



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: 12pm – 2pm *New Time

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: Nov. 8 & 22 and Dec. 13

• 10am – 12pm *In-Person @ Our Office *(Networking Grp)

Bereavement Group (Welcome Orientation NOT required)

Monday, November 3 & 17 and December 1 & 15

• 4:30pm – 6:30pm

Tuesday, November 25 and December 9: 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 group 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 and click "GETTING STARTED," use QR Code with camera app, or contact Norma Gonzalez, our Cancer Support Navigator, at Norma@CSCSouthBay.org.



NOVEMBER & DECEMBER 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, November 13 and December 11 • 1pm – 3pm

Celebrando Cada Dia

1st & 3rd Tuesday, November 4 & 18 and December 2 & 16

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

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

Colo-Rectal Cancers

1st Saturday, November 1 and December 6

• 10:30am – 12:30pm

Gynecological Cancers

1st & 3rd Tues., Nov. 4 & 18 and Dec. 2 & 16 • 10am – 12pm

Life After Cancer

1st Monday, November 3 and December 1 • 6pm – 8pm

Living Well with Metastatic Cancer

1st Monday, November 3 and December 1 • 10am – 12pm

Lung Cancer

3rd Saturday, Nov. 15 and Dec. 20 • 10:30am – 12:30pm

Lymphedema (Meets Quarterly)

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

Men's Strengthening and Connection - **NEW!**

1st and 3rd Fridays, Nov. 7 & 21 and Dec. 5 & 19

• 1:30pm – 3:30pm. *In Person @ Our Office

Oral, Head & Neck Cancer

1st Thursday, November 6 and December 4 • 2pm – 4pm

Pancreatic Cancer

3rd Monday, Nov. 17 & Dec. 15 • 10:30am – 12:30pm

Prostate Cancer

1st & 3rd Wed., November 5 & 19 • 4:30pm – 6:30pm

1st & 3rd Wed., December 3 & 17 • 5pm – 7pm **New Time!**

Prostate Cancer (Kaiser Group)

2nd Wednesday, November 12 and December 10 • 5pm – 7pm

Sarcoma Alliance

2nd Saturday, November 8 and December 13 • 11am – 1pm

Spousal Bereavement (Welcome Orientation NOT required)

2nd & 4th Monday, November 10 & 24 and December 8

• 4:30pm – 6:30pm

Young Cancer Survivorship

1st & 3rd Mon., Nov. 3 & 17 and Dec. 1 & 15 • 6pm – 7:30pm

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

NOVEMBER & DECEMBER 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, Nov. 3 & 17 and Dec. 1 & 15 | 10am

Gentle Hatha Yoga with Jenni Green

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

2nd & 4th Mondays, Nov. 10 & 24 and Dec. 8 | 10am

Revitalizing Yoga with Yoshiko Nishioka

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

Mondays | 12pm - She's Back!

Relax and Reconnect Sound Bath with Victoria Birch Vandeplas

Experience deep relaxation as the primordial tones of the gong and crystal alchemy singing bowls as they carry you into a state of relaxation and meditation. Leave rebalanced and rejuvenated.

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, November 4 and December 2 | 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

Seasonal 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 Thursdays, November 13 and December 11 | 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, November 7 and December 5 | 11am

Strength & Balance with Mudaser Hakami

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



NOVEMBER SOCIAL #1

Day of the Dead Celebration

Tuesday, November 4 | 1:30pm - 3pm

Join us as we celebrate Día de los Muertos by honoring our loved one with festive food, music, and a fun cookie skull decorating activity.

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 are welcome.

Mondays | 12pm - She's Back!

Hatha Flow with Poppy Jones

Join us for a gentle mat yoga class designed to increase mobility and flexibility by releasing tension and stretching our muscles.

Tuesdays | 10:30am

Tai Chi with Les Krzczuk

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

Tuesday, November 18 and December 9 | 12pm - New Class!

Essentrics Full Body Stretch with Ai

Essentrics draws on the flowing movements of tai chi, the strengthening theories behind ballet, and and healing principles of physiotherapy. Join us for gentle full-body stretches.

Wednesday, November 5 | 12pm

Somatics Yoga with Ghazal Hassanzadeh

Join this gentle yet powerful class that blends conscious Somatic Work, Yoga, Meditation, and Breathwork.

2nd Wednesdays, Nov. 12 and Dec. 10 | 11am - She's Back!

Meditation with Lisa Jordan

Meditation is a practice to quiet the mind allowing one to connect to their inner essence. Join Lisa as she guides you.

3rd Wednesdays, Nov. 19 and Dec. 17 | 11am - She's Back!

Yin Yoga with Lisa Jordan

Use both active movement and passive poses to target deep tissues, promote flexibility, and motion.

3rd Wednesdays, Nov. 19 and Dec. 17 | 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).

Thursday, November 13 and December 18 | 10am

Restorative Yoga with Lisa Briedis

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

Thursdays, November 13 & 20 and December 11 & 18 | 1pm

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

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

2nd Saturdays, November 8 and December 13 | 10am

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

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

*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.



Monday, November 3 | 5pm - 6pm

Demystifying Sugar, Dairy, and Soy:

What's the Real Story in Cancer Nutrition with Create Cures

Conflicting messages about sugar, dairy, and soy can leave cancer patients and caregivers overwhelmed and uncertain about what's truly safe to eat. We will break down the latest research to separate fact from fear, offering evidence-based guidance on how these foods may or may not impact cancer risk and recovery.

Tuesday, November 4 & 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.

Nov. 4- Imagery & Insights (Third Eye Chakra).

Nov. 18- Meditation & Spirituality (Crown Chakra).

Tuesday, November 4 | 4pm - 5:30pm

Thrivership Community Workshop- Final with Ghazal Hassanzadeh

Join this last workshop to re-cycle our pain through the transformation of our purpose-to-peace by our birthright of love. The goal is to put all the pieces together to embrace the to compassionately thrive through the Empowering SELF.

2nd Tuesdays, November 11 and December 9 | 6:30pm - 8pm & 4th Sundays, November 23 and December 28 | 2:30pm - 4pm

Expressive Art: Creative Journey for Cancer Support with Sarah Patterson

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

3rd Saturdays, Nov. 15 and Dec. 20 | 9am - 12pm

Writing for Wellness with Barbara Force

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

Tuesday, November 18 | 4pm - 5pm

CSCSF: Understanding Your Medical Insurance with Mary Ballin, CFP, CDFA

Navigating medical insurance can be a daunting experience, especially when dealing with something as serious as a cancer diagnosis and treatment. We will cover the basics of medical insurance, the terminology used, what questions should be asked of your medical providers before treatments, and how to keep yourself organized while navigating the medical system.

Thursday, December 11 | 6:30pm - 8pm

Food Frequencies-Bioenergetics & Optimizing Health with Lilly Padilla, INHC, AADP

Are the foods you eat in harmony with your own healing frequency? Everything on our planet, from trees, oceans, animals, plants are vibrating at a specific frequency. Each food carries a natural frequency, which has an effect on our health, energy and nutrition.

Why learn about this topic? Understanding your body as the Electrical Being that it is will make a difference in your biology, flow of energy and wellness. The frequency and vibration of our body matters to our health and emotions!

Wednesday, November 19 | 5pm - 6:30pm

Medical Cannabis and Cancer with Bonni Goldstein, MD

Dr. Goldstein will discuss the basic mechanisms of the science of medical cannabis as it relates to cancer. She will review the endocannabinoid system, the compounds found in the cannabis plant, and the latest research on cannabis compounds.

Thursday, November 20 | 5pm - 6pm

Prostate Forum of OC: The Future of Prostate Biopsy with Wayne G. Brisbane, MD

In collaboration with Prostate Forum of OC, join us for a workshop on prostate biopsies and how biopsies are changing and how they may be done in the future.

Thursday, November 20 | 6pm - 8pm

CSCSF: Coping with Caregiving with Margaret Stauffer, LMFT

Caregiving for someone you love with cancer can be immensely rewarding and incredibly challenging. We'll discuss coping strategies, increasing resilience, tapping into resources, setting boundaries, and fostering compassion.

Friday, December 5 | 1pm - 2pm

All About Processed Foods with Erica Drost, MS, RDN, LDN

Learn the different levels of food processing and how these categories relate to cancer risk/overall health. They will gain clarity on the nuance of processed foods, how to identify healthier choices, and practical strategies to balance convenience with nutrition in everyday life.

Tuesday, December 9 | 12pm - 1pm

CSCSLO: Understanding the Intersection of Cancer and Trauma with Lindsey Levenson, LMFT

Cancer is not just a physical illness — it impacts every aspect of a person's life. We will explore the often-overlooked connection between cancer and trauma, shedding light on how cancer can trigger or exacerbate traumatic responses. We will equip you with the knowledge and tools to navigate cancer care with greater empathy, understanding, and trauma-awareness.

Thursday, December 11 | 12pm - 1pm

Mindful Eating During the Holidays with Alexandra Sullivan, MS, RD, CSO

Learn practical strategies for mindful eating—helping you stay connected to your body's needs, make nourishing food choices, and enjoy the season with less stress and more satisfaction. Learn how to honor your health while savoring special moments, one mindful bite at a time.

3rd Mondays on Even Months, December 15 | 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.



NOVEMBER SOCIAL #2

Lunch and Thankful Bingo

Monday, November 10 | 1:30pm - 3pm

Join us for a Thanksgiving-themed lunch and bingo! Lunch and bingo materials will be provided, along with a few prizes!

*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



DECEMBER PARTICIPANT HOLIDAY PARTY

Friday, December 5 | 5:30PM - 7:30PM | Our Office

Bring yourself and support persons to join in the holiday cheer! We will provide food, drinks, entertainment, and wine. Feel free to bring a dessert or side dish to share!

Thank you Girl Scout Troop #43 for joining us to sing festive carols!

Saturday, November 1 | 10am - 12pm

Energetics of Food with Benj Sinskul

Benj will discuss the Classical Chinese Medicine perspective of the energetics of food. Is food medicine or is medicine food?

1st Thursdays, November 6 and December 4 | 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.

Saturday, November 8 | 10am - 2pm

A Day of Wellness for Pancreatic Cancer Patients & Caregivers

In collaboration with Hirshberg Foundation, we invite Pancreatic Cancer Patients & Caregivers to join us for a day focused on:

- Support and Coping Strategies - Physical Wellness and Managing Side Effects - Nutrition and Cooking Demo
- Mindfulness and Meditation Session. Lunch will be provided.

Wednesday, November 12 | 12:30pm - 2:30pm

Calm & Centered, EFT Tapping with Marni Gittleman

As the holiday season ramps up, it's easy to feel overwhelmed—join Marni for a de-stressing and balancing workshop. Leave feeling more grounded, less stressed and empowered.



Fun for the whole family!

Saturday, November, 15 | 12:30pm - 2pm

Ready, Set, Launch! STEM Activity

Saturday, December 13 | 1pm - 2:30pm

Merry & Bright Gingerbread House Decorating



Kids Snack & Support Group

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.

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

Monthly Hybrid Class

Cooking as a Community with CSC Staff

2nd Fridays, November 14 & December 12 | 12:30pm - 2pm

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

Monday, November 17 and December 8 | 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.

Tuesdays, November 18 and December 9 | 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, Nov. 19 and Dec. 17 | 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.



We look forward to seeing you in 2026!

Our office will close from December 22 to January 2, 2026.

We will re-open January 5, 2026.

Kids Grief & Loss Group

2nd & 4th Thursdays | 4pm - 4:45pm

*4th Thursdays will be cancelled due to holiday closure

OTHER AVAILABLE SERVICES

Individual, Couples, and Family Counseling

CSC South Bay provides free, short-term counseling under the supervision of our licensed clinical staff.

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.



310-376-3550

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Torrance, CA 90505

www.CSCSouthBay.org