



WEEKLY SUPPORT GROUPS VIA ZOOM

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

Bereavement Group

(Drop-in meeting)
Meets on Monday, Nov 2, 16, 30 • 5pm - 7pm
and Tuesday, Nov 10, 24 • 3pm - 5pm

November 2020 Virtual Programs

New Members Orientation

New Members Orientation is every Monday and Friday at 11:00 am. Contact 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.

NETWORKING GROUPS VIA ZOOM

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, Nov 12 • 1pm - 3pm

Carcinoid & Neuroendocrine Tumor

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

Gynecological Cancers

3rd Wednesday, Nov 18 • 12pm - 2pm

Life After Cancer

Monday, Nov 2 • 6pm - 8pm

Living Well with Metastatic Cancer

1st & 3rd Monday, Nov 2 & 16 • 10:30am - 12:30pm

Lung Cancer

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

Lymphedema Networking Group (Meets Quarterly)

Saturday, Dec 12 • 11am - 1pm

Oral, Head & Neck Cancer

1st Thursday, Nov 5 • 2pm - 4pm

Prostate Cancer

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

Prostate Cancer (Kaiser Group)

2nd Wednesday, Nov 11 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, Nov 14 • 11am - 1pm

Spousal Bereavement

2nd & 4th Monday, Nov 9 & 23 • 4:15pm - 6:15pm

Thyroid Cancer

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

Young Cancer Survivorship *

Every Monday • 6pm - 8pm

Young Cancer Survivorship (LB Group) *

3rd Tuesday, Nov 17 • 6:30pm - 8pm

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

November 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Bereavement 5pm Metastatic Cancer 10:30am Life After Cancer 6pm Young Cancer Survivorship 6pm Strength & Balance 11:30am Tai Chi 4pm Restorative Yoga & Reiki 7pm Welcome Orientation 11am	3 Breast Cancer (SP Grp) 5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm You & Yoga Morning Flow 9:30am Sound Healing 1pm	4 Women's Cancer 10:30am Cancer Patient 6pm Newly Diagnosed Breast 6pm Prostate Cancer 4:30pm Gentle Yoga 10am Guided Meditation 4pm	5 Cancer Patient 2pm Cancer Patient (LB Group) 5pm Cancer Patient 6pm Family/Partners 6pm Newly Diagnosed Breast 6pm Oral, Head and Neck 2pm Vinyasa Flow Yoga 10am Gentle Yoga & Sound Bath 4pm Dancing for Fitness 5:30pm Teen Art Class 4:30pm	6 Gentle Yoga 9:30am FSAC: Making Treatment Decisions 11:30am Welcome Orientation 11am	7 Thyroid Cancer 10am Carcinoid & NETs 10:30am
9 Spousal Bereavement 4:15pm Young Cancer Survivorship 6pm Mellow Yoga 10am Strength & Balance 11:30am Tai Chi 4pm Welcome Orientation 11am	10 Bereavement 3pm Breast Cancer (SP Grp) 5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm You & Yoga Morning Flow 9:30am Sound Healing 1pm Enlivening Yoga & Sound Bath 5pm	11 Women's Cancer 10:30am Cancer Patient 6pm Newly Diagnosed Breast 6pm Prostate (Kaiser Grp) 5pm Gentle Yoga 10am Guided Meditation 4pm	12 Cancer Patient 2pm Cancer Patient (LB Group) 5pm Cancer Patient 6pm Family/Partners 6pm Newly Diagnosed Breast 6pm Blood Cancers 1pm Vinyasa Flow Yoga 10am Gentle Yoga & Sound Bath 4pm Dancing for Fitness 5:30pm	13 Gentle Yoga 9:30am Blue Zones on a Budget 11:30am Welcome Orientation 11am	14 Sarcoma 11am Latest Treatments & Research for Sarcoma 11am Amazine: What's Your Story 10am
16 Bereavement 5pm Metastatic Cancer 10:30am Young Cancer Survivorship 6pm Mellow Yoga 10am Strength & Balance 11:30am Tai Chi 4pm PT for Pelvic Floor Disorder 5:30pm Welcome Orientation 11am	17 Breast Cancer (SP Grp) 5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm Young Cancer (LB Grp) 6:30pm You & Yoga Morning Flow 9:30am Sound Healing 1pm Enlivening Yoga & Sound Bath 5pm	18 Women's Cancer 10:30am Cancer Patient 6pm Newly Diagnosed Breast 6pm Gynecological 12pm Prostate Cancer 4:30pm Gentle Yoga 10am Guided Meditation 4pm Acupressure & Cancer 11:30am	19 Cancer Patient 2pm Cancer Patient (LB Group) 5pm Cancer Patient 6pm Family/Partners 6pm Newly Diagnosed Breast 6pm Vinyasa Flow Yoga 10am Gentle Yoga & Sound Bath 4pm Dancing for Fitness 5:30pm	20 Gentle Yoga 9:30am Welcome Orientation 11am	21 Lung Cancer 10:30am Writing for Wellness 9am
23 Spousal Bereavement 4:15pm Young Cancer Survivorship 6pm Strength & Balance 11:30am Tai Chi 4pm Welcome Orientation 11am	24 Bereavement 3pm Breast Cancer (SP Grp) 5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm You & Yoga Morning Flow 9:30am Sound Healing 1pm Enlivening Yoga & Sound Bath 5pm	25 Women's Cancer 10:30am Gentle Yoga 10am CLOSED at 1PM for THANKSGIVING	<div style="display: flex; justify-content: space-between; align-items: center;"> 26 27 28 </div> 		
30 Bereavement 5pm Young Cancer Survivorship 6pm Mellow Yoga 10am Strength & Balance 11:30am Tai Chi 4pm Welcome Orientation 11am	Weekly Support Group Networking Group Mind/Body Workshop Social Kids & Teens				

WORKSHOPS & EVENTS VIA ZOOM

Thursday, November 5, 4:30pm – 6pm • Teen Art Class with Mud Hakami

Calling all Teens! Join in the fun for a quick art lesson. Enjoy competing in an energetic project and finish the class with a cool game. Fun and casual is the name of the game.

Friday, November 6, 11:30am – 1pm • FSAC: Making Treatment Decisions with Susan Starr, NP

Susan Starr, NP will discuss various treatment options, the cost of care, and navigating the decision-making process. Susan Starr is an Advanced Certified Oncology Nurse Practitioner and a licensed Oncology Clinical Nurse Specialist with a BS in Nursing from USC and a Master in Nursing from UCLA. She has been a Nurse Practitioner with Torrance Memorial Physician Network Cancer Care since 2008.

Friday, November 13, 11:30am - 1pm • Blue Zones on a Budget with Dianne Staso, RD

Blue Zones are areas of the world in which people live exceptionally long lives with low rates of chronic disease. These Five Blue Zone areas include Ikaria, Greece; Okinawa, Japan; Sardinia, Italy; Loma Linda, Calif.; and Nicoya Peninsula, Costa Rica. Dianne will be discussing the commonalities of diet in these Blue Zone areas and how to incorporate these healthy eating principles inexpensively. Dianne Staso, MS, RD, works for Beach Cities Health District and a master's degree in Nutrition and Exercise Physiology from the University of Tennessee.

Saturday, November 14, 10am – 11am • Kids Community: You Are Ama-Zine! What's Your Story? With Sharon Chappell

During this writing and art workshop for kids, you will explore telling your story using a mini-book structure. Bring your imagination and some markers/colored pencils along as we laugh and play with stories together! Facilitated by Sharon Frances, PhD, Director of Well Beings Studio. Sharon is a breast cancer survivor, artist, writer, and educator who loves telling stories with words and pictures!

Saturday, November 14, 11am – 1pm • Latest Treatments and Research for Sarcoma with Brian Kadera, MD

Please join us for an informative workshop on the latest treatments and research for Sarcoma. Dr. Brian Kadera is Assistant Professor at UCLA in the Surgical Oncology Division. He specializes in soft tissue sarcoma and gastrointestinal malignancies, including minimally invasive and robotically assisted surgery.

Monday, November 16, 5:30pm – 7pm • Physical Therapy for Pelvic Floor Disorders with Sarah Shimanek, DPT

Dr. Sarah Shimanek will discuss the various pelvic floor disorders common after cancer treatments and related surgeries and the physical therapy proven to help alleviate symptoms and avoid surgeries. Sarah is a Doctor of Physical Therapy, receiving her physical therapy degree from Chapman University, and trained in pelvic rehabilitation by the Herman and Wallace Pelvic Rehabilitation Institute, where she also received her certification as a Pelvic Rehabilitation Practitioner. She is currently practicing at the Torrance-based Women's Advantage/Men's Optimal Health.

Wednesday, November 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. Ana Paula Duarte received her Master of Science in Traditional Oriental Medicine from Pacific College of Health and Science in San Diego and Bachelor of Arts in Latin American Studies at UCLA.

Saturday, November 21, 9am – 12pm • Writing for Wellness with Barbara Force

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

To receive **Zoom login**, register for workshops and mind/body classes at cscrb.org and click the calendar section or send email to info@cscrb.org. Zoom info will be emailed the evening before the workshop/class.

WEEKLY MIND/BODY CLASSES

Dancing for Fitness with Shanee Siracusa - Thursdays • 5:30pm - 6:30pm

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.

Enlivening Yoga and Sound Bath with Lisa Mecham - Tuesdays • 5pm - 6pm

Come alive with an hour of yoga, breathwork and sound healing with crystal alchemy bowls.

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, balance and INNER CALM.

Gentle Yoga and Sound Bath with Sound Zoe - Thursdays • 4pm - 5pm NEW!

The class begins with gentle yoga movements designed to release tension and stagnant energy in the body. The class end to the healing vibrations of Crystal Alchemy Sound bowls.

Guided Meditation - Wednesdays • 4pm - 4:45pm

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 - 11am

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

Restorative Yoga & Reiki with Christine Tran – 1st Monday • 7pm - 8pm

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.

Sound Healing with Heather Louks - Tuesdays • 1pm - 2pm

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 Tami Endow - Mondays • 11:30am - 12:10pm

A fun and energetic group exercise class that promotes the improvement of functional strength, balance, and stability. There are many exercises that can be changed and modified to fit your specific fitness level.

Tai Chi with Ann Pitts - Mondays • 4pm - 5pm

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.

Vinyasa Flow Yoga with Freddy Mendoza - Thursdays • 10am - 11am NEW!

Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath.

You & Yoga Morning Flow w/ Chinatsu Kambayashi - Tues • 9:30am - 10:30am

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.

Celebrando La Vida

For our Spanish Support Group, please call Gabe Lanum at (310) 422-9435.

Para nuestro grupo de apoyo español, por favor Gabe Lanum al (310) 422-9435.

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.

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 #111620 at Allison@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, MFT 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
- Gabriel Lanum, Associate MFT #119294
- 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, MFT Trainee

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

So that no one faces cancer alone.

Cancer Support Community Redondo Beach
109 W. Torrance Blvd., Redondo Beach, CA 90277
Phone (310) 376-3550 Fax (310) 372-2094
info@cscrb.org ~ www.cscrb.org

