



## 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 • 6pm - 8pm**  
**Family/Partners • 6pm - 8pm**  
**Newly Diagnosed Breast Cancer • 6pm - 8pm**

### Bereavement Group

(Drop-in meeting - Welcome meeting **NOT** required)  
**Meets on Monday, Jan 4 • 5pm - 7pm and Tuesday,  
Jan 12, 19, 26 • 3pm - 5pm**

### New Members Orientation

New Members Orientation is every Monday and Friday at 11:00 am. Contact [info@cscrb.org](mailto: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.**

# January 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

2<sup>nd</sup> Thursday, Jan 14 • 1pm - 3pm

### Carcinoid & Neuroendocrine Tumor

Saturday, Jan 9 • 10:30am - 12:30pm

### Gynecological Cancers

3<sup>rd</sup> Wednesday, Jan 21 • 12pm - 2pm

### Life After Cancer

1<sup>st</sup> Monday, Jan 4 • 6pm - 8pm

### Living Well with Metastatic Cancer

Monday, Jan 4 • 10:30am - 12:30pm

### Lung Cancer

Saturday, Jan 16 • 10:30am - 12:30pm

### Lymphedema Networking Group (Meets Quarterly)

Mar 13, Jan 12, Sep 11, Dec 11 • 11am - 1pm

### Oral, Head & Neck Cancer

1<sup>st</sup> Thursday, Jan 7 • 2pm - 4pm

### Prostate Cancer

1<sup>st</sup> & 3<sup>rd</sup> Wednesday, Jan 6 & 20 • 4:30pm - 6:30pm

### Prostate Cancer (Kaiser Group)

2<sup>nd</sup> Wednesday, Jan 13 • 5pm - 7pm

### Sarcoma Alliance

2<sup>nd</sup> Saturday, Jan 9 • 11am - 1pm

### Spousal Bereavement

2<sup>nd</sup> & 4<sup>th</sup> Monday, Jan 11 & 25 • 4:15pm-6:15pm

### Thyroid Cancer

1<sup>st</sup> Saturday, Jan 9 • 10:30am - 12:30pm

### Young Cancer Survivorship \*

Every Monday • 6pm - 8pm

### Young Cancer Survivorship (LB Group) \*

3<sup>rd</sup> Tuesday, Jan 19 • 6:30pm - 8pm

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

# January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 CLOSED - New Year	2 CLOSED - New Year
4 Bereavement 5pm Metastatic Cancer 10:30am Life After Cancer 6pm Young Cancer 6pm Mellow Yoga 10am Strong & Steady 11:30am Tai Chi 4pm Restorative Yoga 7pm Welcome Orientation 11am	5 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 5pm	6 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Prostate Cancer 4:30pm Gentle Yoga 10am Sound Healing 1pm Guided Meditation 4pm	7 Cancer Patient 2pm Cancer Patient ** 5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Oral, Head and Neck 2pm Qi Gong 9:30am Gentle Yoga & Sound 4pm Dancing for Fitness 5:30pm	8 Gentle Yoga 9:30am Strength & Balance 1:30pm Vision Board: New Year, Re-New You 2021 - 11:30am Welcome Orientation 11am	9 Thyroid Cancer 10am Carcinoid & NETs 10:30am Sarcoma 11am
11 Spousal Bereavement 4:15pm Young Cancer Survivorship 6pm Mellow Yoga 10am Strong & Steady 11:30am Tai Chi 4pm Welcome Orientation 11am	12 Bereavement 3pm Breast Cancer (SP Grp) 5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm Barre Class 9:30am You & Yoga Flow 11:30am Strengthen & Soften Yoga 5pm	13 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Prostate (Kaiser Grp) 5pm Gentle Yoga 10am Sound Healing 1pm Guided Meditation 4pm	14 Cancer Patient 2pm Cancer Patient ** 5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Blood Cancers 1pm Vinyasa Flow Yoga 10am Gentle Yoga & Sound 4pm Dancing for Fitness 5:30pm	15 Celebrando La Vida 5pm Gentle Yoga 9:30am New Year, New You Healthy Eating 11:30am Welcome Orientation 11am	16 Lung Cancer 10:30am Writing for Wellness 9am
18 CLOSED Martin Luther King Jr. Day Bereavement 5pm	19 Breast Cancer (SP Grp) 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 5pm	20 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Gynecological 12pm Prostate Cancer 4:30pm Gentle Yoga 10am Sound Healing 1pm Guided Meditation 4pm	21 Cancer Patient 2pm Cancer Patient ** 5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Vinyasa Flow Yoga 10am Gentle Yoga & Sound 4pm Dancing for Fitness 5:30pm	22 Gentle Yoga 9:30am Overweight, Inflammation and Cancer 11:30am Welcome Orientation 11am	23
25 Spousal Bereavement 4:15pm Young Cancer Survivorship 6pm Mellow Yoga 10am Strong & Steady 11:30am Hanna Somatic 2:30pm Tai Chi 4pm Super Power Imagination 1pm Welcome Orientation 11am	26 Bereavement 3pm Breast Cancer (SP Grp) 5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm Barre Class 9:30am You & Yoga Flow 11:30am Strengthen & Soften Yoga 5pm	27 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Gentle Yoga 10am Sound Healing 1pm Guided Meditation 4pm The Artist's Way 11am Energy & Exercise 5:30pm	28 Cancer Patient 2pm Cancer Patient ** 5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Vinyasa Flow Yoga 10am Gentle Yoga & Sound 4pm Dancing for Fitness 5:30pm	29 Gentle Yoga 9:30am Welcome Orientation 11am	30

## 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.

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

Weekly Support Group  
Networking Group  
Healthy Lifestyle  
Workshop  
Kids & Teens

To register for classes or workshops and receive Zoom login information, go to <https://cscrb.gnosishosting.net/Events/Calendar>. Email questions to [info@cscrb.org](mailto:info@cscrb.org).

## WORKSHOPS

### Friday, January 8, 11:30am – 1:30pm • **New Year, Re-New You 2021 with Christine Mazanec**

During this Vision Board workshop, get a clearer vision of what you would like to heal, change, embrace and create in order to live a life you would truly love.

### Saturday, January 9, 10am – 11am • **Ikebana Origami with Valeria Brinkers**

In this fun, creative, unique workshop, Valeria will show you how to make an origami vase and a miniature flower arrangement.

### Friday, January 15, 11:30am - 1pm • **New Year, New You Healthy Eating with Lilly Padilla**

In this nutritional cooking class and lecture, Lilly will show and discuss ways, tips and powerful foods to support you to get back into healthy eating, healthy weight, lowering inflammation, boosting energy and controlling cravings.

### Saturday, January 16 • 9am - 12pm • **Writing for Wellness with Barbara Force**

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

### Friday, January 22, 11:30am – 1pm • **Overweight, Inflammation and Cancer with Mary Welch, NP**

In this workshop, Mary Welch, NP will discuss the role that excess weight plays in cancer development and the relationship between reducing inflammation and weight loss. She will present scientific evidence between excess weight and consequences for patient outcomes. Learn strategies to lower inflammation and extra weight with the goal of decreasing the incidence of cancer.

### Monday, January 25, 1pm - 3pm • **Your 2021 Super Power Imagination with Christine Mazanec**

What would you try if you knew you could not fail? Imagine the possibilities! During this Vision Board workshop dream it up and get a clearer vision of what you would want to change, embrace and create in order to live a life you would truly love.

### Monday, January 25, 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, January 27 • 11am - 1pm • **The Artist's Way with Karen Sidney**

After diagnosis, we feel broken with too many scattered pieces to put back together again. But maybe it isn't about putting things back together again but about reorganizing the pieces into something better. In this **ten week** program, you will be the Artist of your own life NOW and reinvent yourself with MORE joy, purpose, clarity, fun, balance, energy, focus, vitality, peace and LESS worry, fear, isolation, sickness, and restrictions. Please note, this program is not an art class. Limited space

### Wednesday, January 27, 5:30pm - 6:30pm • **Energy and Exercise in the New Year with Annelise Tripp**

Annelise Tripp, Senior Fitness and Cancer Exercise Specialist will teach you ways to develop and maintain an exercise and energy program at home that works for you (Wear comfortable clothing). Register by calling (310) 517-4660 or online at [www.TorranceMemorial.org/sbsc](http://www.TorranceMemorial.org/sbsc). In collaboration with South Bay Survivorship Consortium.

## HEALTHY LIFESTYLE CLASSES

### **NEW!! 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 Shaniee 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.

### **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 - Wednesdays • 1pm**

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 – 1<sup>st</sup> 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.

### **NEW!! Strengthen & Soften Yoga with Ashley Smaldino - Tuesdays • 5pm**

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.

### **NEW!! 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 – 1<sup>st</sup> Monday • 7pm**

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.

### **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.



**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](mailto:Kari@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

### 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](mailto: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  
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  
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, LMFT36645



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**So that no one faces cancer alone.**