



August 2021

Virtual Programs Calendar

NETWORKING GROUPS

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 (Long Beach Grp) • 5pm - 7pm
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, August 2, 16, 30 • 5pm - 7pm and
Tuesday, August 10, 24 • 3pm - 5pm

New Members Orientation

If you are new to CSCRB and would like to join a support group or attend a healthy lifestyle class, please attend Welcome Orientation. Orientation is every Monday and Friday at 11am. Contact info@cscrb.org or register online at cscrb.org and click Calendar tab.

*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 34 years of serving cancer patients and their families, completely free of charge.

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

2nd Thursday, August 12 • 1pm - 3pm

Carcinoid & Neuroendocrine Tumor

Saturday, August 7 • 10:30am - 12:30pm

Gynecological Cancers

1st & 3rd Wednesday, August 4 & 18 • 12pm - 2pm

Life After Cancer

1st Monday, August 2 • 6pm - 8pm

Living Well with Metastatic Cancer

Monday, August 2 & 16 • 10:30am - 12:30pm

Lung Cancer

Saturday, August 21 • 10:30am - 12:30pm

Lymphedema Networking Group (Meets Quarterly)

Sep 11, Dec 11 • 11am - 1pm

Oral, Head & Neck Cancer

1st Thursday, August 5 • 2pm - 4pm

Prostate Cancer

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

Prostate Cancer (Kaiser Group)

2nd Wednesday, August 11 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, August 14 • 11am - 1pm

Spousal Bereavement

2nd & 4th Monday, August 9 & 23 • 5pm-7pm

Thyroid Cancer

1st Saturday, August 7 • 10am - 12pm

Young Cancer Survivorship *

Every Monday • 6pm - 8pm

Young Cancer Survivorship (Long Beach Group) *

3rd Tuesday, August 17 • 6:30pm - 8pm

*Young adults diagnosed with cancer before their early 40's regardless of

August 2021

* Please check the online calendar for the most up to date additions and cancellations.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Bereavement 5pm Metastatic Cancer 10:30am Life After Cancer 6pm Young Cancer Survivorship 6pm Mellow Yoga 10am Tai Chi 4pm Good Vibes Yoga 5:30pm Welcome Orientation 11am	3 Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm You and Yoga Morning Flow 11am Strengthen & Soften Yoga 4:30pm	4 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Gynecological 12pm Prostate Cancer 4:30pm Teens Chat & Chill 4pm Gentle Yoga 10am Sound Healing 12pm Guided Meditation 4pm	5 Cancer Patient 2pm Cancer Patient ** 5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Oral, Head and Neck 2pm Kids Snack & Support 4pm Qi Gong 9am Dancing for Fitness 5:30pm	6 Celebrando La Vida 5pm Gentle Yoga 9:30am Strength & Balance 11am Welcome Orientation 11am Eat to Live Well - 11:30am	7 Thyroid Cancer 10am Carcinoid & NET 10:30am
9 Spousal Bereavement 5pm Young Cancer Survivorship 6pm Mellow Yoga 10am Tai Chi 4pm Good Vibes Yoga 5:30pm Welcome Orientation 11am	10 Bereavement 3pm Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm You and Yoga Morning Flow 11am Strengthen & Soften Yoga 4:30pm	11 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Prostate (Kaiser Grp) 5pm Teens Grief Chat & Chill 4pm Gentle Yoga 10am Guided Meditation 4pm	12 Cancer Patient 2pm Cancer Patient ** 5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Blood Cancers 1pm Kids & Teens Scavenger Hunt 3pm Kids Grief Snack & Support 4pm Qi Gong 9am Dancing for Fitness 5:30pm	13 Gentle Yoga 9:30am Welcome Orientation 11am Clinical Trials - 11:30am	14 Sarcoma 11am Yoga on the Octagon 10am
16 Bereavement 5pm Metastatic Cancer 10:30am Young Cancer Survivorship 6pm Mellow Yoga 10am Strong & Steady 11:30am Tai Chi 4pm Good Vibes Yoga 5:30pm Welcome Orientation 11am	17 Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm LB Young Cancer **6:30pm You and Yoga Morning Flow 11am Strengthen & Soften Yoga 4:30pm	18 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Gynecological 12pm Prostate Cancer 4:30pm Teens Chat & Chill 4pm Gentle Yoga 10am Sound Healing 12pm Guided Meditation 4pm Acupressure & Cancer 11:30am	19 Cancer Patient 2pm Cancer Patient ** 5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Kids Snack & Support 4pm Dancing for Fitness 5:30pm	20 Celebrando La Vida 5pm Gentle Yoga 9:30am Welcome Orientation 11am Letting Go & Re-Entering Life After the Pandemic 11:30am	21 Lung Cancer 10:30am Writing for Wellness 9am
23 Spousal Bereavement 5pm Young Cancer Survivorship 6pm Mellow Yoga 10am Strong & Steady 11:30am Tai Chi 4pm Good Vibes Yoga 5:30pm Welcome Orientation 11am	24 Bereavement 3pm Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm You and Yoga Morning Flow 11am Strengthen & Soften Yoga 4:30pm	25 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Teens Grief Chat & Chill 4pm Gentle Yoga 10am Guided Meditation 4pm	26 Cancer Patient 2pm Cancer Patient ** 5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Kids Grief Snack & Support 4pm Dancing for Fitness 5:30pm	27 Gentle Yoga 9:30am Welcome Orientation 11am	28
30 Bereavement 5pm Young Cancer Survivorship 6pm Mellow Yoga 10am Strong & Steady 11:30am Tai Chi 4pm Good Vibes Yoga 5:30pm Welcome Orientation 11am	31 Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm You and Yoga Morning Flow 11am Strengthen & Soften Yoga 4:30pm	Save the Date: September 1, 2021 5:30pm-6:30pm The Emerging Field of Cardio-Oncology Dr. Benton will discuss issues related to long term-follow up assessment/needs and treatment related cardia effects. In collaboration with South Bay Survivorship Consortium.		* San Pedro Grp ** Long Beach Grp *** Newly Diagnosed	Weekly Support Group Networking Group Healthy Lifestyle Workshop Social Event Kids & Teens

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.

If you are new to CSCRB and would like to join a support group or attend a healthy lifestyle class, please attend Welcome Orientation meeting. Register at cscrb.org and click Calendar tab. Email questions to info@cscrb.org.

WORKSHOPS

Friday, August 6, 11:30am-12:30pm • Eat to Live Well with Pam Braun

Let's Zoom together for this three-part fun and informative nutritional food workshop. Pam will be covering important food topics like, what to eat, what not to eat, how to shop, what to cook and how to cook it, all focused on avoiding cancer or a recurrence. She will also cover how to eat out healthfully whether at a restaurant or getting takeout. This is the 3rd of a 3-part series

Thursday, August 12, 3pm-4pm • Kids & Teens Back to School Scavenger Hunt

Calling all kids and teens! Zoom in and join in on the fun as you hunt for items in your house. First person to find the "item" will receive points. Winner with the most points will be awarded a prize. All attendees will receive a \$10 gift card to Target and winner will receive an additional special surprise!

Friday, August 13, 11:30am-12:30pm • Clinical Trials with Vy Le

This free workshop focuses on building awareness about clinical trials. People impacted by cancer and their loved ones are invited to join us as we learn how these trials are structured, and how to foster an open dialogue with their health care team about the eligibility and the viability of clinical trials as a treatment option. In addition, participants will be introduced to clinical trial resources at UCI Chao Family Comprehensive Cancer Center.

Wednesday, August 18, 11:30am-12:30pm • 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, August 20, 11:30am-12:30pm • Letting Go and Re-Entering Life After the Pandemic with Corina Gheorghiu, LMFT

Corina Gheorghiu will guide you in a series of Tapas Acupressure Techniques (TAT) that connects physical, mental, emotional, and spiritual parts to help alleviate stress, anxiety, sleep and feel a sense of well-being. Corina Gheorghiu, LMFT, DDS, Sleep Coach is also trained in Psychodynamic Psychotherapy, Integrative Body Psychotherapy, HeartMath, Sounder Sleep Systems and Intelligent Movement-Solutions for Optimal Health.

Saturday, August 21, 9am-12pm • Writing for Wellness with Barbara Force

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

Save the Date

Wednesday, September 1, 5:30pm-6:30pm • The Emerging Field of Cardio-Oncology and its Role in Cancer Survivorship with Brenton Bauer, MD

Dr. Benton Bauer will discuss issues related to long term-follow up assessment/needs and treatment-related cardiac effects. Dr. Brenton Bauer is a board-certified internist and cardiologist specializing in cardio-oncology. In collaboration with SBSC. Register online at www.TorranceMemorial.org/sbsc or call (310) 517-4660.

HEALTHY LIFESTYLE CLASSES

Dancing for Fitness with Shanee 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.

Good Vibes Yoga with Daisy Quin - Mondays • 5:30pm

Kick those Monday blues and revitalize the rest of your week with this cooling yoga practice to aid the body's transition from day to night, light to dark.

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 – Thursday, August 5 & 12 • 9am

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 - 1st & 3rd Wednesday • 12pm

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 - 1st Friday of the month • 11am

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.

Strengthen & Soften Yoga with Ashley Smaldino - Tuesdays • 4:30pm

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.

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.

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 • 11am

The class begins with easy breathing practice and moving towards opening space inside your body and mind feeling calmer the rest of the day.

Yoga at Redondo Beach Pier - Saturday, August 14, 10am-11am Invite a friend and join us for FREE Yoga at Redondo Beach Pier. All levels are welcome. Be sure to bring a yoga mat, towel & water! 500 Fisherman's Wharf, on the Octagon where The Pier meets the International Boardwalk below Kincaid's. This is a socially distanced outdoor yoga class. Face coverings and/or masks are recommended. Visitors must adhere to the LA County Public Health Officer orders. Temperatures will be checked prior to participating.



Teens Chat & Chill - 1st & 3rd Wednesday, 4pm-5pm
Teens Connect is a support group for teens ages 13-17 who have a family member battling cancer.

Teens Grief Chat & Chill - 2nd & 4th Wednesday, 4pm-5pm
This group is for teens ages 13-17 who are grieving the loss of a parent, grandparent, sibling, or any other family member with cancer.



Kids Snack & Support - 1st & 3rd Thursday, 4pm-4:30pm
Kids Community is a free support program for children ages 5-12 who have a family member with cancer.

Kids Grief Snack & Support - 2nd & 4th Thursday, 4pm-4:30pm
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 Amil Suthar, MFT Trainee, Kids and Teens Coordinator Ami@cscrb.org.

So that no one faces cancer alone.

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 Carla Bick, Cancer Support Navigator at Carla@cscrb.org.

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.

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
Carla Bick • Cancer Support Navigator
Pamela Martis • Accountant/Development Coordinator
Ami Suthar, MFT Trainee • Kids and Teens Coordinator

Licensed Mental Health Professionals

Allison Adamovic, LMFT #125672
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
Nadine Shoukry, Associate MFT #109437
Linda Shrader, Associate MFT #109891
Jessica Dulin, Associate MFT #118726
Mateo Leonardo, MFT Trainee
Kristen Brown, MFT Trainee
Kari Wendt, LPCC Trainee

* Please note, all Associate MFT and MFT/MSW Trainees are supervised by Nancy Lomibao, LMFT, LMFT36645



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