



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: Sept 13 & 27 and Oct. 11 & 25

• 10am – 12pm *In-Person @ Our Office

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

Monday, September 15 & 29 and October 6 & 20

• 4:30pm – 6:30pm

Tuesday, Sept. 9 & 23 and October 14 & 28: 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.



SEPTEMBER & OCTOBER 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.

***Groups on 1st Monday in September are cancelled/rescheduled due to Labor Day holiday.**

Blood Cancers

2nd Thursday, September 11 and October 9 • 1pm – 3pm

Celebrando Cada Dia

1st & 3rd Tuesday, September 2 & 16 and October 7 & 21

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

Por favor contacte a Norma al 310-376-3550.

Colo-Rectal Cancers

1st Saturday, Sept. 6 and October 4 • 10:30am – 12:30pm

Gynecological Cancers

1st & 3rd Tues., Sept. 2 & 16 and Oct. 7 & 21 • 10am – 12pm

Life After Cancer *Group typically meets on the 1st Monday

2nd Monday, Sept. 8 and 1st Monday, Oct. 6 • 6pm – 8pm

Living Well with Metastatic Cancer

1st Monday, October 6 • 10am – 12pm

Lung Cancer

3rd Saturday, Sept. 20 and October 18 • 10:30am – 12:30pm

Lymphedema (Meets Quarterly)

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

Men Strengthening and Connection - **NEW!**

1st and 3rd Fridays, October 3 & 17 • 1:30pm – 3:30pm

*In Person @ Our Office

Oral, Head & Neck Cancer

1st Thursday, September 4 and October 2 • 2pm – 4pm

Pancreatic Cancer

3rd Monday, Sept. 15 & Oct. 20 • 10:30am – 12:30pm

Prostate Cancer

1st & 3rd Wed., September 3 & 17 and October 1 & 15

• 4:30pm – 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, September 10 and October 8 • 5pm – 7pm

Sarcoma Alliance

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

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

2nd & 4th Monday, September 8 & 22 and October 13 & 27

• 4:30pm – 6:30pm

Young Cancer Survivorship

1st & 3rd Mon., Sept. 15 and Oct. 6 & 20 • 6pm – 7:30pm

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

SEPTEMBER & OCTOBER 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, Sept. 15 and Oct. 6 & 20 | 10am

Gentle Hatha Yoga with Jenni Green

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

2nd & 4th Mondays, Sept 8 & 22 and Oct 13 & 27 | 10am

Revitalizing Yoga with Yoshiko Nishioka

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

Mondays | 5pm

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

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, September 2 and October 7 | 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., Sept. 11 & 25 and Oct. 9 & 23 | 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, September 5 and October 3 | 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

Walking Group -Esplanade with Gina Koency

Walking is a great way to improve or maintain your overall health. Join us as we walk the Esplanade area.

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.

Tuesdays | 10:30am

Tai Chi with Les Krzcuk

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

Wed., September 3 & 10 | 12pm & Tues., Sept 16 & 23 | 4pm

Wed., October 1 | 12pm & Wed., October 22 | 11am

Tues, October 28 | 4pm

Somatics Yoga with Ghazal Hassanzadeh - NEW!

Come heal contagiously from the inside out in this gentle yet powerful class that blends conscious Somatic Work, Yoga, Meditation, and Breathwork. Together, we'll reconnect with the body, soften the mind, and return to our truest nature.

Wednesday, September 17 | 10am - NEW!

Somatics Yoga Therapy with Farzaneh Jafari, Ph.D., C-IAYT

Hanna Somatic movements can release and reverse chronic and acute neuromuscular pain, improve mobility and more. Together with yoga will allow you to comfortably engage into a yoga pose with full awareness and comfort

4th Wednesdays, Sept. 24 and October 22 | 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, September 25 and October 23 | 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, September 13 and October 11 | 10am

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

Every Wednesday in September (3, 10, 17, 24) | 6pm

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

All levels welcome. Bring a yoga mat, jacket (for Sunset only), water, and towel. No registration required.



SEPTEMBER SOCIAL

Fall Dinner and Bingo | Our Office

Monday, September 8, 2025

Dinner: 5:30pm- 6pm | Bingo: 6pm - 7pm

Join CSC South Bay staff for a fun night of dinner and fall bingo! Dinner and bingo materials will be provided, along with a few prizes!



OCTOBER SOCIAL

Love and Laughter Halloween Social

& Comedy Hour | Our Office | 5:30pm - 7pm

Wednesday, October 29, 2025

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.

*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 scan QR Code using your
camera app to go directly to our
website calendar.



Thursday, September 4 | 5:30pm - 7pm

Tiny Habits, Lasting Change with Mary Welch, ONP

Discover how small, consistent actions can lead to powerful, lasting improvements in your health. We will explore five essential habits and show how to integrate them using the science of habit stacking.

Every Other Tuesday, Sept. 9 to Nov. 18 | 12pm - 1pm

Chakra Series with Dr. Sarah Sue Myers, Akhila Health

Tap into the healing potential of the chakra system, learning to navigate your stress and obstacles to health. Each workshop will focus on one chakra.

Tuesday, Sept. 9 | 4pm - 5:30pm &

Wednesday, October 1 | 5pm - 6:30pm

Thrivership Community Workshops with Ghazal Hassanzadeh

Come engage in thriving conversations around the pillars of a healthy lifestyle. We'll explore how to create a cyclical relationship with the holistic pains of life by transforming our pain to power and our power to purpose. We can heal from the inside out.

Tuesday, September 9 | 5:30pm - 6:30pm

Getting Your Affairs in Order with Eric Harris

This workshop will help you plan for major life events. Eric, 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.

2nd Tuesdays, September 9 and October 14 | 6:30pm - 8pm &

4th Sundays, October 26 | 2:30pm - 4pm

Expressive Art: Creative Journey for Cancer Support

Through painting, writing, and other creative outlets, you'll have a safe space to explore your feelings, reduce stress, and find emotional relief.

Wednesday, September 17 | 12pm - 1:30pm

Reawaken Your Aliveness - Moving From Loss to Power with Ciena Rose William

Experience a profound shift in your wellbeing as we engage in embodied meditation and creative writing to process and move through emotions experienced with loss and illness. Your natural introspection and creativity will deepen in this empathetic group.

3rd Saturdays, Sept. 20 and Oct. 18 | 9am - 12pm

Writing for Wellness with Barbara Force

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

Thursday, September 25 | 12pm - 1:30pm (also In-Person)

Nutrition: Balance Glucose & Insulin w/Lilly Padilla, INHC, AADP

See workshop description on Pg. 4. Optional food sampling after 90 minute presentation for in-person only.

Friday, September 26 | 12:30pm - 1:15pm (also In-Person)

The Healing Power of Scent: Aromatherapy for Wellness with Fabiana Vidal, BBS, LMT

See workshop description on Pg. 4. Optional sampling of different essential oils after 45 minute presentation for in-person only.

Last Saturdays, Sept. 27 and Oct. 25 | 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.

Monday, September 29 | 6pm-7:15pm

FSAC: Education and Employment for Young Adults Living with Cancer with Brittany Plut, LCSW, OSW-C

This workshop was created for young adults aged 18-45 years who are living with and beyond a cancer diagnosis. It is designed to provide young adults impacted by cancer with the information, resources, and support to navigate education and employment.

Tuesday, September 30 | 12pm - 1pm (also In-Person)

Understanding Care Options: Palliative, Hospice, and In-Home Support with Marcella Miller

See workshop description on Pg. 4.

Monday, October 13 | 6pm - 7pm

Sexual Health in Men After Cancer w/ Sherry Hite, MOT, OTR/L

Cancer and its treatment can negatively impact various aspects of male sexuality. This session will review common side effects of treatment and provide practical strategies to overcome these challenges to improve overall sexual function and quality of life.

Tuesday, October 14 | 6pm - 7:15pm

Reclaiming Pleasure: Sexual Health in Women After Cancer with X. Mona Guo, MD

Navigating the complexities of sexual health after a cancer diagnosis and treatment can be challenging and confusing but is crucial to well-being. We will explore these intricacies and provide some guidance for how intimacy can feel safe and joyful again.

3rd Mondays on Even Months, October 20 | 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.

Wednesday, October 22 | 1pm - 2pm

Thriving Again: The Value of An Everyday Moment with Melissa K. Rosen, Sharsheret

Coping with a cancer diagnosis can be overwhelming. Join us to explore how to appreciate everyday moments, celebrate life despite exhaustion, and reduce anxiety in the face of cancer.

Monday, October 27 | 6pm - 7pm

Breast Reconstruction 101 with Dr. Lisa L. Jewell

Learn about all of their breast reconstruction options after lumpectomy or mastectomy and when a plastic surgeon should get involved in your care.

Tuesday, October 28 | 5:30pm - 6:30pm

3 Proven Shifts to Regain Emotional Stability and Self-Trust After Cancer with Marie Miao, LCSW, OSW-C, DipACLM

Learn practical tools to quiet anxiety, rebuild trust in your body, and feel grounded without relying on perfectionism, or toxic positivity. Perfect for survivors ready to move forward with clarity and courage.

Wednesday, October 29 | 11am - 12pm (also In-Person)

Sip and Savor: Tea's Health Benefits with Meghan Laszlo MS, RD, CSO

Learn about tea and herbal tea's health benefits including use in symptom management and relationship to cancer, various tea brands, decaffeination methods, and sustainability.

Thursday, October 30 | 1pm - 2pm (also In-Person)

Lunch and Learn: The Space Between Us: Loneliness, Solitude, and the Work of Belonging with David Hart, PhD, LPCC

See workshop description on Pg. 4. Workshop begins at 1pm. In-Person lunch is from 12:30pm- 1pm.

*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, September 4 and October 2 | 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.

2nd Wednesdays, Sept. 10 and Oct. 8 | 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 Tuesdays, September 16 and October 21 | 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.

3rd Wednesdays, Sept. 17 and Oct. 15 | 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.

Friday, September 19 | 12:30pm - 2:45pm

Lunch and Learn: Lymphatic Health & Wellness Essentials with Alex Villanueva, OT, CLT

Alex will discuss the importance of your lymphatic system, drainage techniques, management tools, and practical lifestyle tips for improving skin health and reducing swelling. After the presentation, Alex will demo a full-body lymphatic drainage sequence.

4th Monday, Sept. 22 and Oct. 27 | 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.

Monthly Hybrid Class

Cooking as a Community with CSC Staff

2nd Fridays, September 12 & October 10 | 12:30pm - 2pm

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

Thursday, September 25 | 12pm - 2pm (also Online)

Nutrition: Balance Glucose & Insulin w/Lilly Padilla, INHC, AADP
Blood sugar and glucose metabolism are key for longevity and optimal health. We will review the main factors from science, foods, and more, and dishes we can create to preserve health and glucose metabolism.

Friday, September 26 | 12:30pm - 2pm (also Online)

The Healing Power of Scent: Aromatherapy for Wellness with Fabiana Vidal, BBS, LMT

Aromatherapy is a gentle, supportive tool for symptom relief that can be useful for common cancer-related symptoms. Presentation is about 45 minutes- then optional sampling of essential oils in-person only.

Tuesday, September 30 | 12pm - 1pm (also Online)

Understanding Care Options with Marcella Miller

Marcella will clarify the differences between palliative care and hospice, and offer a brief overview of home health & homecare health.

Saturdays, October 11 & 25 and November 1 | 10am - 12pm

Medical Qi Gong with Benj Sinskul

Medical Qi Gong applies Qi Gong principles within the theory and diagnostic framework of Chinese Medicine. Pt 1- Introduction. Pt 2- Breast Cancer & Medical Qi Gong. Pt 3. Energetics of Food.

Friday, October 24 | 12pm - 2pm

Breast Cancer Awareness Luncheon at St. Mary's- Parr Room

In collaboration with St. Mary's, join us for a breast cancer luncheon including presentation from an oncologist and craft activity.

Wednesday, October 29 | 11am - 12pm (also Online)

Sip and Savor: Tea's Health Benefits w/ Meghan Laszlo RD, CSO

See Page 3 for workshop description.

Thursday, October 30 | 12:30pm - 2pm (also Online)

Lunch and Learn: The Space Between Us: Loneliness, Solitude, and the Work of Belonging with David Hart, PhD, LPCC

Loneliness can harm our health, yet solitude can restore our spirit. Learn the difference and learn practical strategies - drawing from somatic and spiritual practices, positive psychology, and existential wisdom.



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*

Chiara Petrone, PCC Trainee
Cristina Scott, MFT Trainee, Outreach
& Kids Community Manager
Eloisa Raho, AMFT #140358
Kari Wendt, MA, APCC #11021, Facilitator
Linda Shrader, AMFT #109891
Lizette Bojorquez, AMFT #143141
Maria Page, MA, APCC #17924
Mudaser Hakami, MFT Trainee
Tyler Perron, MFT Trainee



310-376-3550

2601 Airport Drive, Ste.100
Torrance, CA 90505

www.CSCSouthBay.org