



CANCER SUPPORT
COMMUNITY
SOUTH BAY

ALL SERVICES ARE **FREE**

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 Grp): 5:30pm - 7:30pm

Newly Diagnosed Breast Cancer: 6pm - 8pm

Cancer Participant: 6pm - 8pm

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

2nd and 4th Saturdays

Celebrating Survivorship: Mar. 8 & 22 and Apr. 12 & 26

10am - 12pm *In-Person Only

Bereavement Group

(Welcome Orientation **NOT** required)

Monday, Mar. 3 & 17 and Apr. 7 & 21: 4:30pm - 6:30pm

Tuesday, Mar. 11 & 25 and Apr. 15 & 29: 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 held every Monday and Friday at 11am.

INTERESTED IN JOINING OUR COMMUNITY?

Register online at CSCSouthBay.org and click "GETTING STARTED," use QR Code with camera app, or contact Norma Gonzalez, our Cancer Support Navigator, at Norma@CSCSouthBay.org.



MARCH & APRIL 2025 CALENDAR

All groups 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, Mar. 13 and Apr. 10 • 1pm - 3pm

Celebrando Cada Dia

1st & 3rd Tuesday, Mar. 4 & 18 and Apr. 1 & 15

• 5:30pm - 7pm *In Person @ Our Office

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

Colo-Rectal Cancers

1st Saturday, Mar. 1 & Apr. 5 • 10:30am - 12:30pm

Gynecological Cancers

1st & 3rd Tues., Mar. 4 & 18 and Apr. 1 & 15 • 10am - 12pm

Life After Cancer

1st Monday, Mar. 3 and Apr. 7 • 6pm - 8pm

Living Well with Metastatic Cancer

1st Monday, Mar. 3 and Apr. 7 • 10am - 12pm

Lung Cancer

3rd Saturday, Mar. 15 and Apr. 19 • 10:30am - 12:30pm

Lymphedema Networking Group (Meets Quarterly)

2nd Saturday, March 8 • 11am - 1pm

Oral, Head & Neck Cancer

1st Thursday, Mar. 6 and Apr. 3 • 2pm - 4pm

Pancreatic Cancer

3rd Monday, Mar. 17 & Apr. 21 • 10:30am - 12:30pm

Prostate Cancer

1st & 3rd Wed., Mar. 5 & 19 and Apr. 2 & 16

• 4:30pm - 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, Mar. 12 and Apr. 9 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, Mar. 8 and Apr. 12 • 11am - 1pm

Spousal Bereavement (Welcome Orientation NOT required)

2nd & 4th Monday, Mar. 10 & 24 and Apr. 14 & 28

• 4:30pm - 6:30pm

Thyroid Cancer

1st Saturday, Mar. 1 and Apr. 5 • 10am - 12pm

Young Cancer Survivorship

1st & 3rd Mon., Mar. 3 & 17 and Apr. 7 & 21 • 6pm - 7:30pm

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

*This programming is for adults, 18 yrs & older.

HEALTHY LIFESTYLE CLASSES

For the most up to date schedule/information or to register, please visit www.CSCSouthBay.org

ONLINE CLASSES

These classes are held over Zoom.

**1st & 3rd Mondays, Mar. 3 & 17
and Apr. 7 & 21 | 10am**

Gentle Hatha Yoga with Jenni Green

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

**2nd & 4th Mondays, Mar. 10 & 24
and Apr. 14 & 28 | 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

Relax with the tones of gongs & crystal alchemy sound bowls.

**1st & 3rd Tuesdays, Mar. 4 & 18
and Apr. 1 & 15 | 5:30pm**

Dancing for Fitness with Shanée Siracusa

Each class has a new theme and basic dance moves to get your heart pumping. Come shimmy, sweat, and smile.

Wednesdays | 10am

Qi Gong with Regina Dell'Oro

Qi Gong is a holistic experience addressing the mind, heart, and body. Let's explore the basics of meditation and how to help mobilize our energy to increase our sense of well-being.

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

These exercises can help create balance, strength, and flexibility.

**2nd & 4th Thursdays, Mar. 13 & 27
and Apr. 10 & 24 | 11am**

5Rhythms with Masayo Benoist

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

Fridays | 9:30am

Gentle Yoga with Maureen O'Connor

Practice stretching, breathing techniques, and meditation.

1st Fridays, March 7 and April 4 | 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.

IN-PERSON CLASSES

Classes are held at CSC Offices or Offsite Locations

Mondays at 8:30am | 3rd Tues., Mar. 18 & Apr. 15 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

All skill levels welcome. No experience needed.

3rd & 4th Monday, Mar. 17 & 24 and Apr. 21 & 28 | 10am

Sacred Sound with Amber Zinsmeister

Experience soothing vibrations of crystal singing bowls, gongs, & more to promote balance, healing, and emotional well-being.

Tuesdays | 10:30am

Tai Chi with Les Krzcuk

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

Tuesdays, April 15 to May 20 | 12pm

6 Part Series! Balance Class with Karen Cline

Flexibility and strengthening exercises will be incorporated with functional stability to promote normal posture and improved balance.

Wednesdays | 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 Wednesdays, Mar. 26 and Apr. 23 | 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).

2nd Wed. Mar. 12 and Apr. 9 | 12pm

and 4th Fri. Mar. 28 & Apr. 25 | 12pm

Offsite: Sound Healing with Lynette Toma

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

Thursday, April 3 | 11:30am

New! Golden Frequency Sound Bath with Lupe Isas

Immerse yourself in a meditative sound experience designed to attune your body and mind to a state of deep harmony.

4th Thursdays, Mar. 27 and Apr. 24 | 10am

Restorative Yoga with Lisa Briedis

Join us for gentle, restorative yoga open to all levels.

Fridays | 11am

Zumba/Move and Groove with Liza Legaspi

Let the music free your body and find yourself in shape.

2nd Saturdays, Mar. 8 and Apr. 12 | 10am

Morning Yoga at Redondo Beach Pier- Concert Stage with The Greenhouse PV

All levels welcome. Bring a yoga mat, water, & towel. No registration required.

MARCH & APRIL 2025 CALENDAR

*This programming is for adults, 18 yrs & older.

ONLINE WORKSHOPS via Zoom

For the most up to date schedule/information or to register, please visit www.CSCSouthBay.org or call 310-376-3550.

Please use QR Code using your camera app to go directly to our website calendar.



Mondays, March 10 & 24 and April 14 & 28 | 12pm - 1pm

Holistic Modalities Series with Akhila Health

Join Talia Chism for a holistic series exploring spirituality, self-love, grief, and imagery through various mind-body experiential practices.

Tuesday, March 11 | 12pm - 1pm

Nutrition for Cognitive Function with Create Cures Foundation

Learn how specific nutrients, dietary patterns, and lifestyle choices can support cognitive function, improve focus, memory, and mental clarity, and potentially reduce the risk of cognitive decline.

3rd Saturdays, March 15 and April 19 | 9am - 12pm

Writing for Wellness with Barbara Force

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

Wednesday, March 19 | 5pm - 6:30pm

Choices at End of Life with Karen Morin, RN

Join Karen as she explains all end of life options in California and shares recent updates to California's Medical Aid in Dying law. Learn to advocate for yourself or others to get the care and treatment you/they want and do not want at the end of life. **Please see follow up workshop on April 25th.**

Friday, March 21 | 12pm - 1pm

Heart Health Awareness with Dr. Priya Mitra

Join Dr. Mitra as she provides an overview of heart disease, including signs and symptoms. She will share tools and tips to minimize the risk, especially for women who may have atypical symptoms that are often overlooked.

Tuesday, March 25 | 12:30pm - 1:30pm (also In-Person)

Lunch and Learn: Update on Radiotherapy Techniques and Outcomes with Dr. Thyra Endicott

We will discuss advances in radiation oncology technology, effectiveness, and management of adverse effects, with time for questions.

Sunday, March 23

and Saturday, April 26 | 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, April 8 | 12pm - 1:30pm (also In-Person)

Nutrition: Fungi, our Forgotten Food Group with Meghan Laszlo MS, RD, CSO

Meghan will highlight information from current studies on the role of edible mushrooms in diet quality, immunity, and cancer. Various medicinal mushroom supplements will also be discussed along with an in-person food demonstration.

Thursday, April 10 | 6pm - 7:30pm

Reawaken Your Aliveness:

Moving from Loss to Power with Ciena Rose William

Nurture your wellbeing as we alchemize our lived experience through embodied meditation, creative writing and by being seen, heard and reflected back to. This creates an empathetic bridge, inspired by Ciena Rose and everyone in the group, that offers and integrates new possibilities in the moment. Limited to 12 people.

Saturday, April 12 | 1pm - 2pm (also In-Person)

Lunch & Learn: Exercises for Balance w/ Philip Chang, DO

Balance is a critical component of functional independence and avoiding falls and injuries. Join us as we discuss the different components of balance and practice exercises to optimize our balance during this interactive session.

Note: We will have a Balance Class Series on Tues. 4/15 to 5/20 at 12pm at our office. See Page 2 for more information.

Thursday, April 17 | 12pm - 1pm (also In-Person)

Financial Resilience in Times of Health Transition with Louisa Van

Join Louisa, a financial planning professional, as she breaks down complex financial concepts regarding key estate planning components and retirement planning strategies, into clear actionable steps.

Monday, April 21 | 2pm - 3pm

Declutter 101 with Regina Lark, PhD

Is your office or home filled with clutter? Learn how to let go of "our stuff", determine if you should keep it, sell it, or give it away using various fun and easy techniques.

Friday, April 25 | 1pm - 2:30pm (also In-Person)

Lunch and Learn: Advance Directive and POLST Forms with Karen Morin, RN

Join Karen as she provides an in depth step-by-step explanation of the Advance Directive form, including when to use the POLST form. Karen will explain each section, the medical implications of what you want your health care advocate to know about your wishes, how to access each option, and when and how often you should update them.



MARCH HIGHLIGHT

Social! Dinner and St. Patrick's Day Bingo with CSC South Bay
Monday, March 17 | 5:30pm - 7pm

Join CSC South Bay as we have a fun night of dinner and bingo. May the luck of the Irish be with you!
Registration is required.

*This programming is for adults, 18 yrs & older.

IN-PERSON WORKSHOPS @ OUR OFFICE

*unless otherwise stated

For the most up to date schedule/information or to register, please visit www.CSCSouthBay.org



APRIL HIGHLIGHT

Love & Laughter Spring Social & Comedy Hour
Tuesday, April 29 | 5:30pm - 7pm | In Person at Our Office

Laughter is the best medicine. Join us for a social from 5:30-6pm. We will have small bites available. Then we will enjoy the in-person comedy hour together from 6pm-7pm!

1st Thursdays, March 6 & April 3 | 1pm - 2pm

Food and Mood Sharing Circle with Lily Hanna

This workshop provides a space to learn, exchange ideas, and connect. Each month will have a different topic for discussion geared toward Food and Mood categories.

2nd Wednesday, March 12 and April 9 | 1pm - 3pm

Sewing: School of Couture with Dee Aizakhmetova

Skill: Beginner. Learn how to thread the sewing machine, manage the machine, and sew straight lines. Max 5.

3rd Wednesday, March 19 and April 16 | 1pm - 3pm

Sewing: School of Couture with Dee Aizakhmetova

Skill: Proficient. Join Dee as you further your sewing skills by doing intermediate projects. Participants must know how to use a sewing machine. Max 5 Participants.

4th Mondays, March 24 and April 28 | 1:30pm - 3:30pm

Artlife: Monthly Workshop with Vanesa Andrade

Vanesa will teach various styles/paintings each month using acrylic paint. All materials are provided.

Tuesday, March 25 | 12pm - 1:30pm (also Online)

Lunch and Learn: Update on Radiotherapy Techniques and Outcomes with Dr. Thyra Endicott

We will discuss advances in radiation oncology technology, effectiveness, and management of adverse effects, with time for questions.

Tuesday, April 8 | 12pm - 1:30pm (also Online)

Nutrition: Fungi, our Forgotten Food Group with Meghan Laszlo MS, RD, CSO

Please see workshop description on Page 3. There will be an optional food sampling after the food demonstration for those who join in-person.

Saturday, April 12 | 12:30pm - 2pm (also Online)

Lunch & Learn: Exercises for Balance with Philip Chang, DO

Balance is a critical component of functional independence and avoiding falls and injuries. Join us as we discuss the different components of balance and practice exercises to optimize our balance during this interactive session.

Note: We will have a Balance Class Series on Tues. 4/15 to 5/20 at 12pm at our office. See Page 2 for more information.

Thursday, April 17 | 12pm - 1pm (also Online)

Financial Resilience in Times of Health Transition with Louisa Van

Join Louisa, a financial planning professional, as she breaks down complex financial concepts regarding key estate planning components and retirement planning strategies, into clear actionable steps.

Friday, April 25 | 12:30pm - 2:30pm (also Online)

Lunch and Learn: Advance Directive and POLST Forms with Karen Morin, RN

Join Karen as she provides an in depth step-by-step explanation of the Advance Directive form, including when to use the POLST.



KIDS COMMUNITY

Kids Snack & Support

1st & 3rd Thursdays | 4pm - 4:45pm

Free online support program for children 5-12 who have a family member with cancer. In a small and supportive group setting, children will talk, learn, and grow together.

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

To learn more, please email Norma Gonzalez, Cancer Support Navigator, at Norma@CSCSouthBay.org.

Administrative Staff

Jillian Van Leuven, Executive Director
Nancy Lomibao, MS, LMFT# 36645, CCO/Program Director
Pamela Martis, Director of Finance & Operations
Theresa Plakos, Public Relations Director
Carla Bick, Data Analyst and Reporting Specialist
Goli Eslami, Event & Volunteer Manager
Karla Haynes, MS, LMFT#100393, Assoc. Clinical Supervisor
Kelsey Schaible, Marketing and Communications Manager
Melody Lomboy, Development Coordinator
Norma Gonzalez, Cancer Support Navigator
Rebecca Sul, Program Manager
Vinian Meyer, Participant Engagement & Operations Manager

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

Licensed Mental Health Professionals

Jo Ann Panitch, LMFT, LMFT#44284
Nadine Shoukry, LMFT#129529
Ruth Schriebman, PsyD, LMFT#39901
Stephen Lottenberg, MD, PsyD, G41490

Graduate Interns*

Amanda Linzmeyer, MFT Trainee
Brittany Anvari, AMFT#128113
Chiara Petrone, PCC Trainee
Cristina Scott, MFT Trainee, Outreach & Kids Community Manager
Jay Chang, AMFT #149255, APCC#17480
Kari Wendt, MA, APCC# 11021, Facilitator
Linda Shrader, AMFT# 109891
Lali Borovich, MFT Trainee
Lizette Bojorquez, AMFT# 143141
Maria Page, M.A., APCC 17924

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.



CANCER SUPPORT COMMUNITY SOUTH BAY

310-376-3550

2601 Airport Drive, Ste.100
Torrance, CA 90505

www.CSCSouthBay.org