



**ALL SERVICES ARE FREE**

## 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

**Newly Diagnosed Cancer:** 3pm - 4:30pm \*In-Person Only

**Breast Cancer (San Pedro Grp):** 5:30pm - 7:30pm

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

**Cancer Participant:** 6pm - 8pm

**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

### 2nd and 4th Saturdays

**Celebrating Survivorship:** May 10 & 24 and June 14 & 28

• 10am - 12pm \*In-Person Only

**Bereavement Group (Welcome Orientation NOT required)**

**Monday, May 5 & 19 and June 2, 16 & 30**

• 4:30pm - 6:30pm

**Tuesday, May 13 & 27 and June 10 & 24:** 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 an online Welcome Orientation meeting **held every Monday and Friday at 11am via Zoom.**

## INTERESTED IN JOINING OUR COMMUNITY?

Register online at [CSCSouthBay.org](http://CSCSouthBay.org) and click "GETTING STARTED," use QR Code with camera app, or contact Norma Gonzalez, our Cancer Support Navigator, at [Norma@CSCSouthBay.org](mailto:Norma@CSCSouthBay.org).



# MAY & JUNE 2025 CALENDAR

All groups 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. Share and learn from others going through similar experiences.

### Blood Cancers

2nd Thursday, May 8 and June 12 • 1pm - 3pm

### Celebrando Cada Dia

1st & 3rd Tuesday, May 6 & 20 and June 3 & 17

• 5:30pm - 7pm \*In Person @ Our Office

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

**Colo-Rectal Cancers** \*this group typically meets on 1st Sat.

2nd Saturday, May 3 & 1st Saturday, June 7

• 10:30am - 12:30pm

### Gynecological Cancers

1st & 3rd Tues., May 6 & 20 and June 3 & 17 • 10am - 12pm

### Life After Cancer

1st Monday, May 5 and June 2 • 6pm - 8pm

### Living Well with Metastatic Cancer

1st Monday, May 5 and June 2 • 10am - 12pm

### Lung Cancer

3rd Saturday, May 17 and June 21 • 10:30am - 12:30pm

### Lymphedema Networking Group (Meets Quarterly)

2nd Saturday, June 14 • 11am - 1pm

### Oral, Head & Neck Cancer

1st Thursday, May 1 and June 5 • 2pm - 4pm

### Pancreatic Cancer

3rd Monday, May 19 & June 16 • 10:30am - 12:30pm

### Prostate Cancer

1st & 3rd Wed., May 7 & 21 and June 4 & 18

• 4:30pm - 6:30pm

### Prostate Cancer (Kaiser Group)

2nd Wednesday, May 14 and June 11 • 5pm - 7pm

### Sarcoma Alliance

2nd Saturday, May 10 and June 14 • 11am - 1pm

### Spousal Bereavement (Welcome Orientation NOT required)

2nd & 4th Monday, May 12 and June 9 & 23

• 4:30pm - 6:30pm

\*Cancelled on 4th Mon. in May due to holiday.

### Young Cancer Survivorship

1st & 3rd Mon., May 5 & 19 and June 2 & 16 • 6pm - 7:30pm

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

# MAY & JUNE 2025 CALENDAR

\*This programming is for adults, 18 yrs & older.

## HEALTHY LIFESTYLE CLASSES

For the most up to date schedule/information or to register, please visit [www.CSCSouthBay.org](http://www.CSCSouthBay.org)

### ONLINE CLASSES

These classes are held over Zoom.

**1st & 3rd Mondays, May 5 & 19  
and June 2 & 16 | 10am**

**Gentle Hatha Yoga with Jenni Green**

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

**2nd & 4th Mondays, May 12 and June 9 & 23 | 10am**

**Revitalizing Yoga with Yoshiko Nishioka**

Come relax and rejuvenate your body, mind with balancing exercises, simple stretches, and more.

**1st Tuesdays, May 6 and June 3 | 4pm**

**Dancing for Fitness with Shanée Siracusa**

Each class has a new theme and basic dance moves to get your heart pumping. Come shimmy, sweat, and smile.

**Tuesdays, June 17 and 24 | 5:30pm**

**NEW! A Guided Lymphatic Drainage Sequence with Alex**

Following his workshop, Alex will guide you through a full-body lymphatic drainage sequence on a live partner.

**Wednesdays | 10am**

**Qi Gong with Regina Dell'Oro**

Qi Gong is a holistic experience addressing the mind, heart, and body. Let's explore the basics of meditation and how to help our energy to increase our sense of well-being.

**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 can help create balance, strength, and flexibility.

**2nd & 4th Thurs., May 8 & 22 and June 12 & 26 | 11am**

**5Rhythms with Masayo Benoist**

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

**Fridays | 9:30am**

**Gentle Yoga with Maureen O'Connor**

Practice stretching, breathing techniques, and meditation.

**1st Fridays, May 2 and June 6 | 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.

### MAY HIGHLIGHT #1

**Cinco de Mayo Celebration**

**Monday, May 5 | 12pm - 1:30pm | Our Office**

Join our bi-lingual social as we celebrate Cinco de Mayo. We'll provide a Mexican lunch and create fiesta flowers using coffee filters. Come eat, bond, create, and maybe win a prize!

### IN-PERSON CLASSES

Classes are held at CSC Offices or Offsite Locations

**Mondays at 8:30am | 3rd Tues., May 20 & Jun. 17 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**

All skill levels welcome. No experience needed.

**3rd & 4th Monday, May 19 and June 16 & 23 | 10am**

**Sacred Sound with Amber Zinsmeister**

Experience soothing vibrations of crystal bowls, gongs, & more to promote balance, healing, and emotional well-being.

**Tuesdays | 10:30am**

**Tai Chi with Les Krzcuk**

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

**Tuesdays, May 6 to May 20 | 12pm**

**3 CLASSES LEFT! Balance Class with Karen Cline**

Flexibility and strengthening exercises will be practiced to promote normal posture and improved balance.

**Wednesdays | 11am**

**Yin & Restorative Yoga with Andrea Torregrossa**

This will be an all-levels, gentle yoga class using light sequence of yoga intended to heal, restore, and relax.

**4th Wednesdays, May 28 and June 25 | 12:30pm**

**Reiki Circle w/ Jovita Trani and other Reiki Masters**

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

**4th Thursdays, May 22 and June 26 | 10am**

**Restorative Yoga with Lisa Briedis**

Join us for gentle, restorative yoga open to all levels.

**Friday, May 2 | 12:30pm**

**Chakra Sound Healing with Lynette Toma**

Immerse yourself in a symphony of invigorating sounds to stimulate the senses and awaken your inner vitality.

**Fridays | 11am**

**Zumba/Move and Groove with Liza Legaspi**

Let the music free your body and find yourself in shape.

**2nd Saturdays, May 10 and June 14 | 10am**

**Morning Yoga at Redondo Beach Pier- Concert Stage with The Greenhouse PV**

All levels welcome. Bring a yoga mat, water, and towel. No registration required.

### MAY HIGHLIGHT #2

**A Well Being Art Program with Wellness in Motion**

**Thursday, May 22 | 1pm - 3pm | Online via Zoom**

Experience how "creative art and wellness" can bring hope and inspiration to the forefront and promote the healing process. Materials will be available for pick up at our office.

\*This programming is for  
adults, 18 yrs & older.

## ONLINE WORKSHOPS via Zoom

For the most up to date schedule/information  
or to register, please visit  
[www.CSCSouthBay.org](http://www.CSCSouthBay.org) or call 310-376-3550.

Please use QR Code using  
your camera app to go directly  
to our website calendar.



### Thursday May 8 | 5:30pm - 6:30pm

#### Getting Your Affairs in Order with Anna M. Schneider

Join us for this workshop to help you in planning during major life events such as divorce, illness, and birth/death of a family member. Anna, an expert in estate planning, will present ideas to protect your assets and ensure that your loved ones are taken care of and avoid probate.

### Tuesday, May 13 | 5:30pm - 6:30pm

#### How Medical Cannabis can Support Healing with

Elisabeth Mack, RN, MBA and Sherri Mack BSN, RN

Learn how medical cannabis can help fight cancer and promote hope and healing for the body, mind, and spirit, even in the face of chronic illness, such as cancer. This includes most effective products, tips for quality, proper dosing alongside conventional treatments, and more.

### Thursday, May 15 | 12:30pm - 1:30pm (also In-Person)

#### Senior Moments or Something Else: Understanding Dementia and Alzheimer's Disease with Dr. David Hart

Explore the differences between normal, age related memory challenges and abnormal memory loss. Learn how dementia and Alzheimer's disease are related and what you can do to limit your risk.

### Friday, May 16 | 1pm - 2pm

#### Hyperthermia Therapy with Joseph J. Pinzone, MD, MBA, FACP

Hyperthermia therapy is a non-invasive, FDA-approved cancer treatment that can help radiation and chemotherapy. Join Dr. Pinzone as he discusses this heat therapy, which has been utilized for decades with minimal adverse effects.

### 3rd Saturdays, May 17 and June 21 | 9am - 12pm

#### Writing for Wellness with Barbara Force

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

### Thursday, May 22 | 6pm - 7pm

#### Menopause Awareness with Nancy Siskowic and Erica Buck, Certified Menopause Practitioners

There is so much unnecessary fear and misinformation about menopausal hormone therapy. The thinking today is finally shifting from "no estrogen" to "you want an estrogen patch on your body until the day you die!"

### Tuesday, May 27 | 5:30pm - 6:30pm

#### SBSC: Weight Loss Medication 411: Navigating Safe Options for Cancer Survivors with Lisa L. Jewell, MD

Learn more about the new GLP-1 weight loss medications. Are these medications safe? Who can use them? Will insurance pay for them?

### MAY HIGHLIGHT #3

#### Dinner and Fiesta Bingo with CSC South Bay

Wednesday, May 21 | 5:30pm - 7pm | Our Office  
Join us for a fiesta-themed fun night of dinner, bingo, and prizes for winners! Feel free to dress up in bright and bold colors!

### Thursday, May 29 | 12pm - 1:30pm (also In-Person)

#### Spring Cleanse Meals & Liver Health with Lilly Padilla, INHC, AADP

Cleansing and supporting the liver before we enter summer can be helpful. The liver plays a pivotal role in regulating digestion, emotions, metabolism, and more. Learn about Chinese Nutritional Therapy, foods and habits to support liver metabolism and Qi. There will be an optional food sampling after the food demo for those who join in-person.

### Friday, May 30 | 1pm - 2pm (also In-Person)

#### Lunch and Learn: Exercises for Osteoporosis with Dr. Sarah Shimanek

We will share appropriate exercises and proper form as well as what not to do for osteoporosis or osteopenia, and how you can strengthen muscles in order to improve bone density.

### Last Saturdays, May 31 and June 28 | 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.

### Friday, June 6 | 1pm - 2pm (also In-Person)

#### Lunch and Learn: Combating Fatigue in Oncology with Colleen Malinow, NP-C

We will discuss what causes fatigue in oncology patients and how to help safely increase your energy level through diet, exercise, supplementation, sleep hygiene, meditation, and emotional support.

### Tuesday, June 10 | 5:30pm - 6:30pm

#### Lymphatic Health & Wellness Essentials with Alex Villanueva

Alex, a lymphatic health specialist, will cover topics including your lymphatic system, lymphatic drainage techniques, management tools, and practical lifestyle tips for improving skin health and reducing swelling.

**Note:** Join us online on Tuesday, June 17 & 24 for his full-body lymphatic drainage class. See Pg 2 for more information.

### 3rd Mondays on Even Months, June 16 | 2pm - 3pm

#### Declutter 101 with Regina Lark, PhD

Is your office or home filled with clutter? Learn how to let go of "our stuff", determine if you should keep it, sell it, or give it away using various fun and easy techniques.

### Friday, June 27 | 1pm - 2pm

#### Inflammation, Gut Health and Cancer with Marissa Minderler, RD

This workshop will discuss the concepts of inflammation and gut health and their role in the development of various chronic conditions. It will also explore how these two may impact cancer and cancer development.

### MONTHLY HYBRID CLASS

#### Cooking as a Community with Karla Haynes

2nd Fridays, May 9 & June 13 | 12:30pm - 2pm | Our Office  
Get to know your fellow CSC SB Participants while CSC Staff, Karla Haynes, provides a healthy cooking demonstration with an optional food sampling.



\*This programming is for adults, 18 yrs & older.

## IN-PERSON WORKSHOPS @ OUR OFFICE

\*unless otherwise stated

For the most up to date schedule/information or to register, please visit [www.CSCSouthBay.org](http://www.CSCSouthBay.org)

### JUNE HIGHLIGHT #1

#### Celebration of Life Luau

**Sunday, June 1 | 1pm - 3pm | In-Person at TMMC**

For National Cancer Survivors Day, join us for hula dances, music, food, resources, crafts, prizes, kids area, and more!

**Thursday, May 8 | 12:30pm - 2:30pm**

#### EFT Tapping with Marni Gittleman

Join us for an intro workshop, where you'll discover gentle yet effective techniques that reduce stress and enhance overall well-being for your body, mind and spirit.

**2nd Mon., May 12 and 4th Mon., June 23 | 1:30pm - 3:30pm**

#### Artlife: Monthly Workshop with Vanesa Andrade

Vanesa will teach various styles/paintings each month using acrylic paint. All materials are provided.

**2nd Tuesday, May 13 and 1st Thursday, June 5 | 1pm - 2pm**

#### Food and Mood Sharing Circle with Lily Hanna

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

**Wednesday, May 14 | 1pm - 2pm**

#### Challenging Negative Thoughts with Nancy Lomibao, LMFT, CCO/PD of CSC South Bay

Nancy will address negative thoughts, how they can become entrenched into a "downward spiral," and what we can do to reframe, stay calm, and cope effectively!

**2nd Wednesday, May 14 | 1pm - 3pm**

#### Sewing: School of Couture with Dee Aizakhmetova

Skill: Beginner. Learn how to thread the sewing machine, manage the machine, and sew straight lines. Max 5.

**3rd Wednesday, May 21 | 1pm - 3pm**

#### Sewing: School of Couture with Dee Aizakhmetova

Skill: Proficient. Join Dee as you further your sewing skills by doing intermediate projects. Max 5 Participants.

### JUNE HIGHLIGHT #2

#### Hello Summer Puppy Party (Adults Only)

**Friday, June 20 | 1pm - 2pm | In Person at Our Office**

Join us as we share some puppy love with your fellow CSC South Bay participants. Max 40 Participants.

**Thursday, May 15 | 12:30pm - 1:30pm** (also Online)

#### Senior Moments or Something Else: Understanding

**Dementia and Alzheimer's Disease with Dr. David Hart**

See Page 3 under Online Workshops for description.

**3rd Tuesdays, May 20 and June 17 | 1:30pm - 3:30pm**

#### Art: Expressive Mixed Media with Karen Doyle

Discover new ways to unleash your creativity while connecting with others and finding joy in the process.

**Friday, May 23 | 12:30pm - 2pm**

#### Lunch and Learn: 5 Wishes Workshop with Vitas Healthcare

Vitas will help you explore and document your end of life preferences through a thoughtful and guided approach.

**Thursday, May 29 | 12pm - 1:30pm** (also Online)

#### Spring Cleanse Meals & Liver Health with Lilly Padilla

See Page 3 under Online Workshops for description.

**Friday, May 30 | 12:30pm - 2pm** (also Online)

#### Lunch & Learn: Exercises for Osteoporosis with Dr. Sarah Shimanek

Learn appropriate exercises for osteoporosis or osteopenia, and how you can strengthen muscles in order to improve bone density.

**Friday, June 6 | 12:30pm - 2pm** (also Online)

#### Lunch and Learn: Combating Fatigue in Oncology with Colleen Malinow, NP-C

See Page 3 under Online Workshops for description.

**Tuesday, June 24 | 1pm - 2:30pm**

#### Cancer Fighting Summer Salads with Paula Marchica

We will discuss super easy, delicious salads that feature cancer-fighting ingredients. We will have an optional food sampling after the food demonstration.



#### Kids Snack & Support

**1st & 3rd Thursdays | 4pm - 4:45pm**

Free **online** support program for children 5-12 who have a family member with cancer. In a small and supportive group setting, children will talk, learn, and grow together. BYOS.

**Kids Community also hosts in-person themed monthly activities that bring together families to connect, learn, and have fun!**

**To learn more, please email Norma Gonzalez, Cancer Support Navigator, at [Norma@CSCSouthBay.org](mailto:Norma@CSCSouthBay.org).**

#### Administrative Staff

Jillian Van Leuven, Executive Director  
Nancy Lomibao, MS, LMFT#36645, CCO/Program Director  
Pamela Martis, Director of Finance & Operations  
Theresa Plakos, Public Relations Director  
Carla Bick, Data Analyst and Reporting Specialist  
Goli Eslami, Event & Volunteer Manager  
Karla Haynes, MS, LMFT#100393, Assoc. Clinical Supervisor  
Kelsey Schaible, Marketing & Communications Manager  
Melody Lomboy, Development Coordinator  
Norma Gonzalez, Cancer Support Navigator  
Rebecca Sul, Program Manager  
Vinian Meyer, Participant Engagement & Operations Manager

#### Licensed Mental Health Professionals

Jo Ann Panitch, LMFT#44284  
Nadine Shoukry, LMFT#129529  
Ruth Schriebman, PsyD, LMFT#39901  
Stephen Lottenberg, MD, PsyD, G41490

#### Graduate Interns\*

Amanda Linzmeyer, MFT Trainee  
Brittany Anvari, AMFT#128113  
Chiara Petrone, PCC Trainee  
Cristina Scott, MFT Trainee, Outreach & Kids Community Manager  
Jay Chang, AMFT #149255, APCC#17480  
Kari Wendt, MA, APCC#11021, Facilitator  
Linda Shrader, AMFT#109891  
Lali Borovich, MFT Trainee  
Lizette Bojorquez, AMFT#143141  
Maria Page, MA, APCC#17924

### 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.



**CANCER SUPPORT  
COMMUNITY  
SOUTH BAY**

**310-376-3550**

**2601 Airport Drive, Ste.100  
Torrance, CA 90505**

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