



**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

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

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, August 5 & 19: 4:30pm - 6:30pm

Tuesday, August 13 & 27: 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 Carla Bick, our Cancer Support Navigator, at Carla@CSCSouthBay.org.

Ven y Juega Loteria Junto a la Comunidad de Apoyo Contra el Cancer (CSCSB),

cada 3er Martes del Mes a las 4:30 p.m.. Llama para mas informacion al 310-376-3550 o envia un correo electronico a: karla@cscsouthbay.org

Come and Play Loteria with a CSCSB Twist (Spanish Bingo)

Join us to play this fun bilingual (English/Spanish) board game in-person every 3rd Tuesday of the month at 4:30 p.m.

AUGUST 2024 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, August 8 • 1pm - 3pm

Celebrando La Vida

1st & 3rd Friday, August 2 & 16 • 5pm - 7pm

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

Colo-Rectal Cancers

1st Saturday, August 3 • 10:30am - 12:30pm

Gynecological Cancers

1st & 3rd Tuesday, August 6 & 20 • 10am - 12pm

Life After Cancer

1st Monday, August 5 • 6pm - 8pm

Living Well with Metastatic Cancer

1st Monday, August 5 • 10am - 12pm

Lung Cancer

3rd Saturday, August 17 • 10:30am - 12:30pm

Lymphedema Networking Group (Meets Quarterly)

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

Oral, Head & Neck Cancer

1st Thursday, August 1 • 2pm - 4pm

Pancreatic Cancer

3rd Monday, August 19 • 10:30am - 12:30pm

Prostate Cancer

1st & 3rd Wednesday, August 7 & 21 • 4:30pm - 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, August 14 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, August 10 • 11am - 1pm

Spousal Bereavement (Welcome Orientation NOT required)

2nd & 4th Monday, August 12 & 26 • 4:30pm - 6:30pm

Thyroid Cancer

1st Saturday, August 3 • 10am - 12pm

Young Cancer Survivorship *

1st & 3rd Monday, August 5 & 19 • 6pm - 7:30pm

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

AUGUST 2024

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, classes, and 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	10am Women's Cancer	10am ND Breast ***	11am Welcome Orientation	10am Tai Chi
12pm Sound Bath	5:30pm Breast Cancer *	6pm Cancer Participant	2pm Cancer Participant	9:30am Gentle Yoga	9am Offsite: Vinyasa Flow
9am Walking Grp- Esplanade	6pm ND Breast ***	6pm ND Breast ***	5pm Cancer Participant**	11am Zumba	
10am Knit and Crochet	6pm Cancer Participant	10am Qi Gong	6pm Cancer Participant		SUNDAY
12:15pm Hatha Flow	6pm Family/Partners	4pm Guided Meditation	6pm Family/Partners		8am Vinyasa Flow
	10:30am Tai Chi	6:30pm Pilates	6pm ND Breast ***		
			6:30pm Sound Healing		

AUGUST GROUPS & CLASSES					
The groups and classes listed below reoccur monthly.					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CALENDAR LEGEND			1	2	3
Classes listed in bold occur monthly	Weekly Support Group		2pm Oral, Head and Neck	5pm Celebrando La Vida	10am Thyroid Cancer
* San Pedro Group	Networking Group		4pm Kids Snack & Support	11am Strength & Balance	10:30am Colo-Rectal
** Long Beach Group	ONLINE Healthy Lifestyle		11:30am Chakra Sound Healing		
*** Newly Diagnosed	IN PERSON Healthy Lifestyle				
*/ Living Well w/ Metastatic Cancer	ONLINE Workshop				
	IN PERSON Workshop				
	Social Event				
	Kids & Teens				
5	6	7	8	9	10
4:30pm Bereavement	10am Gynecological	4:30pm Prostate Cancer	1pm Blood Cancers		11am Sarcoma Alliance
10am LW Metastatic*/	5:30pm Dancing for Fitness	11am Restore & Relax Yoga	11am 5Rhythms		10am Yoga @ RB Pier
6pm Life After Cancer	12pm Food and Mood	12:30pm Lunch and Learn:			12pm Kosha Series Pt 5
6pm Young Cancer	Sharing Circle	Integrative Medicine			Stress & Intellect
10am Gentle Hatha Yoga		Both Online & In Person			2pm Celebrating Healing Power of Sound
12	13	14	15	16	17
4:30pm Spousal Bereavement	3pm Bereavement	5pm Prostate (Kaiser Grp)	4pm Kids Snack & Support	5pm Celebrando La Vida	10:30am Lung Cancer
10am Revitalizing Yoga	3pm Chemo-accessorize with Chemoccessories	11am Yin & Restorative Yoga	5:30pm Safety to Sanity: Balanced Caregiving		9am Writing for Wellness
10am Chakra Sound Healing					
19	20	21	22	23	24
4:30pm Bereavement	10am Gynecological	4:30pm Prostate Cancer	11am 5Rhythms	9:30am Restorative Yoga	12pm Kosha Series- Fin
10:30am Pancreatic	11am Full Body Strength Training	11am Restore & Relax Yoga	1pm Beginners Mahjong Pt 1	12pm Offsite:Awakening Sound Bath	Stress & The Spirit
6pm Young Cancer	5:30pm Dancing for Fitness				
10am Gentle Hatha Yoga	9am Walking- SC Botanic Garden				
10am Sacred Sound	4:30pm Juego de Loteria				
2pm CSCLA: De-Clutter 101					
26	27	28	29	30	31
4:30pm Spousal Bereavement	3pm Bereavement	11am Yin & Restorative Yoga	1pm Beginners Mahjong Pt 2	12pm Federal Health Benefit Laws	11am Word Women: Poetry Heals
10am Revitalizing Yoga	5:30pm Lymphatic Health & Wellness Essentials	12:30pm Reiki Energy Circle			
1:30pm Artlife					



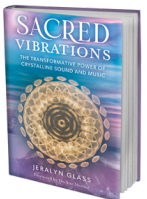
AUGUST HIGHLIGHT In Person at Our Office

Sacred Vibrations Celebration
Celebrating the Healing Power of Sound with Jeralyn Glass

Saturday, August 10 | 2pm – 4pm

Jeralyn will share from her new book *Sacred Vibrations*– how sound and intentional music has transformed her through loss and grief. Learn how crystalline sound vibration can be a potent medicine in your life. She will provide a short seated sound bath & autographed copy of her new book.

Registration Required at cscsouthbay.org



Kids Snack & Support
3rd Thursday | 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

OTHER AVAILABLE SERVICES

Peer to Peer Counseling

Dedicated volunteers that can provide support, comfort, and information to those with cancer.

HEALTHY LIFESTYLE CLASSES

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

ONLINE CLASSES

These classes are held over Zoom.

1st & 3rd Monday, August 5 & 19 | 10am

Gentle Hatha Yoga with Jenni Green

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

2nd & 4th Monday, August 12 & 26 | 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-Vandepas

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

1st & 3rd Tuesdays, August 6 & 20 | 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, August 20 | 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

Qi Gong with Regina Dell'Oro

Qi Gong is a wholistic experience of health, addressing the mind, the heart, and the body. Let's explore the basics of meditation, release emotional blockage, and learn how to help mobilize our energy (qi) 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

These exercises can help create balance, strength & flexibility.

2nd & 4th Thursdays, August 8 & 22 | 11am

5Rhythms with Masayo Benoist

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

Thursdays | 6:30pm

Sound Healing with Heather Louks

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

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.

Saturdays | 9am In Person & Sundays | 8am Online

The Greenhouse: Vinyasa Flow with Sarah Beston

We will move mindfully and fluidly through strong and energizing practices while linking breath to movement.

IN-PERSON CLASSES

Classes are held at CSC Offices or Offsite Locations

Mondays at 9am | 3rd Tuesday, August 20 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 Monday, August 19 | 10am

Sacred Sound with Amber Zinsmeister

Experience the soothing vibrations of crystal singing bowls, gongs, and 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 Wednesday, August 7 & 21 | 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, August 14 & 28 | 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, August 28 | 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).

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.

1st Thurs. Aug 1 | 11:30am, 2nd Mon. Aug 12 | 10am & 4th Fri., Aug 23 | 12pm

Sound Healing with Lynette Toma

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

4th Friday, August 23 | 9:30am

Restorative Yoga with Lisa Briedis

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

2nd Saturday, August 10 | 10am

Morning Yoga at Redondo Beach Pier- Concert Stage!

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

WORKSHOPS

ONLINE WORKSHOPS

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

Wednesday, August 7 | 1pm - 2pm (also In Person)
Integrative Medicine with Huy Quang Hoang, MD
See Workshop Description to the right.

Saturday, August 10 & 24 | 12pm - 1pm
Stress/The Kosha Series for Women with Akhila Health
Explore the 6 kosha layers and various mind-body practices to help manage your health and wellness.
August 10: Stress & Intellect. **August 24:** Stress & The Spirit.

Thursday, August 15 | 5:30pm - 6:30pm
Safety to Sanity: A 4-Pillar Approach to Balanced Caregiving with Dr. David Hart
Join us for an enlightening talk that delves into the heart of caregiving and offers a soulful approach to support you. We will explore a holistic framework of balanced caregiving that encompasses four essential pillars: Self-Care, Community, Education, and Love.

3rd Saturday, August 17 | 9am - 12pm
Writing for Wellness with Barbara Force
This monthly program offers everyone affected by cancer ways to express themselves through writing.

Monday, August 19 | 2pm - 3pm
CSCLA: Declutter 101 with Regina Lark, PhD
Is your office or home filled with clutter? Learn how to let go of "our stuff", how to determine if you should keep it, sell it, or give it away with the help of various fun and easy techniques.

Tuesday, August 27 | 5:30pm - 6:30pm
Lymphatic Health & Wellness w/ Alex Villanueva, OT, CLT
Lymphatic health and medical conditions like lymphedema are often misunderstood. Join us for a discussion covering topics including the importance of your lymphatic system, lymphatic drainage techniques, management tools, and practical tips.
Same workshop will be In Person on Friday, September 20.

Friday, August 30 | 12pm - 1pm
Federal Health Benefit Laws with EBSA and Covered CA
EBSA will help you understand what rights you and your family have so that you can make informed decisions. Covered CA will discuss ACA, MediCal, Health Coverage Options, and more.

Last Saturday, August 31 | 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.

Administrative Staff

Jillian Van Leuven, Executive Director
Nancy Lomibao, MS, LMFT# 36645, CCO/Program Director
Jackie Suiter, Development Director
Pamela Martis, Director of Finance & Operations
Theresa Plakos, Public Relations Director
Carla Bick, Cancer Support Navigator
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/MSW/LPCC Associates & Trainees are supervised by Karla Haynes, MS, LMFT# 100393 and/or Nancy Lomibao, MS, LMFT, LMFT# 36645*

IN-PERSON WORKSHOPS

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

1st Tuesday, August 6 | 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.
August Theme: Flavorful Vegan Sauces

Wednesday, August 7 | 12:30pm - 2pm (also Online)
Lunch & Learn: Integrative Medicine with Huy Quang Hoang, MD
What is Integrative Medicine? Many participants want to include natural therapies with their Western medicine as an integrative treatment but do not know how to start. Participants will have an opportunity to learn about the holistic approach and ask questions.

Tuesday, August 13 | 3pm - 4:30pm
Chemo-accessorize with Chemocessories
Looking Good and Keeping a Positive Attitude During Treatment with Iris Lee Knell, LCSW
Having a positive attitude and feeling confident has a way of helping cancer patients feel better and helps during treatment. Learn how to accessorize with turbans, jewelry, and scarves and receive complimentary accessory sets to take home.

Thursday, August 22 & 29 | 1pm - 3pm
Beginners Mahjong with Carla Bick & Friends
Join us to learn about the fundamentals that make American Mahjong such a captivating pastime. We will cover the essentials of American Mahjong, including tile identification, basic rules, scoring, and common strategies.

4th Monday, August 26 | 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.

KIDS COMMUNITY SERIES

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

Mondays & Wednesdays, August 5 - 14 | 4pm - 5:30pm
A Butterfly's Journey with Brittany Anvari
Join us for a fun series where kids will experience the remarkable journey of a caterpillar as it grows and transforms into a butterfly! Each week will include different mindfulness activities & art crafts.

Licensed Mental Health Professionals

Anne Karin Nelson, MS, LMFT#97367
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
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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