



CANCER SUPPORT
COMMUNITY
SOUTH BAY

All CSC South Bay services are provided free of charge!

OCTOBER 2024 Calendar

All programs offered online via Zoom, unless otherwise noted. For most up-to-date schedule/information, visit

www.CSCSouthBay.org



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

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, October 7 & 21: 4:30pm - 6:30pm

Tuesday, October 15 & 29: 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 **held every Monday and Friday at 11am.**

Register online at CSCSouthBay.org and click "GETTING STARTED" or contact Kari Wendt, our Temp. Cancer Support Navigator, at Kari@CSCSouthBay.org.

"Celebrating Survivorship" In-Person Weekly Support Group - Saturdays from 10am-12pm

Dedicated to post-treatment cancer survivors, providing a safe space to connect, engage in a creative activity, and join for lunch served on the 1st Saturday.

Learn more at CSCSouthBay.org under **Calendar** or contact Kari Wendt, our Temp. Cancer Support Navigator, at Kari@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, October 10 • 1pm - 3pm

Celebrando La Vida

1st & 3rd Friday, October 4 & 18 • 5pm - 7pm

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

Colo-Rectal Cancers

1st Saturday, October 5 • 10:30am - 12:30pm

Gynecological Cancers

1st & 3rd Tuesday, October 1 & 15 • 10am - 12pm

Life After Cancer

1st Monday, October 7 • 6pm - 8pm

Living Well with Metastatic Cancer

1st Monday, October 7 • 10am - 12pm

Lung Cancer

3rd Saturday, October 19 • 10:30am - 12:30pm

Lymphedema Networking Group (Meets Quarterly)

2nd Saturday, December 14 • 11am - 1pm

Oral, Head & Neck Cancer

1st Thursday, October 3 • 2pm - 4pm

Pancreatic Cancer

3rd Monday, October 21 • 10:30am - 12:30pm

Prostate Cancer

1st & 3rd Wednesday, October 2 & 16 • 4:30pm - 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, October 9 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, October 12 • 11am - 1pm

Spousal Bereavement (Welcome Orientation NOT required)

2nd & 4th Monday, October 14 & 28 • 4:30pm - 6:30pm

Thyroid Cancer

1st Saturday, October 5 • 10am - 12pm

Young Cancer Survivorship

1st & 3rd Monday, October 7 & 21 • 6pm - 7:30pm

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

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 | 3pm ND Cancer- In-Person 5:30pm Breast Cancer * | 10am Women's Cancer 6pm Cancer Participant | 10am ND Breast *** 2pm Cancer Participant | 11am Welcome Orientation | 10am Tai Chi 10am Celebrating |
| 12pm Sound Bath | 6pm ND Breast *** | 6pm ND Breast *** | 5pm Cancer Participant** | 9:30am Gentle Yoga | Survivorship |
| 9am Walking Grp- Esplanade | 6pm Cancer Participant 6pm Family/Partners | 10am Qi Gong 3pm Sound Healing | 6pm Cancer Participant 6pm Family/Partners | 11am Zumba | In-Person |
| 10am Knit and Crochet | 10:30am Tai Chi | 4pm Guided Meditation | 6pm ND Breast *** | | |
| 12:15pm Hatha Flow | | 6:30pm Pilates | | | |

OCTOBER GROUPS & CLASSES

The groups and classes listed below reoccur monthly.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|---|
| CALENDAR LEGEND Classes listed in bold are monthly * San Pedro Group ** Long Beach Group *** Newly Diagnosed */ Living Well with Metastatic Cancer | 1 10am Gynecological 5:30pm Dancing for Fitness 12pm Food and Mood Sharing Circle | 2 4:30pm Prostate Cancer 11am Restore & Relax Yoga | 3 2pm Oral, Head and Neck 4pm Kids Snack & Support 6pm Integrating 5 Pillars of Health Pt 2 | 4 5pm Celebrando La Vida 11am Strength & Balance 12pm Breast Cancer Therapy 101 | 5 10am Thyroid Cancer 10:30am Colo-Rectal |
| 7 4:30pm Bereavement 10am LW Metastatic*/ 6pm Life After Cancer 6pm Young Cancer 10am Gentle Hatha Yoga 10am Life with Metastatic Cancer | 8 12pm Breast Cancer Health & Awareness 5pm Getting Your Affairs in Order | 9 5pm Prostate (Kaiser Grp) 11am Yin & Restorative Yoga 1pm Sewing: Beginner School of Couture | 10 1pm Blood Cancers 11am 5Rhythms 11:30am Chakra Sound Healing | 11 12:30pm Lunch & Learn: Pt 2 5 Pillars of Health | 12 11am Sarcoma Alliance 10am Yoga @ RB Pier 10am Intro to Medical Qi Gong- Pt 1 of 3 |
| 14 4:30pm Spousal Bereavement 10am Revitalizing Yoga 10am Chakra Sound Healing | 15 3pm Bereavement 10am Gynecological 11am Full Body Strength Training 5:30pm Dancing for Fitness 9am Offsite: Walking | 16 4:30pm Prostate Cancer 11am Restore & Relax Yoga 1pm Sewing: Proficient School of Couture | 17 4pm Kids Snack & Support 6pm Integrating 5 Pillars of Health Pt 3 12pm Nutrition for Immune System (Online & In-Person) | 18 5pm Celebrando La Vida 12pm Post-Mastectomy Pain Syndrome | 19 10:30am Lung Cancer 9am Writing for Wellness 10am Breast Cancer & Medical Qi Gong 1pm Art of a Sacred Place A Personal Journey |
| 21 4:30pm Bereavement 10:30am Pancreatic 6pm Young Cancer 10am Gentle Hatha Yoga 10am Sacred Sound 12:30pm Emo. Empowerment Pt 1: Family/Caregivers 2pm CSCLA: De-Clutter 101 | 22 12pm Breast Recon 101 (Online & In-Person) | 23 11am Yin & Restorative Yoga 12:30pm Reiki Energy Circle 12:30pm Emo. Empowerment Pt 2: Gratefulness | 24 11am 5 Rhythms 12pm Advance Directives & End of Life Options | 25 9:30am Restorative Yoga 12pm Offsite:Awakening Sound Bath 12:30pm Lunch & Learn: Pt 3 5 Pillars of Health | 26 11am Word Women: Poetry Heals 10am Energetics of Food- Pt 3 of 3 |
| 28 4:30pm Spousal Bereavement 10am Revitalizing Yoga 10am Sacred Sound 12:30pm Emo. Empowerment Pt 3 :Explore Worries 1:30pm Artlife | 29 3pm Bereavement 5:30pm Halloween Social & Love and Laughter <i>In-Person Only</i> | 30 11am Restore & Relax Yoga 12:30pm Emo. Empowerment Pt 4: Pos. Affirmations | 31 6pm Integrating 5 Pillars of Health Pt 4 | Weekly Support Group Networking Group ONLINE Healthy Lifestyle IN-PERSON Healthy Lifestyle ONLINE Workshop IN-PERSON Workshop Social Event Kids & Teens | |



KIDS COMMUNITY

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. For more info, please email Norma Gonzalez, Kids Community Manager, at Norma@CSCSouthBay.org.

Kids Community also hosts in-person 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 Karla Haynes, our Clinical Supervisor, at Karla@CSCSouthBay.org.

HEALTHY LIFESTYLE CLASSES

For more information or to register for class, please visit CSCSouthBay.org



OCTOBER HIGHLIGHT

Love & Laughter Halloween Social & Comedy Hour

Tuesday, October 29 | 5:30pm - 7pm | In Person at Our Office

Laughter is the best medicine. Join us for a social from 5:30-6pm. We will have small bites and drinks available. Then we will enjoy the in person comedy hour together from 6pm-7pm!

ONLINE CLASSES

These classes are held over Zoom.

1st & 3rd Monday, October 7 & 21 | 10am

Gentle Hatha Yoga with Jenni Green

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

2nd & 4th Monday, October 14 & 28 | 10am

Revitalizing Yoga with Yoshiko Nishioka

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

Mondays | 12pm

Sound Bath with Victoria Birch-Vandeplass

Relax with the tones of gongs & crystal alchemy sound bowls.

1st & 3rd Tuesdays, October 1 & 15 | 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, & smile.

3rd Tuesday, October 15 | 11am

Full Body Strength Training with Annelise Chin, CPT, MES

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

Wednesdays | 10am

Qi Gong with Regina Dell'Oro

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

Wednesdays | 3pm

Sound Healing with Heather Louks

Relax w/ healing sounds to harmonize your mind & body.

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

These exercises can help create balance, strength, & flexibility.

2nd & 4th Thursdays, October 10 & 24 | 11am

5Rhythms with Masayo Benoist

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

1st Fridays, October 4 | 11am

Strength & Balance with Mudaser Hakami

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

Fridays | 9:30am

Gentle Yoga with Maureen O'Connor

Practice stretching, breathing techniques, and meditation.

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, October 15 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.

Mondays | 12:15pm

Hatha Flow with Poppy Jones

Join us for a gentle mat yoga class designed to increase mobility and flexibility.

3rd & 4th Monday, October 21 & 28 | 10am

Sacred Sound with Amber Zinsmeister

Experience soothing vibrations of crystal singing 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.

1st, 3rd & 5th Wednesday, October 2, 16 & 30 | 11am

Restorative, Relax, Renew Yoga with Andrea Torregrossa

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

2nd & 4th Wednesday, October 9 & 23 | 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 Wednesday, October 23 | 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).

2nd Thurs. Oct 10 | 11:30am, 2nd Mon. Oct 14 | 10am &

4th Fri., Oct 25 | 12pm

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

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

4th Friday, October 25 | 9:30am

Restorative Yoga with Lisa Briedis

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

2nd Saturday, October 12 | 10am

Morning Yoga at Redondo Beach Pier- Concert Stage with Isabelle Royer

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

WORKSHOPS

ONLINE WORKSHOPS

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

Every Other Thursday, Oct. 3 - Nov. 14 | 6pm - 7pm
Integrating the 5 Pillars of Health in Daily Life Series with Dr. Natacha Nelson DC, MA. Part 2 to 5

See workshop description to the right. The same topic will be provided In-Person the following Friday.

Friday, October 4 | 12pm - 1pm

Breast Cancer Therapy 101 with Dr. Parvin Peddi

We will review the different types of breast cancer and treatment with personalized therapy.

Monday, October 7 | 10am - 11am

Life with Metastatic Cancer with Susan Starr, AOCNP

Susan will discuss common concerns, including managing LT side effects, ways to help your body fight cancer recurrence, and more.

Tuesday, October 8 | 12pm - 1pm

Breast Cancer Health & Awareness with Dr. Priya Mitra

Learn and ask questions about breast health and breast cancer.

Tuesday, October 8 | 5pm - 6pm

Getting Your Affairs in Order with Scott R. Magee, Esq

This workshop will help you plan for major life events, learn how to protect your assets, avoid probate and conservatorships, and more.

Thursday, October 17 | 12pm - 1:30pm (Also In-Person)

Nutrition for Your Immune System w/ Lilly Padilla, INHC

See workshop description to the right.

Friday, October 18 | 12pm - 1pm

Post-Mastectomy Pain Syndrome with Philip Chang, DO

We will discuss various common pain syndromes that may follow surgical/radiation treatment in addition to available treatments.

3rd Saturday, October 19 | 9am - 12pm

Writing for Wellness with Barbara Force

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

Every Monday & Wed., Oct. 21 - Nov. 6 | 12:30pm - 1:45pm

Emotional Empowerment Series with Akhila Health - 6 Parts

Suzanne will guide us in mind-body practices to help manage our emotions, improve our mindset, and increase our self-compassion.

Pt 1 - Family/Caregivers. Pt 2 - Self Compassion & Gratefulness.

Pt 3 - Explore Worries & Train The Mind. Pt 4 - Positive Affirmations.

Monday, October 21 | 2pm - 3pm

CSCLA: Declutter 101 with Regina Lark, PhD

Learn how to let go of "stuff" with various fun & easy techniques.

Tuesday, October 22 | 12pm - 1pm (Also In-Person)

Breast Reconstruction 101 with Dr. Lisa L. Jewell

See description to the right.

Thursday, October 24 | 12pm - 1:30pm

Advance Directives & End of Life Options w/ Karen Morin, RN

Karen will explain in-depth, step-by-step, the AD and POLST forms so they reflect your wishes. Karen welcomes questions.

ONLINE WORKSHOPS CONT'D.

Last Saturday, October 26 | 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.

IN-PERSON WORKSHOPS

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

1st Tuesday, October 1 | 12pm - 1pm

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 theme.

Wednesday, October 9 & 16 | 1pm - 3pm

Sewing: School of Couture with Dee Aizakhmetova

This workshop is full. These workshops are provided monthly.

Every Other Friday, Oct. 11 - Nov. 22 | 12:30pm - 2pm

Lunch & Learn: Integrating the 5 Pillars of Health in Daily Life Series with Dr. Natacha Nelson DC, MA. Part 2 to 5

Join us as we break down the 5 Pillars of Health into bite-sized pieces and gain tools to integrate them in your daily life.

Pt 2 - Create your ideal Nutrition plan. Pt 3 - Managing cravings & Sugar cycle. Pt 4 - Emotional Health. Pt 5 - Mental Health.

Saturdays, October 12 - 26 | 10am - 12pm

Medical Qi Gong Series with Benj Sinksul- 3 Part Series

Learn about one type of traditional Chinese Medicine (TCM) that applies Qi Gong principles within the theory and diagnostic framework of Chinese Medicine.

Saturday, October 19 | 1pm - 3:30pm

The Art of a Sacred Space with Wellness in Motion

Discover a sacred space in nature that offers a sanctuary to connect with yourself on a deeper level, finding solace, strength, safety, and renewal amidst life's challenges.

Thursday, October 17 | 12pm - 1:30pm (Also Online)

Nutrition for Your Immune System with Lilly Padilla

Learn the secrets to healthy immunity, and create a potency effect, food-synergy nutrient-rich meals that can help boost the immune system. There will be an In-Person Food Sampling.

Tuesday, October 22 | 12pm - 1pm (Also Online)

Breast Reconstruction 101 with Dr. Lisa L. Jewell

Learn about your options after lumpectomy or mastectomy & when you should get a plastic surgeon involved in your care.

4th Monday, October 28 | 1:30pm - 3:30pm

Artlife: Monthly Workshop with Vanesa Andrade

Vanesa will teach various styles/paintings each month using acrylic paint on watercolor paper. All materials will be provided.

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 and Communications Manager
Melody Lomboy, Development Coordinator
Norma Gonzalez, Outreach & Kids Community Manager
Rebecca Sul, Program Manager
Vinian Meyer, Office 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

Jo Ann Panitch, LMFT, 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
Jay Chang, MFT Trainee, PCC Trainee
Kari Wendt, MA, APCC# 11021
Linda Shrader, AMFT# 109891
Lali Borovich, MFT Trainee
Lizette Bojorquez, AMFT# 143141
Maria Page, PCC Trainee



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www.CSCSouthBay.org