



**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 Grp): 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, September 16 & 30: 4:30pm - 6:30pm

Tuesday, September 10 & 24: 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.

Register online at CSCSouthBay.org and click "GETTING STARTED" or contact Carla Bick, our Cancer Support Navigator, at Carla@CSCSouthBay.org.

Celebrating Survivorship In-Person Group

This **support group** is dedicated to cancer survivors who are post-treatment, providing a safe space to connect, find support, and celebrate their journey of overcoming cancer.

We will meet weekly on Saturdays from 10am- 12pm.

Learn more at CSCSouthBay.org and click "Calendar" to find this listing, or contact Carla Bick, our Cancer Support Navigator, at Carla@CSCSouthBay.org.

SEPTEMBER 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, September 12 • 1pm - 3pm

Celebrando La Vida

1st & 3rd Friday, September 6 & 20 • 5pm - 7pm

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

Colo-Rectal Cancers

1st Saturday, September 7 • 10:30am - 12:30pm

Gynecological Cancers

1st & 3rd Tuesday, September 3 & 17 • 10am - 12pm

Life After Cancer *Typically meets the 1st Monday

2nd Monday, September 9 • 6pm - 8pm

Living Well with Metastatic Cancer *Typically meets the 1st Monday

2nd Monday, September 9 • 10am - 12pm

Lung Cancer

3rd Saturday, September 21 • 10:30am - 12:30pm

Lymphedema Networking Group (Meets Quarterly)

2nd Saturday, September 14 • 11am - 1pm

Oral, Head & Neck Cancer

1st Thursday, September 5 • 2pm - 4pm

Pancreatic Cancer

3rd Monday, September 16 • 10:30am - 12:30pm

Prostate Cancer

1st & 3rd Wednesday, September 4 & 18 • 4:30pm - 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, September 11 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, September 14 • 11am - 1pm

Spousal Bereavement (Welcome Orientation NOT required)

2nd & 4th Monday, September 9 & 23 • 4:30pm - 6:30pm

Thyroid Cancer

1st Saturday, September 7 • 10am - 12pm

Young Cancer Survivorship *Typically also meets 1st Monday

1st Monday, September 2, 9, 16, 23, 30

3rd Monday, September 16 • 6pm - 7:30pm

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

SEPTEMBER 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	10am Celebrating Survivorship
9am Walking Grp- Esplanade	6pm ND Breast ***	6pm ND Breast ***	5pm Cancer Participant**	11am Zumba	In-Person
10am Knit and Crochet	6pm Cancer Participant	10am Qi Gong	6pm Cancer Participant		
12:15pm Hatha Flow	6pm Family/Partners	3pm Sound Healing	6pm Family/Partners		
	10:30am Tai Chi	4pm Guided Meditation	6pm ND Breast ***		
		6:30pm Pilates			
		6pm Sunset Yoga			

SEPTEMBER GROUPS & CLASSES

The groups and classes listed below reoccur monthly.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7
	10am Gynecological	4:30pm Prostate Cancer	2pm Oral, Head and Neck	5pm Celebrando La Vida	10am Thyroid Cancer
	5:30pm Dancing for Fitness	11am Restore & Relax Yoga	4pm Kids Snack & Support	11am Strength & Balance	10:30am Colo-Rectal
	12pm Food and Mood Sharing Circle		11:30am Chakra Sound Healing		
9	10	11	12	13	14
10am LW Metastatic*/	3pm Bereavement	5pm Prostate (Kaiser Grp)	1pm Blood Cancers	3pm LT Complications After Treatment	11am Lymphedema
4:30pm Spousal Bereavement	5:30pm Dinner and Bingo!	11am Yin & Restorative Yoga	11am 5Rhythms		11am Sarcoma Alliance
6pm Life After Cancer					10am Yoga @ RB Pier
10am Revitalizing Yoga					
10am Chakra Sound Healing					
16	17	18	19	20	21
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 Training	11am Restore & Relax Yoga	12pm Acupressure & Cancer (Online & In-Person)	12:30pm Lunch & Learn: Lymphatic Health & Wellness	9am Writing for Wellness
6pm Young Cancer	5:30pm Dancing for Fitness		6pm Integrating 5 Pillars of Health Pt 1		
10am Gentle Hatha Yoga	9am Walking - Garden				
10am Sacred Sound					
23	24	25	26	27	28
4:30pm Spousal Bereavement	3pm Bereavement	11am Yin & Restorative Yoga	11am 5Rhythms	9:30am Restorative Yoga	11am Word Women: Poetry Heals
10am Revitalizing Yoga	12pm Moving from Loss to Power	12:30pm Reiki Energy Circle	12:30pm COVID-19: An Update (Online & In-Person)	12pm Offsite: Awakening Sound Bath	
10am Sacred Sound				12:30pm Lunch & Learn: Pt 1 5 Pillars of Health	
1:30pm Artlife					
6pm Food on a Budget					
30	CALENDAR LEGEND		Weekly Support Group		
4:30pm Bereavement	Classes listed in bold occur monthly		Networking Group		
	* San Pedro Group		ONLINE Healthy Lifestyle		
	** Long Beach Group		IN-PERSON Healthy Lifestyle		
	*** Newly Diagnosed		ONLINE Workshop		
	*/ San Pedro Group		IN-PERSON Workshop		
			Social Event		
			Kids & Teens		



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

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

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.

3rd Monday, September 16 | 10am

Gentle Hatha Yoga with Jenni Green

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

2nd & 4th Monday, September 9 & 23 | 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-Vandeplass

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

1st & 3rd Tuesdays, September 3 & 17 | 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, September 17 | 11am

Full Body Strength Training with Annelise Chin, CPT, MES

Move through a full body resistance training routine at home.

All you need is a chair, resistance band, & wall!

Wednesdays | 10am

Qi Gong with Regina Dell'Oro

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

Wednesdays | 3pm

Sound Healing with Heather Louks

Relax w/ healing sounds to harmonize your mind & body.

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 & flexibility.

2nd & 4th Thursdays, September 12 & 26 | 11am

5Rhythms with Masayo Benoist

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

1st Fridays, September 6 | 11am

Strength & Balance with Mudaser Hakami

Come and improve your functional strength, balance, and stability. Exercises can be modified.

Fridays | 9:30am

Gentle Yoga with Maureen O'Connor

Practice stretching, breathing techniques, and meditation.

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 9am | 3rd Tuesday, September 17 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.

Mondays | 12:15pm

Hatha Flow with Poppy Jones

Join us for a gentle mat yoga class designed to increase mobility and flexibility.

3rd & 4th Monday, September 16 & 23 | 10am

Sacred Sound with Amber Zinsmeister

Experience the soothing vibrations of crystal singing bowls, gongs, and 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.

1st & 3rd Wednesday, September 4 & 18 | 11am

Restorative, Relax, Renew Yoga with Andrea Torregrossa

Restorative Yoga emphasizes the meditative aspect of yoga. Join us to experience relaxation and tranquility.

2nd & 4th Wednesday, September 11 & 25 | 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, September 25 | 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).

Fridays | 11am

Zumba/Move and Groove with Liza Legaspi

Zumba is the ultimate dance-fitness party. Let the music free your body and find yourself in shape.

1st Thurs. Sept 5 | 11:30am, 2nd Mon. Sept 9 | 10am &

4th Fri., Sept 27 | 12pm

Sound Healing with Lynette Toma

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

4th Friday, September 27 | 9:30am

Restorative Yoga with Lisa Briedis

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

2nd Saturday, September 14 | 10am

Morning Yoga at Redondo Beach Pier- Concert Stage!

All levels welcome. Bring a yoga mat, water, & towel.

— SPECIAL EVENT: SEPTEMBER ONLY! —

Wednesdays, September 4, 11, 18 & 25 | 6pm

Sunset Yoga at Redondo Beach Pier- Concert Stage!

All levels are welcome. Bring a yoga mat, water, towel, and jacket. No registration required.

WORKSHOPS

ONLINE WORKSHOPS

These workshops are held over Zoom.
Register at [CSCSouthBay.org](https://www.CSCSouthBay.org) for link.

Friday, September 13 | 3pm - 4pm

Long-Term Complications After Treatment with Philip Chang, DO

This workshop will discuss some of the more common long-term complications following treatment in cancer. We will also discuss the basics of why these occur and available treatment options.

Thursday, September 19 | 12pm - 1:30pm (Also In-Person)

Acupressure and Cancer with Ana Paula Duarte, LAc

See right for workshop description.

Thursday, September 19 | 6pm - 7pm

Integrating the 5 Pillars of Health in Daily Life Series with Dr. Natacha Nelson DC, MA. Part 1 of 5

Join us as we break down the 5 Pillars of Health into bite-sized pieces and give you tools to integrate the concepts of health in daily life. **Topic: Nutrition Pt 1:** Discerning Food Groups, Labels & Supplements. The same topic will be provided in person, 9/27.

3rd Saturday, September 21 | 9am - 12pm

Writing for Wellness with Barbara Force

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

Monday, September 23 | 6pm - 7pm

Food on a Budget with Lisa Statner MS, RDN, CSO

Learn strategies to minimize food costs while following an anti-inflammatory diet

Tuesday, September 24 | 12pm - 1:30pm

Moving From Loss to Power with Ciena Rose William

Reawakening your Aliveness! During cancer, in survivorship, grieving a loved one- begin to move through the loss. We offer embodied meditation, storytelling, and community.

Thursday, September 26 | 12:30pm - 1:30pm (Also In-Person)

COVID-19: An Update with Natasha Dang, M.D.

Join us for an update on the current state of the ongoing COVID-19 pandemic + evidence based ways to protect yourself and your loved ones.

Last Saturday, September 28 | 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](https://www.CSCSouthBay.org)

1st Tuesday, September 3 | 12pm - 1pm

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 theme.

September Theme: Flavorful Vegan Sauces

SOCIAL! Tuesday, September 10 | 5:30pm - 7pm

Dinner and Aloha Bingo with CSC South Bay

Join CSC South Bay staff for a fun night of dinner and bingo!

Theme: Aloha! Please feel free to wear your favorite Hawaiian shirt or outfit. Max 40 Participants.

Thursday, September 19 | 12pm - 1:30pm (Also Online)

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.

Friday, September 20 | 12:30pm - 2pm

Lunch & Learn: Lymphatic Health & Wellness w/ Alex Villanueva, OT, CLT

Lymphatic health and medical conditions like lymphedema are often misunderstood. Join us for a discussion covering topics including the importance of your lymphatic system, lymphatic drainage techniques, management tools, and practical tips.

4th Monday, September 23 | 1:30pm - 3:30pm

Artlife: Monthly Workshop with Vanesa Andrade

Vanesa will teach various styles/paintings each month using acrylic paint on watercolor paper. All materials will be provided.

Thursday, September 26 | 12:30pm - 1:30pm (Also Online)

COVID-19: An Update with Natasha Dang, M.D.

Join us for an update on the current state of the ongoing COVID-19 pandemic + evidence-based ways to protect yourself and your loved ones.

Friday, September 27 | 12:30pm - 2pm

Lunch & Learn: Integrating the 5 Pillars of Health in Daily Life Series with Dr. Natacha Nelson DC, MA. Part 1 of 5

Join us as we break down the 5 Pillars of Health into bite-sized pieces and give you tools to integrate the concepts of health in daily life. **Topic: Nutrition Pt 1:** Discerning Food Groups, Labels & Supplements

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, Cancer Support Navigator
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, Outreach & Kids Community Manager
Rebecca Sul, Program Manager
Vinian Meyer, Office 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

Anne Karin Nelson, MS, LMFT#97367
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Graduate Interns*

Amanda Linzmeyer, MFT Trainee
Brittany Anvari, AMFT#128113
Chiara Petrone, MFT Trainee
Cristina Scott, MFT Trainee
Jay Chang, MFT Trainee, PCC Trainee
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