



January 2022

Virtual Programs Calendar

NETWORKING GROUPS

Networking 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.

WEEKLY SUPPORT GROUPS

Requires attending Welcome Orientation Meeting 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

(Welcome Orientation NOT required)

Monday, January 3 & 31 • 4:30pm - 6:30pm
and Tuesday, January 11 & 25 • 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 first. These are held every Monday and Friday at 11am. Contact Carla@CSCSouthBay.org or register online at CSCSouthBay.org and click Calendar tab.

*Cancer Support Community South Bay 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.

Blood Cancers

2nd Thursday, January 13 • 1pm - 3pm

Carcinoid & Neuroendocrine Tumor

Saturday, January 8 • 10:30am - 12:30pm

Gynecological Cancers

1st & 3rd Wednesday, January 5 & 19 • 12pm - 2pm

Life After Cancer

1st Monday, January 3 • 6pm - 8pm

Living Well with Metastatic Cancer

1st Monday, January 3 • 10:30am-12:30pm

Lung Cancer

3rd Saturday, January 15 • 10:30am - 12:30pm

Lymphedema Networking Group (Meets Quarterly)

Sat, Mar 12, Jun 11, Sept 10, Dec 10 • 11 am-1 pm

Oral, Head & Neck Cancer

1st Thursday, January 6 • 2pm - 4pm

Pancreatic Cancer

Monday, January 24 • 10:30 am – 12:30 pm

Prostate Cancer

1st & 3rd Wednesday, January 5, 19 • 4:30pm - 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, January 12 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, January 8 • 11am - 1pm

Spousal Bereavement

2nd & 4th Monday, January 10 & 24 • 4:30pm - 6:30pm

Thyroid Cancer

1st Saturday, January 8 • 10am - 12pm

Young Cancer Survivorship *

Every Monday • 6pm - 8pm

Young Cancer Survivorship (Long Beach Group) *

Tuesday, January 18 • 6:30pm - 8pm

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

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

January 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
3 Bereavement 4:30pm Metastatic Cancer 10:30am Life After Cancer 6pm Young Cancer Survivorship 6pm Strong & Steady 11:30am Tai Chi 4pm Good Vibes Yoga 5:30pm Welcome Orientation 11am	4 Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm Strengthen & Soften Yoga 4:30pm	5 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	6 Cancer Patient 2pm Cancer Patient **5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Oral, Head and Neck 2pm Kids Snack & Support 4pm Dancing for Fitness 5:30pm	7 Celebrando La Vida 5pm Gentle Yoga 9:30am Strength & Balance 11am Welcome Orientation 11am	8 Thyroid Cancer 10am Carcinoid & NET 10:30am Sarcoma Alliance 11am Yoga on the Octagon 10am
10 Spousal Bereavement 4:30pm Young Cancer Survivorship 6pm Strong & Steady 11:30am Tai Chi 4pm Good Vibes Yoga 5:30pm Welcome Orientation 11am	11 Bereavement 3pm Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm Sound Meditation 10am Strengthen & Soften Yoga 4:30pm De-Clutter 101 11am	12 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Prostate (Kaiser Grp) 5pm Gentle Yoga 10am Guided Meditation 4pm	13 Cancer Patient 2pm Cancer Patient **5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Blood Cancers 1pm Dancing for Fitness 5:30pm	14 Gentle Yoga 9:30am Welcome Orientation 11am	15 Lung Cancer 10:30am Writing for Wellness 9am
17 Martin Luther King Holiday	18 Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm LB Young Cancer **6:30pm Strengthen & Soften Yoga 4:30pm	19 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	20 Cancer Patient 2pm Cancer Patient **5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Kids Snack & Support 4pm Sound Bath 12pm Dancing for Fitness 5:30pm	21 Celebrando La Vida 5pm Gentle Yoga 9:30am Welcome Orientation 11am Overweight, Inflammation and Cancer 11:30am Kids & Teens Crystal Snowflakes 3pm	22
24 Pancreatic 10:30am Spousal Bereavement 5pm Young Cancer Survivorship 6pm Revitalizing Yoga 10am Strong & Steady 11:30am Tai Chi 4pm Good Vibes Yoga 5:30pm Welcome Orientation 11am	25 Bereavement 3pm Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm Strengthen & Soften Yoga 4:30pm Love & Laughter 6 pm	26 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Gentle Yoga 10am Guided Meditation 4pm The Artist Way 11am Conversation & Chat 5:30pm	27 Cancer Patient 2pm Cancer Patient **5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Dancing for Fitness 5:30pm	28 Gentle Yoga 9:30am Welcome Orientation 11am Immuno Rejuvenation 11:30am	29
31 Bereavement 4:30pm Young Cancer Survivorship 6pm Revitalizing Yoga 10am Strong & Steady 11:30am Hanna Somatic 2:30pm Tai Chi 4pm Good Vibes Yoga 5:30pm Welcome Orientation 11am			* San Pedro Grp ** Long Beach Grp *** Newly Diagnosed	Weekly Support Group Networking Group Healthy Lifestyle Workshop Social Event Kid & Teens	

Celebrando La Vida

For our Spanish Support Group, please call Mateo Leonardo at (310) 363-5154.

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.

Register at [CSCSouthBay.org](https://www.CSCSouthBay.org) and select Calendar.

Questions? Email Carlas@CSCSouthBay.org

or call 310-376-3550.

WORKSHOPS

Tuesday, January 11, 11am - 12:30pm • De-Clutter 101 with Regina Lark, PhD

Learn how to let go of "our stuff", how to determine if you should keep it, sell it, or give it away.

Saturday, January 15, 9am - 12pm • Writing for Wellness with Barbara Force

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

Wednesday, January 19, 11:30am - 12:30pm • 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.

Friday, January 21, 11:30am - 1pm • Overweight, Inflammation, and Cancer with Mary Welch, NP

Learn the role that excess weight plays in cancer development and the relationship with reducing inflammation & weight loss.

Friday, January 21, 3pm - 4pm • Kids & Teens in the Lab: Grow your Own Crystal Snowflakes with Ami Suthar

Come learn how to grow your own crystal snowflakes. Kits will be provided. Adult Supervision is required.

Tuesday, January 25, 6pm - 7pm • Love & Laughter w/Jason Love

Laughter is the best medicine. Join professional comedian Jason Love (HBO, Sirius XM) and his colleagues for an evening of an evening of family love, fun, and laughter.

Wednesday, January 26, 11am - 1pm • The Artist's Way with Karen Sidney

This ten-week program based on Julia Cameron's bestselling book *The Artist's Way*, will provide you tools to be creative as The Artist of your own life NOW. You will 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.

Wednesday, January 26, 5:30pm - 6:30pm • Conversation and Chat with CSCRB!

Stay Connected! Join us for our next Cancer Support Community update featuring special guest: CSCRB Board Chair Deborah Patrick. Important news to be announced.

Friday, January 28, 11:30am - 1pm • Immuno Rejuvenation with Jeanne Peters, RD

Discover the latest science on foods, nutrients and habits that can strengthen and rejuvenate your immune system to work smarter for you. Jeanne will also briefly review what medicine has learned about the immune system from covid19 pandemic.

Monday, January 31, 2:30pm - 3:30pm • Hanna Somatic with Farzaneh Jafari, PhD

Somatic movements can: release and reverse chronic and acute neuromuscular pain, improve mobility, strength & coordination, improve posture and appearance.

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.

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.

Revitalizing Yoga with Yoshiko Nishioka - Mondays • 10am

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

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 to take for the rest of the day. Relax and surrender into the healing sounds and frequencies of crystal alchemy bowls.

NEW! Sound Bath with Victoria Birch Vandeplas - 1st & 3rd Thurs • 12pm

Experience deep relaxation as the primordial tones of the gong, gemstone and crystal alchemy singing bowls, and other ancient sound healing instruments carry you into a state of sublime relaxation and meditation.

NEW! Sound Meditation with Andrea Ramirez - Tuesday, January 11 • 10am - 11am

Relax and allow the harmonic vibrations to soothe you in this sound meditation session that will ripple through your body.

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 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/mind while 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.

Note: See online calendar for updates and class cancellations.

Yoga at Redondo Beach Pier - Saturday, January 8, 10am-11am

500 Fisherman's Wharf, International Boardwalk below Kincaid's.

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! This is a socially distant 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.

Kids Snack & Support - 1st & 3rd Thursday, 4pm-4:45pm
 Kids Community is a free support program for children ages 5-12 who have a family member with cancer.

For information and/or to register your child or teen, email Amil Suthar, Kids and Teens Coordinator at Ami@CSCSouthBay.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@CSCSouthBay.org.

Individual, Couples and Family Counseling

Cancer Support Community South Bay 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@CSCSouthBay.org.

Administrative Staff

- Joey Shanahan • Executive Director*
- Nancy Lomibao, MS, LMFT, LMFT36645*
 - *Program Director/CCO*
- Theresa Plakos • Public Relations Director*
- Jackie Suiter • Development Director*
- Carla Bick • Cancer Support Navigator*
- Alex Lasso De La Vega • Office Manager*
- Pamela Martis • Accountant/Development Coordinator*
- Starr Pappagalo • Communication Manager*
- Rebecca Sul • Program Manager*
- Ami Suthar • Kids and Teens Coordinator*
- Kelly Zamarripa - DeTate • Events Manager*

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*
- Nadine Shoukry, LMFT #129529*

Graduate Interns

- Brittany Anvari, Associate MFT #128113*
- Linda Shrader, Associate MFT #109891*
- Jessica Dulin, Associate MFT #118726*
- Kristen Brown, MFT Trainee*
- Mateo Leonardo, MFT Trainee*
- Michele LoBosco, MFT Trainee*
- Kari Wendt, LPCC Trainee*

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



Cancer Support Community South Bay
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