



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

Newly Diagnosed Cancer: 3pm - 4:30pm *In Person Only

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, April 1, 15 & 29: 4:30pm - 6:30pm

Tuesday, April 9 & 23: 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.

Newly Diagnosed Cancer Group

We're excited to introduce a new **In Person, Weekly Newly Diagnosed Cancer Group** on Tuesdays from **3pm- 4:30pm, starting April 9th!**

This group is designed for those individuals who have recently received a cancer diagnosis or are within 18 month timeframe of their last treatment or surgery.

To join, please register for our Welcome Orientation on our website at CSCSouthBay.org. See above for more info.

APRIL 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, April 11 • 1pm - 3pm

Celebrando La Vida

1st & 3rd Friday, April 5 & 19 • 5pm - 7pm

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

Colo-Rectal Cancers

1st Saturday, April 6 • 10:30am - 12:30pm

Gynecological Cancers

1st & 3rd Tuesday, April 2 & 16 • 10am - 12pm

Life After Cancer

1st Monday, April 1 • 6pm - 8pm

Living Well with Metastatic Cancer

1st Monday, April 1 • 10am - 12pm

Lung Cancer

3rd Saturday, April 20 • 10:30am - 12:30pm

Lymphedema Networking Group (Meets Quarterly)

2nd Saturday, June 8 • 11am - 1pm

Oral, Head & Neck Cancer

1st Thursday, April 4 • 2pm - 4pm

Pancreatic Cancer

3rd Monday, April 15 • 10:30am - 12:30pm

Prostate Cancer

1st & 3rd Wednesday, April 3 & 17 • 4:30pm - 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, April 10 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, April 13 • 11am - 1pm

Spousal Bereavement (Welcome Orientation NOT required)

*typically 2nd & 4th Mondays

2nd & 4th Monday, April 8 & 22 • 4:30pm - 6:30pm

Thyroid Cancer

1st Saturday, April 6 • 10am - 12pm

Young Cancer Survivorship *

3rd Monday, April 15 • 6pm - 8pm

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

APRIL 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, classes, and orientations listed below will occur every week unless there is a holiday or cancellation.					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am Welcome Orientation	3pm ND Cancer- In Person	10am Women's Cancer	10am ND Breast ***	11am Welcome Orientation	10am Tai Chi
12pm Sound Bath	5:30pm Breast Cancer *	6pm Cancer Participant	2pm Cancer Participant	9:30am Gentle Yoga	9am Offsite: Vinyasa Flow
9am Walking Grp- Esplanade	6pm ND Breast ***	6pm ND Breast ***	5pm Cancer Participant**		
10am Knit and Crochet	6pm Cancer Participant	10am Gentle Yoga	6pm Cancer Participant		
	6pm Family/Partners	4pm Guided Meditation	6pm Family/Partners		
	4pm Connect Inner Light	6:30pm Pilates	6pm ND Breast ***		
	10:30am Tai Chi		4pm Sound Healing		
			10am Yin Yoga		
					SUNDAY
					8am Vinyasa Flow

APRIL GROUPS & CLASSES					
The groups and classes listed below recur monthly.					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6
4:30pm Bereavement	10am Gynecological	4:30pm Prostate Cancer	2pm Oral, Head and Neck	5pm Celebrando La Vida	10am Thyroid Cancer
10am LW Metastatic*/	5:30pm Dancing for Fitness	11am Restore & Relax Yoga	4pm Kids Snack & Support	11am Strength & Balance	10:30am Colo-Rectal Cancer
6pm Life After Cancer	12pm Food and Mood		11:30am Chakra Sound Healing		
10am Gentle Hatha Yoga	Sharing Circle				
8	9	10	11	12	13
4:30pm Spousal Bereavement	3pm Bereavement	5pm Prostate (Kaiser Grp)	1pm Blood Cancers		11am Sarcoma Alliance
10am Revitalizing Yoga	12pm Balance Series	11am Yin and Restorative Yoga	11am 5Rhythms		10am Yoga @ RB Pier
10am Reiki Sound Bath			11:30am How to Meditate		
15	16	17	18	19	20
4:30pm Bereavement	10am Gynecological	4:30pm Prostate Cancer	4pm Kids Snack & Support	5pm Celebrando La Vida	10:30am Lung Cancer
10:30am Pancreatic	11am Full Body Strength Traini	11am Restore & Relax Yoga	12pm All About Menopause	10am Mindful Movement	9am Writing for Wellness
6pm Young Cancer	5:30pm Dancing for Fitness		Both Online & In Person	12pm Lunch and Learn:	
10am Gentle Hatha Yoga	9am Walking- SC Bot. Garden			Mastectomy Products	
	12pm Balance Series			Wigs and more...	
				Both Online & In Person	
22	23	24	25	26	27
4:30pm Spousal Bereavement	3pm Bereavement	11am Flexibility & Strength	11am 5Rhythms	10am Restorative Yoga	11am Word Women:
10am Revitalizing Yoga	12pm Balance Series	12pm PSB: Sound Healing			Poetry Heals
1:30pm Artlife	5:30pm CBD & Cannabis	12:30pm Reiki Energy Circle			
	Highlights w/ Q&A	5pm Localized Prostate Cancer			
		and Supportive Care			
29	30	CALENDAR LEGEND		Weekly Support Group	
4:30pm Bereavement	12pm Balance Series	Classes listed in bold occur monthly		Networking Group	
	5:30pm Spring Social and	* San Pedro Group		ONLINE Healthy Lifestyle	
	Love and Laughter	** Long Beach Group		IN PERSON Healthy Lifestyle	
	In-Person Only	*** Newly Diagnosed		ONLINE Workshop	
		*/ Living Well w/ Metastatic Cancer		IN PERSON Workshop	
				Social Event	
				Kids & Teens	

APRIL HIGHLIGHT
In Person at Our Office
Balance Series with Karen Cline
Tuesdays, April 9, 16, 23, & 30 | 12 - 12:45pm
Flexibility and strengthening exercises will be incorporated with functional stability to promote normal posture and improved balance.

APRIL HIGHLIGHT
Online Through Zoom
5Rhythms with Masayo Benoist
2nd & 4th Thursdays, April 11 & 25 | 11 - 12pm
Masayo's back! 5Rhythms® is a dynamic movement meditation, free-form dance based to ignite creativity and connection.



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

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 & 3rd Monday, April 1 & 15 | 10am

Gentle Hatha Yoga with Jenni Green

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

2nd & 4th Mondays, April 8 & 22 | 10am

Revitalizing Yoga with Yoshiko Nishioka

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

Mondays | 12pm

Sound Bath with Victoria Birch-Vandepias

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

Tuesdays | 4pm

Connect with Your Inner Light with Amparo Denney

Discover yourself using standing/floor asanas (poses), pranayama (breathwork), and a short guided meditation.

1st & 3rd Tuesdays, April 2 & 16 | 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, April 16 | 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 and Fridays | 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/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.

1st Fridays, April 5 | 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, April 8 | 10am

Reiki Infused Alchemy Sound Bath with Delia Hogan

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

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, April 3 & 17 | 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, April 10 | 11am

Yin & Restorative Yoga with Andrea Torregrossa

This will be an all-levels, gentle yoga class using light sequence of yoga intended to heal, restore and relax.

4th Wednesday, April 24 | 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, April 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).

Thursdays | 10am

Yin Yoga with Lisa Jordan

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

1st Thurs. April 4 | 11:30am & 4th Wed., April 24 | 12pm

Sound Healing with Lynette Toma

Immerse yourself in a symphony of invigorating sounds to stimulate the senses and awaken your inner vitality.

3rd Friday, April 19 | 10am

Mindful Movement with Barb Phillips

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

4th Friday, April 26 | 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, April 13 | 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.

Thursday, April 18 | 12pm - 1:30pm (Also In Person)

All About Menopause

with Nancy Siskowic, MSN, NP, NCMP

Are you feeling tired, out of sorts, questioning your sanity? Symptoms of peri-menopause/menopause include hot flashes, night sweats, sleep disruption, brain fog, weight gain, loss of libido, fatigue, mood swings...and more!

Friday, April 19 | 12:30pm - 2pm

Lunch and Learn: Mastectomy Products, Wigs and more...with Monica Kahn

Do you want to learn about the various choices in mastectomy products and head coverings? Learn about pros/cons and care of breast prostheses, mastectomy bras, hats, scarves, turbans and wigs. Limited supplies available for those who join in person.

3rd Saturday, April 20 | 9am - 12pm

Writing for Wellness with Barbara Force

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

Tuesday, April 23 | 5:30pm - 6:30pm

CBD & Cannabis Highlights and Q&A with Elisabeth Mack, RN

Come learn the many modes of use, onset, duration, and advantages of CBD & THC products for cancer patients. There will be a Q&A session. Please submit questions to Rebecca@CSCSouthBay.org by Wednesday, April 16th.

Wednesday, April 24 | 5pm - 6pm

Localized Prostate Cancer and Supportive Care with Dr. David Xu

This workshop will provide a basic overview of prostate cancer including diagnosis, workup, and the current standard treatments. We will also discuss principles of supportive care and managing side effects of hormonal therapy.

Last Saturday, April 27 | 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.

IN-PERSON WORKSHOPS

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

1st Tuesday, April 2 | 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, April 11 | 11:30am - 1pm

How to Meditate with Christine Campisi

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

Thursday, April 18 | 12pm - 1:30pm (Also Online)

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4th Monday, April 22 | 1:30pm - 3:30pm

Artlife: Monthly Workshop with Vanesa Andrade

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

Tuesday, April 30 | 5:30pm - 7pm

SOCIAL!!!

Love and Laughter Spring Social + Comedy Hour

Laughter is the best medicine! Join us for a social and an evening of family love, fun, and laughter with talented local comedians.

Administrative Staff

Jillian Van Leuven, Executive Director
Nancy Lomibao, MS, LMFT# 36645, CCO/Program Director
Jackie Suiter, Development Director
Pamela Martis, Director of Finance & Operations
Theresa Plakos, Public Relations Director
Carla Bick, Cancer Support Navigator
Goli Eslami, Event & Volunteer Manager
Karla Haynes, MS, LMFT#100393, Assoc. Clinical Supervisor
Norma Gonzalez, Outreach & Kids Community Manager
Rebecca Sul, Program Manager
Vinian Meyer, Office Manager

*All MFT/MSW/LPCC Associates & Trainees are supervised by Karla Haynes, MS, LMFT #100393 and/or Nancy Lomibao, MS, LMFT, LMFT #36645

Licensed Mental Health Professionals

Anne Karin Nelson, MS, LMFT#97367
Jo Ann Panitch, LMFT, LMFT#44284
Nadine Shoukry, LMFT#129529
Ruth Schriebman, PsyD, LMFT#39901
Stephen Lottenberg, MD, PsyD, G41490

Graduate Interns*

Brittany Anvari, AMFT #128113
Denice Anonuevo, APCC# 14864/AMFT# 142071
Jay Chang, MFT Trainee, LPCC Trainee
Kari Wendt, MA, APCC#11021
Karina Jaimes, MFT Trainee
Linda Shrader, AMFT# 109891
Maria Page, LPCC Trainee
Perla Zarco-Ortega, MFT Trainee



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