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, Dec 10 • 1pm - 3pm

Carcinoid & Neuroendocrine Tumor

1st Saturday, Dec 5 • 10:30am - 12:30pm

Gynecological Cancers

3rd Wednesday, Dec 16 • 12pm - 2pm

Life After Cancer

1st Monday, Dec 7 • 6pm - 8pm

Living Well with Metastatic Cancer

Monday, Dec 7 • 10:30am - 12:30pm

Lung Cancer

Saturday, Dec 12 • 10:30am - 12:30pm

Lymphedema Networking Group (Meets Quarterly)

Saturday, Dec 12 • 11am - 1pm

Oral, Head & Neck Cancer

1st Thursday, Dec 3 • 2pm - 4pm

Prostate Cancer

1st & 3rd Wednesday, Dec 2 & 16 • 4:30pm - 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, Dec 9 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, Dec 12 • 11am - 1pm

Spousal Bereavement

2nd & 4th Monday, Dec 14 & 28 • 4:15pm-6:15pm

Thyroid Cancer

1st Saturday, Dec 5 • 10:30am - 12:30pm

Young Cancer Survivorship *


Every Monday • 6pm - 8pm

Young Cancer Survivorship (LB Group) *

3rd Tuesday, Dec 15 • 6:30pm - 8pm

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

December 2020

	Weekly Support Group	Networking Group	Mind/Body	Workshop	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Breast Cancer (SP Grp) 5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm You & Yoga Morning Flow 9:30am Sound Healing 1pm Enlivening Yoga & Sound Bath 5pm	2 Women's Cancer 10:30am Cancer Patient 6pm Newly Diagnosed Breast 6pm Prostate Cancer 4:30pm Gentle Yoga 10am Guided Meditation 4pm	3 Cancer Patient 2pm Cancer Patient (LB Group) 5pm Cancer Patient 6pm Family/Partners 6pm Newly Diagnosed Breast 6pm Oral, Head and Neck 2pm Qi Gong - 1pm Gentle Yoga & Sound Bath 4pm Dancing for Fitness 5:30pm Head & Neck Cancer Update 2:30pm	4 Gentle Yoga 9:30am Welcome Orientation 11am Virtual Holiday Party 5:30pm 	5 Thyroid Cancer 10am Carcinoid & NETs 10:30am
7 Bereavement 5pm Metastatic Cancer 10:30am Life After Cancer 6pm Young Cancer Survivorship 6pm Mellow Yoga 10am Strength & Balance 11:30am Tai Chi 4pm Restorative Yoga & Reiki 7pm Hanna Somatic 2:30pm Welcome Orientation 11am	8 Breast Cancer (SP Grp) 5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm You & Yoga Morning Flow 9:30am Sound Healing 1pm Enlivening Yoga & Sound Bath 5pm	9 Women's Cancer 10:30am Cancer Patient 6pm Newly Diagnosed Breast 6pm Prostate (Kaiser Grp) 5pm Gentle Yoga 10am Guided Meditation 4pm Acupressure for a Healthy Holiday Facial 11:30am	10 Cancer Patient 2pm Cancer Patient (LB Group) 5pm Cancer Patient 6pm Family/Partners 6pm Newly Diagnosed Breast 6pm Blood Cancers 1pm Qi Gong - 1pm Gentle Yoga & Sound Bath 4pm Dancing for Fitness 5:30pm Cleaning Toxins 11am	11 Gentle Yoga 9:30am Adapting to a New Holiday Tradition 11:30am Welcome Orientation 11am	12 Lung Cancer 10:30am Lymphedema 11am Sarcoma 11am Writing for Wellness 9am Kids Holiday Party 10am
14 Spousal Bereavement 4:15pm Young Cancer Survivorship 6pm Tai Chi 4pm Mindfulness Sleep for the Holiday 11am Winter Self-Care Restorative Yoga 6:30pm Welcome Orientation 11am	15 Bereavement 3pm Breast Cancer (SP Grp) 5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm Young Cancer (LB Grp) 6:30pm You & Yoga Morning Flow 9:30am Sound Healing 1pm Enlivening Yoga & Sound Bath 5pm	16 Women's Cancer 10:30am Cancer Patient 6pm Newly Diagnosed Breast 6pm Gynecological 12pm Prostate Cancer 4:30pm Gentle Yoga 10am Guided Meditation 4pm	17 Cancer Patient 2pm Cancer Patient (LB Group) 5pm Cancer Patient 6pm Family/Partners 6pm Newly Diagnosed Breast 6pm Qi Gong - 1pm Gentle Yoga & Sound Bath 4pm Dancing for Fitness 5:30pm	18 Gentle Yoga 9:30am Welcome Orientation 11am CLOSE AT 1PM AND REOPEN JANUARY 4, 2021	19 Weekly Support Group Networking Group Mind/Body Workshop Social Kids & Teens

Holiday Closure

Cancer Support Community Redondo Beach will be closed Friday, December 18, 2020 at 1pm for the holidays and reopen Monday, January 4, 2021.



WORKSHOPS & EVENTS VIA ZOOM

Thursday, December 3, 2:30pm - 4pm • Head and Neck Cancer Update with Deborah Wong, MD, PhD
Deborah Wong, MD, PhD, UCLA oncologist, will discuss different types of head and neck cancers, diagnosis, individualized treatment options and current research.

Monday, December 7, 2:30pm - 3:30pm • 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.

Wednesday, December 9, 11:30am - 12:30pm • Acupressure for a Natural Holiday Facial with Ana Paula Duarte, LAc
Brew your favorite tea/beverage before class, softly play your holiday music in the background, sit back, and relax as Ana Paula guides you through the pressure points on your face for a mini cosmetic acupressure session. Ana Paula Duarte received her Master of Science in Traditional Oriental Medicine from Pacific College of Health and Science in San Diego and Bachelor of Arts in Latin American Studies at UCLA.

Thursday, December 10, 11am - 12:30pm • Cleaning Toxins in Your Home with Essential Oils with Lisa Ciotto
How toxic is your home? Are you still using toxic store bought cleaning products? Have you checked the ingredients in your skincare and hair care lately? Learn what products may be making you sick and how to integrate essential oils for all of your cleaning purposes, skincare and hair care with DIY recipes.

Thursday, December 10, 4:30pm - 6pm • Teens Art Class with Mudaser Hakami
Calling all Teens! Join in the fun for a quick art lesson. Enjoy learning various art techniques, sketching your favorite cartoons and characters, and finishing the class with fun games. All you need is a pencil, paper, and yourself. All levels welcome!

Friday, December 11, 11:30am - 1pm • Adapting to a New Holiday Tradition with David Hart, PhD
As the holidays near, the sadness related to missing people and traditions in our lives is becoming more pronounced. What can we do to protect ourselves from adverse mental health effects as likely stricter safety measures take effect in the winter months to come? Wondering how to celebrate the holidays during a once-in-a-lifetime pandemic? Dr. Hart will provide tips to help you adapt and thrive this holiday season. Dr. Hart is Director of Community Health at Always Best Care South Bay/West LA.

Saturday, December 12 • 9am - 12pm • Writing for Wellness with Barbara Force
This monthly program offers everyone affected cancer, participants, family & friends, ways to express themselves through writing. Led by Barbara Force.

Saturday, December 12, 10am - 11am • Kids Holiday Party!
Join us for a virtual holiday party making gingerbread houses! To receive kits in time for the event, **register by** Wednesday, December 9, 2020. Hosted by Kari Wendt, CSCRB Kids Program Coordinator. *KITS PROVIDED

Monday, December 14, 11am - 12:15pm • Mindfulness Sleep and De-Stressing for the Holidays with Corina Gheorghiu, DDS, LMFT, Sleep Coach
One of a kind holiday season, isolation, unexpected turns, and mixed feelings make it even more overwhelming and stressful this year. Join us as Corina teaches you tools to de-stress, relax, sleep better, and make the best out of this holiday season.

Monday, December 14, 6:30pm - 7pm • Winter Self-Care with Therapeutic Yoga and Reiki with Christine Tran
This class is a blend of therapeutic yoga and Reiki energy healing to embrace the winter season with self-care, warmth, and lightness.

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. Weekly theme such as Latin, Disco, Hip Hop, Musicals, and more.

Enlivening Yoga and Sound Bath with Lisa Mecham - Tuesdays • 5pm - 6pm
Come alive with an hour of yoga, breathwork and sound healing with crystal alchemy bowls.

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
The class begins with gentle yoga movements designed to release tension and stagnant energy in the body. The class end to 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.

Mellow Yoga with Yoshiko Nishioka - Mondays • 10am - 11am
Come relax and rejuvenate your body, mind & spirit. Explore breathing techniques, simple stretches & guided relaxation.

NEW!!! Qi Gong & Meditation for Cancer Support & Beyond with Gayla Gabriel - Thursdays • 1pm - 2pm
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.

Restorative Yoga & Reiki with Christine Tran – 1st Monday • 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.

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.

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.

NEW class STRONG AND STEADY with Lorraine Goodman on Mondays, 11:30am starting Jan 4, 2021.



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, LPCC 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, LPCC Trainee

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

So that no one faces cancer alone.

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