



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

**Breast Cancer** (San Pedro Group): 5:30pm – 7:30pm

**Newly Diagnosed Breast Cancer:** 6pm – 8pm

**Cancer Patient:** 6pm – 8pm

**Family/Partners:** 6pm – 8pm

### Wednesdays

**Women's Cancer:** 10am – 12pm

**Cancer Patient:** 6pm – 8pm

**Newly Diagnosed Breast Cancer:** 6pm – 8pm

### Thursdays

**Newly Diagnosed Breast Cancer:** 10am – 12pm

**Cancer Patient Group:** 2pm – 4pm

\*3rd Thurs- This group meets In Person @ Our Office

**Cancer Patient Group** (Long Beach Grp): 5pm – 7pm

**Cancer Patient Group:** 6pm – 8pm

**Family/Partners:** 6pm – 8pm

**Newly Diagnosed Breast Cancer:** 6pm – 8pm

### Bereavement Group

(Welcome Orientation **NOT** required)

**Monday, June 5 & 19:** 4:30pm – 6:30pm

**Tuesday, June 13 & 27:** 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](http://CSCSouthBay.org) and click "GETTING STARTED" or contact Carla Bick, Cancer Support Navigator, at [Carla@CSCSouthBay.org](mailto:Carla@CSCSouthBay.org).

## NEW NUTRITION RESOURCE!

We're excited to partner with Savor Health® and introduce **Ina®**, **The Intelligent Nutrition Assistant** from Savor Health®. Ina® provides personalized, evidence-based nutrition support 24/7 "on demand" to help cancer patients stay well-nourished and manage symptoms. To learn more and to sign up for Ina®, please email [info@cscsouthbay.org](mailto:info@cscsouthbay.org).

# JUNE 2023 Calendar

All programs offered online via Zoom, unless otherwise noted. For most up-to-date schedule/information, visit

[www.CSCSouthBay.org](http://www.CSCSouthBay.org)



## NETWORKING GROUPS

These cancer-specific 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, June 8 • 1pm – 3pm

### Colo-Rectal Cancers

1st Saturday, June 3 • 10:30am – 12:30pm

### Gynecological Cancers

1st & 3rd Wednesday, June 7 & 21 • 12pm – 2pm

### Life After Cancer

1st Monday, June 5 • 6pm – 8pm

### Living Well with Metastatic Breast Cancer

1st Monday, June 5 • 10:00am – 12:00pm

### Lung Cancer

3rd Saturday, June 17 • 10:30am – 12:30pm

### Lymphedema Networking Group (Meets Quarterly)

2nd Saturday, June 10 • 11am – 1pm

### Oral, Head & Neck Cancer

1st Thursday, June 1 • 2pm – 4pm

### Pancreatic Cancer

3rd Monday, June 19 • 10:30am – 12:30pm

### Prostate Cancer

1st & 3rd Wednesday, June 7 & 21 • 4:30pm – 6:30pm

### Prostate Cancer (Kaiser Group)

2nd Wednesday, June 14 • 5pm – 7pm

### Sarcoma Alliance

2nd Saturday, June 10 • 11am – 1pm

### Spousal Bereavement

(Welcome Orientation **NOT** required)

2nd & 4th Monday, June 12 & 26 • 4:30pm – 6:30pm

### Thyroid Cancer

1st Saturday, June 3 • 10am – 12pm

### Young Cancer Survivorship \*

3rd Monday, June 19 • 6pm – 8pm

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

# JUNE 2023

All programs offered online via Zoom, unless otherwise noted.  
For most up to date schedule/information: [www.CSCSouthBay.org](http://www.CSCSouthBay.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	* San Pedro Grp ** Long Beach Grp *** Newly Diagnosed */ Living Well w/ Metastatic Breast Cancer		Weekly Support Group Networking Group ONLINE Healthy Lifestyle IN PERSON Healthy Lifestyle ONLINE Workshop IN PERSON Workshop Social Event Kids & Teens		
			1	2	3
			10am ND Breast *** 2pm Cancer Patient 5pm Cancer Patient ** 6pm Cancer Patient 6pm Family/Partners 6pm ND Breast *** 2pm Oral, Head and Neck 4pm Kids Snack & Support 5:30pm Dancing for Fitness 11:30am Yin Yoga	9:30am Gentle Yoga 11am Strength & Balance 11am Welcome Orientation	10am Thyroid Cancer 10:30am Colo-Rectal
5	6	7	8	9	10
4:30pm Bereavement 10am LW Met Breast*/ 6pm Life After Cancer 11am Welcome Orientation 6pm Sound Healing 9am Walking Grp- Esplanade 10am Knit and Crochet 12pm Vinyasa Flow Beginners	5:30pm Breast Cancer * 6pm ND Breast *** 6pm Cancer Patient 6pm Family/Partners 12:30pm Sound Bath 3:30pm Chair Yoga 10:30am Tai Chi 12pm Somatic Storytelling Circle-From Loss to Life	10am Women's Cancer 6pm Cancer Patient 6pm ND Breast *** 12pm Gynecological 4:30pm Prostate Cancer 10am Gentle Yoga 4pm Guided Meditation 11am Restore & Relax Yoga	10am ND Breast *** 2pm Cancer Patient 5pm Cancer Patient ** 6pm Cancer Patient 6pm Family/Partners 6pm ND Breast *** 1pm Blood Cancers 11am 5Rhythms 11:30am Yin Yoga	9:30am Gentle Yoga 11am Welcome Orientation	11am Sarcoma Alliance 11am Lymphedema 10am Yoga @ RB Pier 10am Memorial Care: Survivorship Celebration! 12:30pm Ikebana Flower Arranging
12	13	14	15	16	17
4:30pm Spousal Bereavement 11am Welcome Orientation 10am Revitalizing Yoga 6pm Sound Healing 9am Walking Grp- Esplanade 10am Knit and Crochet 12pm Vinyasa Flow Beginners	3pm Bereavement 5:30pm Breast Cancer * 6pm ND Breast *** 6pm Cancer Patient 6pm Family/Partners 3:30pm Chair Yoga 10:30am Tai Chi 12pm Chemo-accessorize 6pm CSCP: 5 Ways to Eat Anti-Inflammatory Diet	10am Women's Cancer 6pm Cancer Patient 6pm ND Breast *** 5pm Prostate (Kaiser Grp) 10am Gentle Yoga 4pm Guided Meditation 11am SCBG: Yin Yoga	10am ND Breast *** 2pm Cancer Patient In Person 5pm Cancer Patient ** 6pm Cancer Patient 6pm Family/Partners 6pm ND Breast *** 4pm Kids Snack & Support 11am Full Body Strength Training 5:30pm Dancing for Fitness 10am Reiki Sound Bath 11:30am Yin Yoga	9:30am Gentle Yoga 10am Mindful Movement 11am Welcome Orientation 11am Acupressure & Cancer Both Online & In-Person	10:30am Lung Cancer 10am Tai Chi 9am Writing for Wellness
19	20	21	22	23	24
4:30pm Bereavement 10:30am Pancreatic 6pm Young Cancer 11am Welcome Orientation 6pm Sound Healing 9am Walking Grp- Esplanade 10am Knit and Crochet 12pm Vinyasa Flow Beginners	5:30pm Breast Cancer * 6pm ND Breast *** 6pm Cancer Patient 6pm Family/Partners 12:30pm Sound Bath 3:30pm Chair Yoga 9am Walking- SC Bot. Garden 10:30am Tai Chi 1pm Finding Meaning & Purpose	10am Women's Cancer 6pm Cancer Patient 6pm ND Breast *** 12pm Gynecological 4:30pm Prostate Cancer 10am Gentle Yoga 11am Restore & Relax Yoga 4pm Guided Meditation Both Online & In-Person	10am ND Breast *** 2pm Cancer Patient 5pm Cancer Patient ** 6pm Cancer Patient 6pm Family/Partners 6pm ND Breast *** 11am 5Rhythms 11:30am Yin Yoga	9:30am Gentle Yoga 11am Welcome Orientation	10am Tai Chi 11am Word Women: Poetry Heals
26	27	28	29	30	
4:30pm Spousal Bereavement 11am Welcome Orientation 10am Revitalizing Yoga 6pm Sound Healing 9am Walking Grp- Esplanade 10am Knit and Crochet 12pm Vinyasa Flow Beginners	3pm Bereavement 5:30pm Breast Cancer * 6pm ND Breast *** 6pm Cancer Patient 6pm Family/Partners 3:30pm Chair Yoga 10:30am Tai Chi 12:30pm Artife	10am Women's Cancer 6pm Cancer Patient 6pm ND Breast *** 10am Gentle Yoga 12:30pm Sound Bath 4pm Guided Meditation 12:30pm Reiki Energy Circle	10am ND Breast *** 2pm Cancer Patient 5pm Cancer Patient ** 6pm Cancer Patient 6pm Family/Partners 6pm ND Breast *** 5:30pm Dancing for Fitness 11:30am Yin Yoga 1:30pm Lunch & Learn: Sleep Skills Both Online & In-Person	9:30am Gentle Yoga 11am Welcome Orientation	



**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 information, please email Norma Gonzalez, Outreach & Kids Community Manager, at [Norma@CSCSouthBay.org](mailto: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

Peer support are dedicated volunteers that can provide support, comfort, and information, but not medical advice, 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](mailto:Carla@CSCSouthBay.org).

# HEALTHY LIFESTYLE CLASSES

Please visit our online calendar at [www.CSCSouthBay.org](http://www.CSCSouthBay.org) to register for classes and get more details.

## ZOOM CLASSES

**2nd and 4th Thursdays, June 8 & 22 | 11am**

**5Rhythms with Masayo Benoist**

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

**Tuesdays | 3:30pm**

**Chair Yoga with Maureen O'Connor**

This yoga form uses a chair for support, modified to be accessible to those who cannot move easily.

**1st, 3rd, & 5th Thursdays, June 1, 15, 29 | 5:30pm**

**Dancing for Fitness with Shanée Siracusa**

Each week has a new theme and basic dance moves to get your heart pumping. You will shimmy, sweat, and smile.

**3rd Thursdays, June 15 | 11am**

**Full Body Strength Training with Annelise Tripp**

Move through a full body resistance training routine at home. All you need is a chair, a resistance band, and a wall!

**Wednesdays at 10am and Fridays at 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 Campisi/Farzaneh Jafari**

Let's meditate together to achieve stress relief and add balance and compassion into your life.

**2nd and 4th Mondays, June 11 & 26 | 10am**

**Revitalizing Yoga with Yoshiko Nishioka**

Come relax and rejuvenate your body, mind, & spirit. Explore breathing techniques, stretches, & guided relaxation.

**Tues, June 6 & 20, Wed, June 28 | 12:30pm**

**Sound Bath with Victoria Birch-Vandeplass**

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

**Mondays | 6pm New Time!**

**Sound Healing with Heather Louks**

Relax into the healing sounds & frequencies of crystal alchemy bowls, as they harmonize your mind, body, & spirit.

**1st Fridays, June 2 | 11am**

**Strength & Balance with Mudaser Hakami**

Come and improve your functional strength, balance, and stability. Exercises can be modified to fit your fitness level.

**Saturday, June 17 & 24 | 10am**

**Tai Chi with Ann Pitts**

This low-impact, graceful exercise is good for the body & mind and can reduce stress and improve balance.

## IN-PERSON CLASSES

**Mondays at 9am | 3rd Tuesdays 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.

**Mondays | 12pm**

**Vinyasa Flow for Beginners with Lisa Jordan**

Cultivate inner balance and strength in this asana practice for yoga newcomers/review fundamentals.

**Tuesdays | 10:30am**

**Tai Chi with Les Krzcuk**

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

**1st & 3rd Wednesdays, June 7 & 21 | 11am**

**Restorative, Relax, Renew Yoga with Avra Diamond**

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

**2nd Wednesdays, June 14 | 11am**

**SCBG: Yin & Restorative Yoga with Jonilyn Brown**

This will be an all-levels, gentle yoga class at South Coast Botanical Garden. Please bring a yoga mat.

**3rd Wednesdays, June 21 | 4pm**

**Guided Meditation with Christine Campisi**

Let's meditate together to achieve stress relief and add balance and compassion into your life. Also online.

**4th Weds, June 28 | 12:30pm New Summer Date!**

**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 | 11:30am**

**Yin Yoga with Lisa Jordan**

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

**3rd Thursdays, June 15 | 10am**

**Reiki Infused Alchemy Sound Bath w/Delia Hogan**

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

**3rd Fridays, June 16 | 10:00am**

**Mindful Movement with Barb Phillips**

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

**Saturday, June 10 | 10am - 11am**

**Yoga at Redondo Beach Pier-Concert Stage**

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



# WORKSHOPS

**Tuesday, June 6 | 12pm – 1:30pm**

## **Moving from Loss to Life-Connections; Somatic Storytelling Circles with Ciena Rose William**

Has loss or illness changed your relationship to your creative power? Join Ciena Rose as we take a tiny piece of that story and allow the sensations from those moments to find new life in the writing prompts.

**Tuesday, June 13 | 6pm - 7pm**

## **CSCP: 5 Practical Ways to Eat an Anti-Inflammatory Diet with Alexis Brooks, MS RD**

You may have heard of anti-inflammatory diet but it can be confusing. In collaboration with CSC Pasadena, join Alexis as she breaks down what an anti-inflammatory diet is and discuss simple ways to make your meals full of antioxidants.

**3rd Friday, June 16 | 11am - 12pm** (also In Person)

## **Acupressure and Cancer with Ana Paula Duarte LAc**

Learn how to give yourself an acupressure massage to relieve some of the most common side effects of cancer treatment.

**3rd Saturdays, June 17 | 9am - 12pm**

## **Writing for Wellness with Barbara Force**

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

**Tuesday, June 20 | 1pm - 2pm**

## **Finding Meaning and Purpose during and after Cancer Treatment with Erin Sommerville**

Finding Meaning and Purpose are essential to getting well and staying well. One of the benefits of a diagnosis of cancer is its transformative power to clarify and connect us to greater meaning and purpose. Together we will practice ways to master our ability to identify, communicate and follow this innate wisdom in our everyday life.

**Last Saturdays, June 24 | 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.

**Thursday, June 29 | 2pm - 3:15pm** (also In Person)

## **Lunch and Learn: Sleep Skills During Cancer with Jennifer Drew, MSW, LCSW, OSW-C, ACHP-SW**

Come and hear about sleep skills that can improve your quality of sleep during and after treatment based on cognitive behavioral therapy for insomnia (CBT-I) techniques. This will include practice around positive and negative sleep thoughts, sleep scheduling, and the relaxation response.

## **IN-PERSON WORKSHOPS**

These workshops held at CSC South Bay  
Registration required at [CSCSouthBay.org](http://CSCSouthBay.org)

**Saturday, June 10 | 12:30pm - 2:30pm**

## **Ikebana Flower Arranging with Valeria Brinkers**

Ikebana is a Japanese word often translated to English as "giving life to flowers" or "Living Flowers". It represents our desire to bring out the inner beauty of the flowers themselves. Learn to express yourself with the therapeutic art of beautifully arranging cut stems, leaves, and flowers in vases. Please register by Sunday, June 4. Maximum 25 Participants.

**Tuesday, June 13 | 12pm - 1:30pm**

## **Chemo-accessorize with Chemoccessories Looking Good and Keeping a Positive Attitude During Treatment with Iris Lee Knell, LCSW.**

Having a positive attitude and feeling confident has a way of helping cancer patients feel better and helps during treatment and hair loss. Learn how to accessorize with turbans, jewelry, and scarves and take complimentary accessory sets home.

**3rd Friday, June 16 | 11am - 12pm** (also Online)

## **Acupressure & 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.

**4th Tuesdays, June 27 | 12:30pm - 2:30pm**

## **Artlife: Monthly Workshop with Vanesa Andrade**

Learn how to sketch/paint different styles based on different artworks. Materials will be provided.

**Thursday, June 29 | 1:30pm - 3:15pm** (also Online)

## **Lunch and Learn: Sleep Skills During Cancer with Jennifer Drew, MSW, LCSW, OSW-C, ACHP-SW**

Come and hear about sleep skills that can improve your quality of sleep during and after treatment based on cognitive behavioral therapy for insomnia (CBT-I) techniques. This will include practice around positive and negative sleep thoughts, sleep scheduling, and the relaxation response. Please register by June 26.

### **Administrative Staff**

Jackie Suiter, Interim Executive Director  
Nancy Lomibao, MS, LMFT# 36645, Program Director/CCO  
Pamela Martis, Controller & Development Manager  
Theresa Plakos, Public Relations Director  
Carla Bick, Cancer Support Navigator  
Goli Eslami, Event & Volunteer Manager  
Mariana Garcia, Office Manager  
Norma Gonzalez, Outreach & Kids Community Manager  
Rebecca Sul, Program Manager  
Starr Pappagalo, Communication Manager

\* All Associate MFT and MFT/MSW/LPCC Trainees are supervised by Nancy Lomibao, LMFT, LMFT# 36645.

### **Licensed Mental Health Professionals**

Anne Karin Nelson, MS, LMFT# 97367  
Jo Ann Panitch, LMFT, LMFT# 444284  
Nadine Shoukry, LMFT# 129529  
Ruth Schriebman, PsyD, LMFT# 39901  
Stephen Lottenberg, MD, PsyD, G41490

### **Graduate Interns\***

Brittany Anvari, Associate MFT# 128113  
Linda Shrader, Associate MFT# 109891  
Kari Wendt, Associate APCC# 11021  
Bethany Kershishnik, AMFT# 138997  
Denice Anonuevo, LPCC Trainee  
Eloisa Raho, MFT Trainee  
Maria Page, LPCC Trainee



**CANCER SUPPORT  
COMMUNITY  
SOUTH BAY**

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[www.CSCSouthBay.org](http://www.CSCSouthBay.org)