



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: July 12 & 26 and August 9 & 23

• 10am – 12pm *In-Person Only

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

Monday, July 7 & 21 and August 4 & 18

• 4:30pm – 6:30pm

Tuesday, July 15 & 29 and August 12 & 26: 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 for approximately 30 minutes.**

INTERESTED IN JOINING OUR COMMUNITY?

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



JULY & AUGUST 2025 CALENDAR

All groups 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, July 10 and August 14 • 1pm – 3pm

Celebrando Cada Dia

1st & 3rd Tuesday, July 1 & 15 and August 5 & 19

• 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

1st Saturday, July 5 and August 2 • 10:30am – 12:30pm

Gynecological Cancers

1st & 3rd Tues., July 1 & 15 and Aug. 5 & 19 • 10am – 12pm

Life After Cancer

1st Monday, July 7 and August 4 • 6pm – 8pm

Living Well with Metastatic Cancer

1st Monday, July 7 and August 4 • 10am – 12pm

Lung Cancer

3rd Saturday, July 19 and August 16 • 10:30am – 12:30pm

Lymphedema Networking Group (Meets Quarterly)

2nd Saturday, September 13 • 11am – 1pm

Oral, Head & Neck Cancer

1st Thursday, July 3 and August 7 • 2pm – 4pm

Pancreatic Cancer

3rd Monday, July 21 & August 18 • 10:30am – 12:30pm

Prostate Cancer

1st & 3rd Wed., July 2 & 16 and August 6 & 20

• 4:30pm – 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, July 9 and August 13 • 5pm – 7pm

Sarcoma Alliance

2nd Saturday, July 12 and August 9 • 11am – 1pm

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

2nd & 4th Monday, July 14 & 28 and August 11 & 25

• 4:30pm – 6:30pm

Young Cancer Survivorship

1st & 3rd Mon., July 7 & 21 and Aug. 4 & 18 • 6pm – 7:30pm

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

JULY & AUGUST 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

ONLINE CLASSES

These classes are held over Zoom.

**1st & 3rd Mondays, July 7 & 21
and August 4 & 18 | 10am**

Gentle Hatha Yoga with Jenni Green

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

2nd & 4th Mondays, Jul. 14 & 28 and Aug. 11 & 25 | 10am

Revitalizing Yoga with Yoshiko Nishioka

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

Mondays | 5pm New Date and Time!

Tai Chi with Ann Pitts

This low-impact, graceful exercise is good for the body and mind and can reduce stress and improve balance.

Tuesdays | 10am New Class!

Meditative Yoga with Rivka Mamro, Akhila Health

A combination of gentle poses and breathing techniques will guide you into a meditative state and cultivate inner harmony.

1st Tuesdays, July 1 and August 5 | 5:30pm

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.

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., Jul. 10 & 24 and Aug. 14 & 28 | 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 Friday, August 1 | 11am

Strength & Balance with Mudaser Hakami

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

IN-PERSON CLASSES

Classes are held at CSC Offices or Offsite Locations

Mondays at 8:30am

3rd Tuesdays, July 15 & August 19 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.

3rd & 4th Mondays, July 21 & 28

and August 18 & 25 | 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 Krzucuk

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

Tuesday, July 8 and 22 | 12pm

Thursday, August 7 | 11:30am

Chakra Sound Healing with Lynette Toma

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

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, July 23 and August 27 | 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, July 24 and August 28 | 10am

Restorative Yoga with Lisa Briedis

Join us for gentle, restorative yoga supported by props and open to all levels- including those in recovery.

Fridays | 11am

Zumba/Move and Groove with Liza Legaspi

Zumba is the ultimate dance-fitness party. Let the music free your body and find yourself in shape.

2nd Saturdays, July 12 and August 9 | 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.

Don't forget about **Sunset Yoga** every Wednesday in September from 6-7pm!

*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 or call 310-376-3550.

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



3rd Saturdays, July 19 and August 16 | 9am - 12pm

Writing for Wellness with Barbara Force

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

Thursday, July 24 | 3:30pm - 4:30pm

COH: Caring About Patient Education Series

Join Nurse Ann Smith, MSN, RN, OCN, NPD-BC, and other City of Hope Experts to learn how to manage side effects of cancer treatment through this series.

Topic: Nausea, Heartburn, Indigestion, Upset Stomach, Diarrhea- Gastrointestinal Side Effects of Chemotherapy.

Friday, July 25 | 1pm - 2pm

Strategies in Optimizing Wellness and Resilience with Arash Asher, MD

Demoralization and hopelessness, unfortunately, can be a common but very distressing feeling when living through the cancer journey. This presentation will highlight high-level, evidence-based strategies in building practices for authentic hope and gratitude while managing distress. The presentation will integrate key principles utilized in Cedar-Sinai's GRACE (Growing Resilience And CouragE) program.

Last Saturdays, July 26 and August 30

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. No poetry-writing experience necessary.

Tuesday, August 5 | 6pm - 7pm

Diets and Cancer with Lisa Statner, MS, RDN, CSO

Which is the best diet to prevent cancer?

Let's look at the current science regarding popular diet trends and cancer.

Tuesdays, Every other Tuesday

from August 12 to November 18 | 12pm - 1pm

Chakra Series with Dr. Sarah Sue Myers from Akhila Health

Tap into the healing potential of the chakra system, learning to navigate your stress and obstacles to health. Akhila Health facilitator, Dr. Sarah Sue Myers, offers practical teachings, perspectives, and mind-body techniques to help you improve your physical, mental, and emotional well-being.

#1- Tuesday, August 12 - Introduction To The Chakra System

#2- Tuesday, August 26 - Connect With Your Body/Space (Root Chakra)

#3-8 will explore the other chakras!

Thursday, August 14 | 12pm-1pm

Eat the Rainbow - Tips for a Colorful Diet with Alexandra Sullivan, MS, RDN, CSO

Cancer fighters in your food come from a wide range of colorful fruits, vegetables, and other savory sources. Eating the rainbow means consuming a variety of vibrant foods to provide you with beneficial vitamins, minerals and phytonutrients. This workshop will discuss practical tips for tasty and affordable cancer-fighting meals that span the spectrum of colors.

3rd Mondays on Even Months, August 18 | 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.

Thursday, August 28 | 3:30pm - 4:30pm

COH: Caring About Patient Education Series

Join Nurse Ann Smith, MSN, RN, OCN, NPD-BC, and other City of Hope Experts to learn how to manage side effects of cancer treatment through this series.

Topic: To Eat or Not to Eat- Nutrition During Treatment.



JULY SOCIAL

Love and Laughter Summer Social and Comedy Hour | Our Office

Tuesday, July 29, 2025

Summer Social: 5:30 - 6pm

Comedy Hour: 6-7pm

Laughter is the best medicine. Join professional comedian Jason Love's colleagues for an evening of fun and laughter. This is an In-Person Adults Only Program.



AUGUST SOCIAL

Luau Lunch and Bingo | Our Office

Wednesday, August 13, 2025

Lunch: 1pm- 1:30pm

Bingo: 1:30pm - 2:30pm

Join CSC South Bay staff for a fun Hawaiian lunch and bingo! Lunch and bingo materials will be provided, along with a few prizes! **Theme: Luau.** Please feel free to wear your favorite Hawaiian/tropical shirt or outfit.

*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

1st Thursdays, July 3 and August 7 | 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, July 9 | 1pm - 2pm

Nutrition for Strength: Easy Ways to Boost Protein at Every Meal with Meghan McGillis, RD from Ensure

Eating can feel challenging at times, but small changes can make a big difference. Meghan McGillis, RD, will share simple tips for boosting protein and energy with everyday foods and a food demonstration of easy recipes.

**3rd Tuesday, July 15 and 2nd Tuesday, August 12
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, July 18 | 12:30pm - 2:15pm

Lunch and Learn: 5 Wishes Workshop with Vitas Healthcare

Join us for Part 2 of the 5 Wishes Workshop, where we'll take a deeper dive into advanced care planning and personal values. Whether or not you attended the first workshop, you're welcome to join!

4th Monday, July 28 and August 25 | 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.



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.

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

All MFT & PCC Associates & Trainees are supervised by Karla Haynes, MS, LMFT#100393 and/or Nancy Lomibao, MS, LMFT#36645.

Licensed Mental Health Professionals

Brittany Anvari, LMFT #155361
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
Chiara Petrone, PCC Trainee
Cristina Scott, MFT Trainee, Outreach
& Kids Community Manager
Eloisa Raho, AMFT #140358
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



KIDS COMMUNITY- SUMMER PROGRAM

A Butterfly's Journey | Mondays and Wednesdays through August 20 | 10am - 12pm | In-Person

Join us for a fun workshop where kids will experience the remarkable journey of a caterpillar as it grows and transforms into a butterfly! Kids will raise caterpillars and release them once they turn into butterflies! Each week will include different mindfulness activities and arts & crafts.

Week of July 7 and 9: Theme: Growing in the Chrysalis

Week of July 14 and 16: Theme: Nature as Support

Week of July 21 and 23: Theme: Celebrating the Moment

Week of July 28 and 30: Theme: Releasing What We Carry

Week of August 4 and 6: My Inner Wings

Week of August 11 and 13: Planting Hopes

Week of August 18 and 20: The Butterfly Emerges

For more information, please contact Chiara Petrone at Chiara@CSCSouthBay.org

Monthly Hybrid Class

Cooking as a Community with CSC Staff

2nd Fridays, July 11 & August 8 | 12:15pm - 1:30pm

Get to know your fellow CSC South Bay Participants while CSC Staff provides a healthy cooking demonstration with an optional food sampling.

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.



310-376-3550

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

www.CSCSouthBay.org