

August 2020 Programs and Services

- **Please note: If you register on the day of the class, please click the register link at least one hour in advance of the class. It may take some time for Zoom to send the confirmation email.**
 - **Unless noted, all classes are recurring. Once you register you can attend any of the class dates as noted in your registration confirmation email.**
 - **Classes and groups will still be closed to late arrivals after 10 minutes; we suggest signing in several minutes before the scheduled start to ensure you have time to work out any issues.**
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Monday

Monday Classes on Zoom

- **Massage & Movement** - 12:00-1:00pm. Register [here](#).
Combines basic movements, breathing, stretching, self-massage and guided relaxation.

Please have:
 - * Tennis ball
 - * Chair
 - * Bath towel
 - * A 6 ft. x 2 ft. space
 - * Wear comfortable clothing
- **Mindful Awareness Meditation** – 2:00-3:00pm. (Pre-Recorded Class on 8/10) Register [here](#).
Learn how to reduce stress and cultivate peace in the moment. Together, we will practice non-judgmental awareness of our thoughts, emotions, or experiences on a moment-to-moment basis. All levels of experience are welcome.

Tuesday

Tuesday Classes on Zoom

- **Mid-Day Meditation Break** – 12:00-12:30pm. Register [here](#).
- **Gentle Movement** – 2:00-3:00pm. Register [here](#).
Move to music and increase flexibility. This class has exercises in a chair and standing, but all movements can be done seated.

Please have:
 - * Chair (not a soft comfortable chair)
 - * Pillow
 - * Hand towel, large bath towel, and two wash cloths
 - * Pair of socks, rolled up into a ball
 - * 2 soup cans (same size) or 2 tennis balls



- **Healthy Cooking for Real Life** – Register [here](#).
 - o August 11, 3:30-4:30pm – Dinner on the Grill
 - o August 25, 3:30-4:30pm – How to Select and Cook Fish

Wednesday

Wednesday Classes on Zoom

- **Stitch & Unwind** – Register [here](#).
More of a social gathering than support group – we invite you to make a cup of tea and knit or crochet with others. Knitting instruction provided by Judy Murray.
 - o August 5, 10:00-11:00am
 - o August 19, 10:00-11:00am
- **Healing Through Art** – (No class on 8/12) Register [here](#).
Combines art, movement and mindfulness. No art experience necessary.
 - o August 26, 10:00-11:30am
- **Notes to Self** – 12:00-1:00pm. (No class on 8/19) Register [here](#).
Make a cup of tea and join us for an exploration of how writing can help us all connect to ourselves and each other. We'll take a little time to share moments of laughter, hope and resiliency.
- **Qigong** – 2:00-3:00pm. Register [here](#).
Please have:
 - * Chair without arms or wheels
 - * Enough space on the floor for a large bath towel or yoga mat and to move your arms freely (approximately 5'x6')

Thursday

Thursday Classes on Zoom

- **Gentle Morning Yoga** – 9:00-10:00am. Register [here](#).
Please have:
 - * Yoga mat
 - * Thick blanket, thick enough to cushion knees
 - * 2 Yoga blocks or 2 Tissue boxes
 - * 1 Bolster or 1-2 big supportive pillows
 - * Wear comfortable clothing
- **Healthy Eating Essentials** – Register [here](#).
 - o August 6, 1:00-2:30pm – Simple Cancer-Fighting Meals
 - o August 20, 1:00-2:30pm – Immune System Strength and Balance



- **Evening Yin Yoga** – 6:00-7:00pm. Register [here](#).
Yin Yoga is a meditative practice using passive, long-held floor poses. Yin yoga bypasses the muscles and allows you to nourish and strengthen the deeper connective tissues. Props are used to support the body and encourage release. Discover your ability to release tension and cultivate a sense of rest.

Please have:

- * Two blankets or large bath towels
- * Yoga bolster or pillow
- * Yoga mat or towel
- * Enough space on the floor for a large bath towel or yoga mat and to move your arms freely (approximately 5'x6')

Friday

Friday Classes on Zoom

- **Qigong & Tai Chi for Stress Relief** – 9:00-10:00am. Register [here](#).
Combining Tai Chi & Qigong movements to create a gentle morning practice to relieve stress and foster wellness. Give yourself plenty of free space so you can move around and wear comfortable clothing.
- **Mid-day Meditation Break** – 12:00-12:30pm. Register [here](#).

Saturday

Saturday Classes on Zoom

- **Gentle Restorative Yoga** – 11:00am-12:00pm. Register [here](#).
Please have:
 - * Yoga mat
 - * Thick blanket, thick enough to cushion knees
 - * 2 Yoga blocks or 2 Tissue boxes
 - * 1 Bolster or 1-2 big supportive pillows
 - * Wear comfortable clothing

All week: Counseling available by appointment (Individual, couples, family). To schedule, email: info@cancercarepoint.org or call us at: 408-402-6611

Seminars & Special Events

- **“Why Can’t I Remember” Chemo Brain Seminar on Zoom** – Wednesday, August 12, 10:00-11:00am.
Register [here](#).
Marie Atallah, Licensed Clinical Psychologist, will provide an overview of the current understanding of cancer-related cognitive impairment (chemo brain), strategies for managing cognitive changes, and discuss the importance of monitoring and addressing psychological symptoms.



- **Yoga Para Personas Impactadas por el Cancer on Zoom** – Thursday, August 13, 2:00-2:45pm. Register [here](#).
Te invitamos a participar en esta sesión de yoga la cual te ayudará mantener tu bienestar físico, mental y espiritual. Esta clase es especial para personas que han sido afectadas por el cáncer. Todos bienvenidos, ya sea que estén comenzando su jornada, se encuentren en pleno tratamiento, sobrevivientes y cuidadores.
- **Life Unpaused Seminar on Zoom** – Friday, August 21, 1:00-2:15pm. Register [here](#).
An Occupational Therapy Cancer Survivorship Seminar. This seminar will address symptom self-management (pain, fatigue, endurance, energy, memory, etc.), returning to work/school, self-care, home management, improving sleep, and psychological issues in the context of meaningful roles and participation in daily activities. Presenter: Adrienne Marilla, MSW, OTD
- **Medical Cannabis Seminar on Zoom** – Thursday, August 27, 1:30-3:00pm. Register [here](#).
Eloise Theisen, MSN, RN, AGPCNP-BC, will discuss cannabinoid therapeutics and current research. Ask a medical professional about cannabis use, its effects and how to find a reputable source.

Support Groups

To register for support groups, email us at: info@cancercarepoint.org

Out of respect for all clients, latecomers arriving 10 minutes or more after the start time will not be allowed to enter the group.

Support Groups on Zoom

- **Better Together** – Mondays, 4:00-5:00pm.
Open to all clients. A chance for people impacted by cancer to come together in these times of uncertainty to share their coping strategies, to connect with others that are feeling isolated and to learn new ways to find motivation and inspiration.
- **Breast Cancer Support Groups** – Fri., 8/7, 1:00-2:30pm; Wed., 8/19, 3:30-5:00pm; Wed., 8/26, 6:00-7:30pm.
Open for breast cancer patients/survivors at any point of the journey from diagnosis through survivorship.
- **Caregivers Support Groups** – Wed., 8/5 & 8/19, 6:00-7:30pm; Fri., 8/28, 10:00-11:30am.
Open to adult loved ones (relatives or friends) of cancer patients to share experiences in a supportive environment.
- **Conversation & Creativity** – Fri., 8/14 & 8/28, 10:30am-12:00pm.
Open to all cancer patients at any stage of their journey as well as caregivers to express themselves through simple art while having meaningful discussion.



- **Living & Thriving with Grace** – Thurs., 8/13, Mon., 8/17 & Thurs., 8/27, 12:00-1:30pm.
Open to those dealing with cancer recurrence or metastatic disease for support and education.
- **(New Time) Gynecologic Cancer Support Groups** – Thurs., 8/6 & 8/20, 12:00-1:30pm.
Open to gynecologic cancer patients and survivors at any point of the journey from diagnosis through survivorship.
- **Support Group for All Cancers** – Tues., 8/11, 11:30am-1:00pm; Weds., 8/26, 4:00-5:30pm.
Open to people diagnosed with all kinds of cancer at any point of the journey from diagnosis through survivorship.

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