



**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

Breast Cancer (San Pedro Group): 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, December 4 & 18: 4:30pm - 6:30pm

Tuesday, December 12: 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 and click "GETTING STARTED" or contact Carla Bick, our Cancer Support Navigator, at Carla@CSCSouthBay.org.

NUTRITION RESOURCE!

We're excited to 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.

DECEMBER 2023 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, December 14 • 1pm - 3pm

Celebrando La Vida

1st & 3rd Friday, December 1 & 15 • 5pm - 7pm

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

Colo-Rectal Cancers

1st Saturday, December 2 • 10:30am - 12:30pm

Gynecological Cancers

1st & 3rd Tuesday, December 5 & 19 • 10am - 12pm

Life After Cancer

1st Monday, December 4 • 6pm - 8pm

Living Well with Metastatic Breast Cancer

1st Monday, December 4 • 10am - 12pm

Lung Cancer

3rd Saturday, December 16 • 10:30am - 12:30pm

Lymphedema Networking Group (Meets Quarterly)

2nd Saturday, December 9 • 11am - 1pm

Oral, Head & Neck Cancer

1st Thursday, December 7 • 2pm - 4pm

Pancreatic Cancer

3rd Monday, December 18 • 10:30am - 12:30pm

Prostate Cancer

1st & 3rd Wednesday, December 6 & 20 • 4:30pm - 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, December 13 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, December 9 • 11am - 1pm

Spousal Bereavement (Welcome Orientation NOT required)

*typically 2nd & 4th Mondays

2nd Monday, December 11 • 4:30pm - 6:30pm

Thyroid Cancer

1st Saturday, December 2 • 10am - 12pm

Young Cancer Survivorship *

3rd Monday, December 18 • 6pm - 8pm

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

DECEMBER 2023

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 & orientations listed below will occur every week unless there is a holiday or cancellation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am Welcome Orientation	5:30pm Breast Cancer * 6pm ND Breast *** 6pm Cancer Participant 6pm Family/Partners	10am Women's Cancer 6pm Cancer Participant 6pm ND Breast ***	10am ND Breast *** 2pm Cancer Participant 5pm Cancer Participant 6pm Cancer Participant 6pm Family/Partners 6pm ND Breast ***	11am Welcome Orientation	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CALENDAR LEGEND			Weekly Support Group	1	2
Classes listed in bold occur monthly			Networking Group	5pm Celebrando La Vida	10am Thyroid Cancer
* San Pedro Group			ONLINE Healthy Lifestyle	9:30am Gentle Yoga	10:30am Colo-Rectal
** Long Beach Group			IN PERSON Healthy Lifestyle	11am Strength & Balance	10am Tai Chi
*** Newly Diagnosed			ONLINE Workshop	5:30pm Holiday Party	
*/ Living Well w/ Metastatic Breast Cancer			IN PERSON Workshop		
			Social Event		
			Kids & Teens		

4	5	6	7	8	9
4:30pm Bereavement 10am LW Met Breast*/ 6pm Life After Cancer 10am Gentle Hatha Yoga 12pm Sound Bath 9am Walking Grp- Esplanade 10am Knit and Crochet 12pm Vinyasa Flow Beginners	10am Gynecological 5:30pm Dancing for Fitness 10:30am Tai Chi 2pm Flexibility & Strength 12pm Food and Mood Sharing Circle 6pm CSCLA: Debunking Cancer Diet Myths	4:30pm Prostate Cancer 10am Gentle Yoga 4pm Guided Meditation 6:30pm Pilates 11am Restore & Relax Yoga	2pm Oral, Head and Neck 4pm Kids Snack & Support 4pm Sound Healing 5pm Acupressure For a Natural Holiday Facial	9:30am Gentle Yoga 11am Sewing: School of Couture 12:30pm Lunch & Learn: Successful Aging: What is It? Both Online & In Person	11am Lymphedema 11am Sarcoma Alliance 10am Tai Chi 10am Yoga @ RB Pier 12pm Kids Community Gingerbread Party
11	12	13	14	15	16
4:30pm Spousal Bereavement 12pm Sound Bath 9am Walking Grp- Esplanade 10am Knit and Crochet 12pm Vinyasa Flow Beginners	3pm Bereavement 10:30am Tai Chi 5pm Cancer Mythbusters	5pm Prostate (Kaiser Grp) 10am Gentle Yoga 4pm Guided Meditation 6:30pm Pilates 11am SCBG: Yin Yoga 5pm Update on Radiotherapy Techniques & Outcomes	1pm Blood Cancers 11am 5Rhythms 4pm Sound Healing 10am Reiki Sound Bath 1pm Reiki Energy Circle	5pm Celebrando La Vida 9:30am Gentle Yoga 12pm Difference Between Home Health and Home Care	10:30am Lung Cancer 10am Tai Chi 9am Writing for Wellness
18	19	20	21	22	23
4:30pm Bereavement 10:30am Pancreatic 6pm Young Cancer 10am Gentle Hatha Yoga 12pm Sound Bath 9am Walking Grp- Esplanade 10am Knit and Crochet 12pm Vinyasa Flow Beginners 1:30pm Artlife	10am Gynecological 11am Strength Training 5:30pm Dancing for Fitness 9am Walking- SC Bot. Garden 10:30am Tai Chi	10am Gentle Yoga 11am Restore & Relax Yoga 1pm Office Closed	 CLOSED FOR THE HOLIDAYS		
25	26	27	28	29	30
 CLOSED FOR THE HOLIDAYS					



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.

1st and 3rd Mondays, December 4 & 18 | 10am

Gentle Hatha Yoga with Jenni Green

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

Mondays at 12pm

Sound Bath with Victoria Birch-Vandeplass

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

1st & 3rd Tuesdays, December 5 & 19 | 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, December 19 | 11am

Full Body Strength Training with Annelise Tripp

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

Wednesdays | 10am

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/Farzaneh

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

Wednesdays | 6:30pm

Pilates with Bernadette Sanders

Pilates is a mind-body form of exercise that helps you to learn to control your body. These movements will help to create balance, strength and flexibility.

2nd Thursday, December 14 | 11am

5Rhythms with Masayo Benoist

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

Thursdays | 4pm

Sound Healing with Heather Louks

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

Fridays | 9:30am

Gentle Yoga with Maureen O'Connor

We will practice stretching, breathing techniques, and meditation to achieve flexibility, strength, and balance.

1st Fridays, December 1 | 11am

Strength & Balance with Mudaser Hakami

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

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 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 Krzucuk

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

Tuesday, December 5 | 2pm

Flexibility and Strength with Chanel Walker Terry

A low-intensity balance class to help improve stability and create a strong core, using traditional yoga movements.

1st & 3rd Wednesdays, December 6 & 20 | 11am

Restorative, Relax, Renew Yoga with Avra Diamond

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

2nd Wednesday, December 13 | 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.

2nd Thursday, December 14 | 10am

Reiki Infused Alchemy Sound Bath w/Delia Hogan

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

Thursday, December 14 | 1pm

Reiki Circle w/ Jovita Trani and other Reiki Masters

We will practice our awareness of our own energy using the Mind/Body Connection (PNI).

2nd Saturday, December 9 | 10am - 11am

Morning Yoga at Redondo Beach Pier- Concert Stage!

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

WORKSHOPS

ONLINE WORKSHOPS

These workshops are held over Zoom.
Register at CSCSouthBay.org for link.

Tuesday, December 5 | 6pm - 7pm

**CSCLA: Debunking Cancer Diet Myths
with Ashley Salazar, RDN**

Join Ashley Salazar, a dietitian, as she separates fact from fiction with diet recommendations for cancer prevention.

Thursday, December 7 | 5pm - 6pm

**Acupressure For a Natural Holiday Facial
with Ana Paula Duarte LAC**

Relax as Ana Paula guides you through the pressure points on your face for a mini facial acupressure session.

Friday, December 8 | 1pm - 2pm (also In Person)

**Lunch and Learn: Successful Aging: What is it?
with Helen Dennis**

See workshop description to the right.

Tuesday, December 12 | 5pm - 5:30pm

**Cancer Mythbusters: Getting Real Knowledge About
Cancer with Neil Bhayani, MD**

This 30 minute workshop aims to address some common myths and misperceptions on cancer and cancer treatments.

Wednesday, December 13 | 5pm - 6pm

**Update on Radiotherapy Techniques and Outcomes
with Dr. Thyra Endicott**

We will discuss advances in radiation oncology technology, effectiveness, and management of adverse effects, with time for questions.

Friday, December 15 | 12pm - 12:45pm

**Difference Between Home Health and Home Care
with Jocelyn Fu**

Even though Home Health and Home Care sound similar, there is a difference between coverage areas and services provided. After this presentation, you will understand how to navigate the best way to get the most support in home.

3rd Saturday, December 16 | 9am - 12pm

Writing for Wellness with Barbara Force

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

IN-PERSON WORKSHOPS

These workshops are held at CSC South Bay.
Registration required at CSCSouthBay.org

Friday, December 1 | 5:30pm - 7:30pm

SOCIAL: Participant Holiday Party

Bring yourself (and any support persons) and join in the holiday cheer! CSC South Bay will provide the food, drinks, wine, and entertainment. Feel free to bring a dessert or side dish to share!

1st Tuesday, December 5 | 12pm - 1pm

Food and Mood Sharing Circle with Lily Hanna

Providing a space to learn, exchange ideas, and connect. Each month will have a different topic.

2nd Friday, December 8 | 11am - 1pm

**Sewing: @School of Couture
with Dee Aizakhmetova**

Learn how to use a sewing machine, sewing basics, pattern construction, and more!

December Theme: Christmas Ornaments

Friday, December 8 | 12:30pm - 2pm (also Online)

**Lunch and Learn: Successful Aging: What is it?
with Helen Dennis**

This workshop addresses what it means to age successfully. We will discuss a successful aging model and whether "success" is the right concept, as well as ways to slow the aging process, all leading to optimal aging.

Monday, December 18 | 1:30pm - 3:30pm

Artlife: Monthly Workshop with Vanesa Andrade

Vanesa will teach various styles/paintings each month using acrylic paints and brushes.



Saturday, December 9 | 12pm - 1:30pm

Kids Community Gingerbread House Party!

Join us for an afternoon of family fun decorating gingerbread houses!

Administrative Staff

Jillian Van Leuven, Executive Director
Jackie Suiter, Development Director
Nancy Lomibao, MS, LMFT# 36645, Program Director/CCO
Theresa Plakos, Public Relations Director
Carla Bick, Cancer Support Navigator
Goli Eslami, Event & Volunteer Manager
Norma Gonzalez, Outreach & Kids Community Manager
Pamela Martis, Controller & Development Manager
Rebecca Sul, Program Manager
Starr Pappagalo, Communications
Vinian Meyer, Office 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*

Bethany Kershishnik, Associate AMFT# 138997
Brittany Anvari, Associate AMFT# 128113
Kari Wendt, Associate APCC# 11021
Linda Shrader, Associate AMFT# 109891
Denice Anonuevo, APCC #14864/ AMFT #142071
Jay Chang, MFT Trainee
Karina Burgos Jaimes, MFT Trainee
Maria Page, LPCC Trainee
Perla Zarco, MFT Trainee



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www.CSCSouthBay.org