

MAY/JUNE 2010 PROGRAM CALENDAR



Are you new to The Wellness Community?

We provide free support services for people with cancer and their loved ones. Use this calendar to find out about our programs.

We suggest that you learn more by attending a Newcomers Meeting, held Mondays at 7 pm or Fridays at 11 am.

These informal meetings are led by a cancer survivor who will introduce you to The Wellness Community programs. Psychosocial services include educational seminars, stress reduction programs, creative expressive programs and support groups. The Wellness Community also offers brief individual, couples and family counseling to participants and their loved ones dealing with issues related to their cancer experience.

Please call us at 925-933-0107 for information.

You may attend workshops, stress reduction programs and networking groups prior to attending a Newcomers Meeting.

SPECIAL PROGRAMS Please call 925-933-0107 to register.

Knowing the Body Through the Wood Element

Saturday:
May 1, 10 am–12 pm

With Lourdes Gonzalez, MA, LAC, MMQ. Traditional Chinese Medicine uses the concept of 5 elements to create health and wellness. Spring, the season of new beginnings and renewal is strongly associated with the wood element. Learn about the connection to the liver and gallbladder, see how your like or dislike of green figures in and what foods are associated with it and how you can achieve balance. Lourdes is a holistic health specialist who works with Chinese medicine and dreamwork.

Update on Carcinoid & Neuroendocrine Treatment

Saturday:
May 1, 10 am–1 pm

With J. Philip Boudreaux, MD, FACS. At John Muir Medical Center's Ball Auditorium, 1601 Ygnacio Valley Road. Dr. Boudreaux will discuss surgical treatment of neuroendocrine tumors, including hepatobiliary and pancreatic surgery, radio frequency ablation of liver tumors and transplantation. Dr. Boudreaux is Professor of Surgery at LSU School of Medicine at New Orleans and a leader in the field. Presented by NCCN.

Making Memories: Do You Believe in Magic?

Tuesdays:
May 4 and June 15, 2–4 pm

With Alisa Scarano. Love being creative? Join us on May 4 as we create "magic" using our favorite photos, paper and embellishments. Then join us on June 15 as we continue to work on Project Band-Aid for the Holtz Children's Hospital. All level crafters welcome. Please bring scissors. Alisa is an inveterate crafter and cancer survivor.

Facing Death While Living Life

Tuesday:
May 4, 6–8 pm

With Michelle Peticolos, PhD. Although death awaits us all, it's a subject our culture prefers to avoid. In this workshop, we talk about our fears, beliefs, desires and hopes regarding death. We listen to the stories of others. It's a recipe that can have a profound effect on the way we carry on living. Join us for a screening of the award-winning film, *Facing Death...* with open eyes, some heart-opening exercises and an engaging discussion about living with dying. Michelle is a sociologist, and filmmaker.

Kids Circle and Teen Talk

Saturdays:
May 8 and June 12, 10 am–1 pm

With TWC licensed therapists. For families with school-age children when a parent has cancer. Each workshop has an activity-based group for children where they identify feelings and learn coping skills; a support group for teens, and a group for parents. The workshop ends with lunch and a family activity to enhance communication.

Working with Emotions While Facing Health Challenges

Tuesday:
May 11, 6–8 pm

With Wieslaw Rocki, MD, PhD. Often emotions are seen as bad or good and adding to stress. Learn practical ways to use emotions as resources rather than stressors when dealing with cancer and treatment challenges. Dr. Rocki practices a wide spectrum of complementary therapies.

Update on Breast Cancer Research

Saturday:
May 15, 10 am–12 noon

With Gwen Stritter, MD. Dr. Stritter will summarize the latest breast cancer research presented at recent conferences.

special PROGRAMS & SERIES

MAY/JUNE 2010 SPECIAL PROGRAMS

Special Announcements

The Wellness Community San Francisco Bay Area is an affiliate of a network of cancer support organizations. In 2009, the national Wellness Community organization joined with Gilda's Clubs to form an international federation called the Cancer Support Community.



We are also growing locally, and we are very pleased to announce that this Spring we will open our second facility in Mountain View. This new facility will be open with the name "Cancer Support Community of Silicon Valley", while our Walnut Creek facility will continue to be known as "The Wellness Community East Bay".

What's most important to know is that while the new facility will be called the Cancer Support Community, only the name has changed — we will offer the same services and programs, and they will continue to be delivered with the same caring, quality and effectiveness that have always been the hallmark of The Wellness Community.

SPECIAL PROGRAMS Please call 925-933-0107 to register.

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She will highlight advances in treatment, including those in integrative oncology. Dr. Stritter is a physician advocate who assists in sorting through complex medical situations.

Bead Creative

Tuesday:

May 18, 2–4 pm

With Pam Taylor. Design your own bracelet using stone, crystal and silver. Everything you need is provided in this fun, interactive class. Pam is an artist and cancer survivor.

African Drumming

Thursdays:

May 20 and June 17, 4:30–5:30 pm

With Patricia Frame. Come experience this way to get "good vibrations." Drumming has been shown to boost immune system function and metabolism. No rhythmic or musical ability needed! Patricia is a talented musician and brings a multitude of drums to enjoy.

Nutrition and Cancer Treatment

Saturday:

May 22, 10 am–1 pm

With Tinrin Chew, RD. Learn what to eat during and after treatment, how to establish nutritional goals, and how foods help in maintaining and regaining health. Tinrin has been an oncology dietitian for over 20 years.

Mindfulness Film Series

Friday:

May 28, 4–6 pm

With Margaret Cullen, MFT. Join us for an enlightening cinematic experience exploring the spiritual journey and providing inspiration and insight to anyone trying to find meaning in the challenges they are faced with. Margaret teaches Mindfulness and is a therapist facilitator at TWC.

Hospice as a Resource

Tuesday:

June 1, 4–6 pm

With Vicki Smith, MFT. Learn about the ways hospice can improve quality of life, work with pain management issues, and provide support for families and those with cancer at the end of life. Vicki is a therapist with Hospice of the East Bay and a cancer survivor.

Planning on Peace of Mind

Tuesday:

June 15, 6–8 pm

With Stephen Donovan, Esq. Learn what you need to know about creating wills, trusts, power of attorney and advanced directives for healthcare from someone who can explain complicated concepts in a way that is understandable.

The Soul of Caregiving

Saturday: June 19, 10 am–1 pm

With Suzanne West, PhD. This workshop will focus on writing and guided imagery for cancer caregivers to assist in learning techniques to reduce stress, overcome obstacles, and get tools for emotional and spiritual renewal and self-care. Dr. West is a professor of psychology at JFKU.

Survivorship 101

Saturday: June 26, 10 am–12 noon

With Shell Portner, R.N. This is an introduction to post-treatment recovery and beyond. Learn how to create a summary of your treatment and map out a care plan for your recovery. Discover resources and support services to help you regain energy, strength and peace of mind. You will leave empowered with the tools and guidance to improve your quality of life and achieve a greater sense of well-being. Shell is the Survivorship Nurse Navigator at John Muir Cancer Institute and fellow cancer survivor.



SPECIAL SERIES AND ONGOING PROGRAMS

SPECIAL SERIES

Please call 925-933-0107 to register.

Newly Diagnosed Breast Cancer Series

Tuesdays: April 13–July 27, 11 am–1 pm
With Ilene Scharlach, PhD. For those in or just starting treatment. Guest oncology experts present information and group support provides tools to assist in coping and sharing experiences.

Mindfulness Meditation

Fridays: April 23–June 18, 1–3 pm
This series is limited to those who started in April. Wait lists for the next series are forming, so call to get your name on the list.

Integral Tai Chi

Wednesdays: May 5–June 30, 2–4 pm
With Chau Yoder and Mabel Lee. This series teaches exercises and relaxation techniques that combine Yoga, Tai Chi, Chi Kung and meditation. The practice increases balance, endurance, strength, flexibility, awareness, flow, concentration and energy. Drop-ins welcome. Chau has been teaching for TWC since 1990. Both Chau and Mabel have trained as integral tai chi instructors.

Food for Life

Nutrition & Cooking Classes

Fridays: June 4–25, 6–8 pm
With Stephanie Roston, RD, Millenium Chef. This four week series provides information about how certain foods and nutrients work to promote or discourage cancer growth. Includes plant based recipes and cooking demonstrations.

Moving Beyond Fear Series

Mondays: June 28–July 19, 4–6 pm
With Tony Newey, PhD. In this 4 week series, participants will discover practical ways of connecting with a source of deep personal calmness, strength and clarity from deep within. This can be used to deal with illness and with life situations outside of cancer.

ONGOING PROGRAMS

NETWORKING GROUPS

No need to RSVP.

Brain Tumor

2nd and 4th Wednesdays: 7–9 pm

Breast Cancer

2nd and 4th Thursdays: 11 am–1 pm

Carcinoid Neuroendocrine Cancers

3rd Saturday, Odd Months: 1–4 pm

Colorectal Cancer

NEW TIME:

2nd Wednesday: 4–6 pm

Gynecologic/Ovarian Cancer

**1st and 3rd Thursdays:
11 am–1 pm**

Lung Cancer

**1st Wednesday:
4–6 pm**

Metastatic Prostate Cancer

**4th Thursday:
11 am–1 pm**

Prostate Cancer

**4th Thursday:
1–3 pm**

Family Transition

Wednesdays: 6–8 pm
For bereaved TWC members who have experienced a loved one's death from cancer.

Life After Cancer

**2nd and 4th Wednesdays:
6–8 pm**
For those beyond day to day treatment.

Survivorship Café Nights

1st and 3rd Wednesdays: 6–8 pm
Social get togethers for long term survivors.

MIND BODY

Ongoing Stress Reduction and Exercise Programs. No need to RSVP.

Pilates Mondays: 8:30–9:30 am

This system of exercise combines the suppleness of yoga with strength training, creating a strong core for physical activities including recovery. Instructor: Ivy Noceto

Yoga Mondays: 2–3 pm;

Wednesdays: 8:45–10:15 am;

Thursdays: 9:30–10:45 am & 5–6:30 pm

Gentle breathing and stretching exercises improve muscle tone and aid in stress management. Instructors Sandy Stober, Mary Cameron Smith, Betsy Shandalov and Susan Blackwood Reynolds

Chi Kung

Tuesdays: 9:30–10:45 am

These gentle, flowing movements are designed to increase flexibility, develop physical strength, build energy and improve overall health. Wear comfortable clothes and socks. Instructor: Lourdes Gonzales

Knitting Circle

Tuesdays: 1:15–3 pm

Knitting has been clinically shown to induce states of tranquility similar to meditation. The relaxed atmosphere of the group makes creating fun. Instructor: Janet Correia

Mindfulness

Wednesdays: 9:30–10:30 am

Ongoing group meditation practice. Instructor: Margaret Cullen, MFT

Awareness Through Movement

Wednesdays: 1–2 pm (starts March 17)

This gentle approach to movement focuses on flexibility, balance and coordination to help overcome physical limitations brought on by treatment. Instructor: Peter Boffey

Tai Chi Chih/Qigong: Always

Beginning Fridays: 9:30–10:30 am

Moving meditation. Twenty easy, gentle movements for calmness, balance and self healing. Instructor: Wendy Helms, PhD



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Offsite Workshops Please call 925-933-0107 for more information.</p> <p>VALLEJO: Advances in Breast Cancer Treatment Wednesday, May 12, 5-7 pm With Lesley Martin, MD, Sutter Solano Cancer Center 1st floor conference room, 100 Hospital Drive. Dr. Martin will discuss treatment options, latest research, side effect management, and ways to improve medical outcomes. She is a medical oncologist at Mt. Diablo Solano Oncology.</p> <p>SAN RAMON: Effective Treatments for ED and Stress Urinary Incontinence Tuesday, June 8, 7:30-9 pm With Dr. Charles Wen, San Ramon Regional Medical Center, South Conference Room, South Building, 7777 Norris Drive. Problem below the belt? Learn about solutions for erectile dysfunction and bladder control problems related to prostate cancer. Dr. Wen is with NorCal Urology.</p> <p>ANTIOCH: Frankly Speaking About New Discoveries in Cancer Wednesday, June 23, 6-8 pm With Jeffrey Cronk, MD, Sutter Delta Medical Center, Main Hospital Board Room, 3901 Lone Tree Way. Learn about the advanced and innovative treatments for people living with cancer. Dr. Cronk is a medical oncologist with Epic-Care.</p>					<p>1 10 am-12 noon Knowing the Body Through the Wood Element 10 am-1 pm Update on Carcinoid & Neuroendocrine Treatment (at John Muir Medical Center's Ball Auditorium)</p>
<p>3 8:30-9:30 am Pilates 2-3 pm Yoga 7 pm Newcomers Meeting 7-9 pm Weekly Participant & Support Person Groups</p>	<p>4 9:30-10:45 am Chi Kung 11 am-1 pm Newly Diagnosed BC Group 11 am-1 pm Weekly Participant & Support Person Groups 1:15-3 pm Knitting Circle 2-4 pm Making Memories: Do You Believe in Magic? 6-8 pm Facing Death While Living Life</p>	<p>5 8:45-10:15 am Yoga 9:30-10:30 am Mindfulness 10:30 am-12:30 pm Weekly Support Groups 2-4 pm Integral Tai Chi 4-6 pm Lung Cancer Group 6-8 pm Family Transition Group 6-8 pm Survivorship Cafe</p>	<p>6 9:30-10:45 am Yoga 11 am-1 pm Gynecologic/Ovarian Cancer Group 5-6:30 pm Yoga 7-9 pm Weekly Participant & Support Person Groups</p>	<p>7 9:30-10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 1-3 pm Mindfulness Meditation Series</p>	<p>8 10 am-1 pm Kids Circle & Teen Talk</p>
<p>10 8:30-9:30 am Pilates 2-3 pm Yoga 7 pm Newcomers Meeting 7-9 pm Weekly Participant & Support Person Groups</p>	<p>11 9:30-10:45 am Chi Kung 11 am-1 pm Newly Diagnosed BC Group 11 am-1 pm Weekly Participant & Support Person Groups 1:15-3 pm Knitting Circle 6-8 pm Working with Emotions While Facing Health Challenges</p>	<p>12 8:45-10:15 am Yoga 9:30-10:30 am Mindfulness 10:30 am-12:30 pm Weekly Support Groups 1-2 pm Awareness Through Movement 2-4 pm Integral Tai Chi 4-6 pm Colorectal Cancer 5-7 pm Vallejo Workshop: Advances in BC Treatment 6-8 pm Family Transition Group 6-8 pm Life After Cancer 7-9 pm Brain Tumor Group</p>	<p>13 9:30-10:45 am Yoga 11 am-1 pm Breast Cancer Group 5-6:30 pm Yoga 7-9 pm Weekly Participant & Support Person Groups</p>	<p>14 9:30-10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 1-3 pm Mindfulness Meditation Series</p>	<p>15 10 am-12 noon Update on Breast Cancer Research 1-4 pm Carcinoid Neuroendocrine Group</p>
<p>17 8:30-9:30 am Pilates 2-3 pm Yoga 7 pm Newcomers Meeting 7-9 pm Weekly Participant & Support Person Groups</p>	<p>18 9:30-10:45 am Chi Kung 11 am-1 pm Newly Diagnosed BC Group 11 am-1 pm Weekly Participant & Support Person Groups 1:15-3 pm Knitting Circle 2-4 pm Bead Creative</p>	<p>19 8:45-10:15 am Yoga 9:30-10:30 am Mindfulness 10:30 am-12:30 pm Weekly Participant & Support Person Groups No Awareness Through Movement class today 2-4 pm Integral Tai Chi 6-8 pm Family Transition Group 6-8 pm Survivorship Cafe</p>	<p>20 9:30-10:45 am Yoga 11 am-1 pm Gynecologic/Ovarian Cancer Group 4:30-5:30 pm African Drumming Circle 5-6:30 pm Yoga 7-9 pm Weekly Participant & Support Person Groups</p>	<p>21 9:30-10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 1-3 pm Mindfulness Meditation Series</p>	<p>22 10 am-1 pm Nutrition and Cancer Treatment</p>
<p>24 8:30-9:30 am Pilates 2-3 pm Yoga 7 pm Newcomers Meeting 7-9 pm Weekly Participant & Support Person Groups</p>	<p>25 9:30-10:45 am Chi Kung 11 am-1 pm Newly Diagnosed BC Group 11 am-1 pm Weekly Participant & Support Person Groups 1:15-3 pm Knitting Circle</p>	<p>26 8:45-10:15 am Yoga 9:30-10:30 am Mindfulness 10:30 am-12:30 pm Weekly Support Groups 1-2 pm Awareness Through Movement 2-4 pm Integral Tai Chi 6-8 pm Family Transition Group 6-8 pm Life After Cancer 7-9 pm Brain Tumor Group</p>	<p>27 9:30-10:45 am Yoga 11 am-1 pm Breast Cancer Group 11 am-1 pm Metastatic Prostate Group 1-3 pm Prostate Cancer Group 5-6:30 pm Yoga 7-9 pm Weekly Participant & Support Person Groups</p>	<p>28 9:30-10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 1-3 pm Mindfulness Meditation Series 4-6 pm Mindfulness Film Series</p>	<p>29 CLOSED Memorial Day Holiday Weekend</p>
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JUNE 2010 PROGRAM CALENDAR



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Join Us on June 6 for a Celebration at the Ranch honoring all cancer survivors and their families</p> <p>in a fun-filled day of music, dancing, games and more. Picnic lunch provided. Please RSVP to Mary at 925-734-3319.</p>	<p>1 9:30–10:45 am Chi Kung 11 am–1 pm Newly Diagnosed BC Group 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle 4–6 pm Hospice as a Resource</p>	<p>2 8:45–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Weekly Participant & Support Person Groups 1–2 pm Awareness Through Movement 2–4 pm Integral Tai Chi 4–6 pm Lung Cancer Group 6–8 pm Family Transition Group 6–8 pm Survivorship Café Night</p>	<p>3 9:30–10:45 am Yoga 11 am–1 pm Gynecologic/Ovarian Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>4 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 6–8 pm Food for Life Nutrition & Cooking Classes</p>	<p>5 Saturday No Saturday Workshops</p> <p>6 Sunday 11 am–4 pm Celebration at the Ranch 6–8 pm Mindfulness Retreat</p>
<p>7 8:30–9:30 am Pilates 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>8 9:30–10:45 am Chi Kung 11 am–1 pm Newly Diagnosed BC Group 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle 7:30–9 pm San Ramon Workshop: Effective Treatment for ED and Stress Urinary Incontinence after PC</p>	<p>9 8:45–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Weekly Support Groups 1–2 pm Awareness Through Movement 2–4 pm Integral Tai Chi 4–6 pm Colorectal Cancer Group 6–8 pm Family Transition Group 6–8 pm Life After Cancer 7–9 pm Brain Tumor Group</p>	<p>10 9:30–10:45 am Yoga 11 am–1 pm Breast Cancer Group 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>11 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 6–8 pm Food for Life Nutrition & Cooking Classes</p>	<p>12 10 am–1 pm Kids Circle & Teen Talk</p>
<p>14 8:30–9:30 am Pilates 2–3 pm Yoga 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>15 9:30–10:45 am Chi Kung 11 am–1 pm Newly Diagnosed BC Group 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle 2–4 pm Making Memories: Project Band-Aid 6–8 pm Planning on Peace of Mind</p>	<p>16 8:45–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Weekly Participant & Support Person Groups 1–2 pm Awareness Through Movement 2–4 pm Integral Tai Chi 6–8 pm Family Transition Group 6–8 pm Survivorship Café Night</p>	<p>17 9:30–10:45 am Yoga 11 am–12:30 pm Gynecologic/Ovarian Cancer Group 4:30–5:30 pm African Drumming Circle 5–6:30 pm Yoga 7–9 pm Weekly Participant & Support Person Groups</p>	<p>18 9:30–10:30 am Tai Chi Chih Qigong: Always Beginning 11 am Newcomers Meeting 1–3 pm Mindfulness Meditation Series 6–8 pm Food for Life Nutrition & Cooking Classes</p>	<p>19 10 am–1 pm The Soul of Caregiving</p>
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<p>28 8:30–9:30 am Pilates 2–3 pm Yoga 4–6 pm Moving Beyond Fear Series 7 pm Newcomers Meeting 7–9 pm Weekly Participant & Support Person Groups</p>	<p>29 9:30–10:45 am Chi Kung 11 am–1 pm Newly Diagnosed BC Group 11 am–1 pm Weekly Participant & Support Person Groups 1:15–3 pm Knitting Circle</p>	<p>30 8:45–10:15 am Yoga 9:30–10:30 am Mindfulness 10:30 am–12:30 pm Weekly Support Groups 1–2 pm Awareness Through Movement 2–4 pm Integral Tai Chi 6–8 pm Family Transition Group</p>	<p>All of the programs and services at The Wellness Community are provided free of charge in order to be readily accessible to people affected by cancer. This is made possible by gifts, grants and sponsorships from over 2,000 individuals and organizations each year. Every contribution makes a difference and is greatly appreciated.</p> <p>We would like to give special acknowledgement to our Leadership Sponsors, who have provided extraordinary support during the past year:</p> <ul style="list-style-type: none"> <li style="width: 33%;">• Genentech <li style="width: 33%;">• John Muir Health <li style="width: 33%;">• Safeway <li style="width: 33%;">• Kaiser Permanente <li style="width: 33%;">• McKesson <li style="width: 33%;">• Verizon <p>For more information on how you can support The Wellness Community, call 925-933-0107 or visit our website at www.twcba.org/donate.html.</p>		

OFFSITE SUPPORT GROUPS

Call 925-933-0107 for more information.

ANTIOCH Mondays: 1:30–3:30 pm.

Weekly drop-in group for people with cancer and their loved ones. Sutter Delta Medical Center (Fallman Education Center), 3901 Lone Tree Way

SAN RAMON 2nd Tuesday: 7:30–9 pm

Drop-in Prostate Cancer Group for men and their loved ones. San Ramon Regional Medical Center, South Building, West Day Room

VALLEJO 1st and 3rd Wednesdays: 4–5:30 pm

Twice monthly drop-in group for people with cancer and their loved ones. Sutter Solano Cancer Center, 1st Floor Conference Room, 100 Hospital Drive

Grupos De Apoyo Emocional en Espanol Los Jueves De: 12–2 pm

Los grupos estan localizados en Pittsburg, Concord, Martinez, San Pablo y Walnut Creek. Si necesita un grupo de apoyo en espanol, por favor llame Cyndi Lezcano al 1-800-556-0477.

Do you have a blood cancer? We offer support...

The Wellness Community is offering individual sessions to explore treatment options and concerns through a pilot study called Open to Options. We believe that decision support will help you better plan for your medical appointments and help you ask the questions you need to help ensure that your treatment decisions fit your personal objectives. To learn more or schedule an appointment, call Margaret Stauffer at 925.933.0107 or e-mail mstauffer@twcba.org.

Would you like to be in a weekly support group?

Ongoing professionally facilitated support groups for people with cancer and/or support persons are the heart of our program. Support groups have been shown to decrease distress and improve quality of life. Adult group members of different ages and with different types of cancer come together each week to get support and learn from each other.

Attendance at a Newcomers Meeting and a brief group preparation interview are necessary before joining a weekly group.

Weekly Group Times

**FOR PEOPLE WITH CANCER
AND THEIR SUPPORT PERSONS**

- Mondays: 7 pm–9 pm
- Tuesdays: 11 am–1 pm
- Wednesdays: 10:30 am–12:30 pm
- Thursdays: 7 pm–9 pm

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