

## December 2020 Programs and Services

We will have our ongoing programs from December 1-19. Our regular class schedule will resume on January 4, 2020.

- Counseling appointments will be available throughout December.
  - 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.
- 

**Monday** – (no live classes 12/21 or 12/28, recorded classes available [here](#) and [here](#))

- **Yoga Para Personas Impactadas por el Cancer** – 9:00-10:00am. (No hay clase 12/21 y 12/28)  
Registrarse [aquí](#).  
<https://us02web.zoom.us/meeting/register/tZcodOqsqT4jE938ag-CRCnH1YQQ-N8edhid>  
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.
- **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. 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** - (no live classes 12/22 or 12/29, recorded classes available [here](#) and [here](#))

- **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 December 8, 3:30-4:30pm - Preparing for a Happy Healthy New Year

### Wednesday - (no live classes 12/23 or 12/30, recorded classes available [here](#) and [here](#))

- **Healing Through Art – (No class 12/23)** Register [here](#).  
Combines art, movement and mindfulness. No art experience necessary.  
Supplies: White paper (any size) and any art materials you have on hand: markers, crayons, paints, glue, feathers, stickers, magazines, scissors, etc.
  - o December 9, 10:00-11:00am
- **Notes to Self: Expressive Writing** – 12:00-1:00pm 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. No writing experience necessary.
- **Qigong** – 2:00-3:00pm. Register [here](#).  
Use stretching, active and passive movements, and form work to unify body, energy and mind.

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 - (no live classes 12/24 or 12/31, recorded classes available [here](#) and [here](#))

#### Thursday Classes on Zoom

- **Gentle Morning Yoga** – 9:00-10:00am. Register [here](#).  
Traditional, gentle floor yoga.

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 December 3, 1:00-2:30pm – Immune-Boosting Nutrition for Cool Winter Months
- o December 17, 1:00-2:30pm – Tasty Ways to Add Healing Mushrooms to Your Daily Diet

- **Evening Yin Yoga** – 5:00-6:00pm. 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 – (no live classes 12/25, recorded classes available [here](#) and [here](#))**

- **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 - (no live class 12/26, recorded classes available [here](#) and [here](#))**

- **Gentle Restorative Yoga** – 11:00am-12:00pm. Register [here](#).  
Gentle movements, breath work and restorative postures.

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](mailto:info@cancercarepoint.org) or call us at: 408-402-6611**

### Seminars & Special Events

- **Tapping for Holiday Self-Care** – Thursday, December 10, 3:00-4:00pm. Register [here](#).  
Join us as we learn and experience a practical tool that will help you quickly release stressful energies and restore Holiday “presence.” Presenter: Cynthia McDonald, Ph.D., CMHT
- **Let’s Play Bingo!** – Thursday, December 17, 4:00-5:00pm. Register [here](#).  
The bingo nights you love and miss...right from your own living room! Grab a “seat” and let the games begin! Spend some time with the Cancer CAREpoint community and unwind before the holidays. Space is limited. Please limit to 2 cards per household. Upon registering, you will receive your bingo cards via method of your choosing, along with instructions, rules and prize information. Open to all clients and their adult loved ones.
- **Family CARE Art Project** – Friday, December 18, 3:30-5:00pm. Register [here](#).  
Art project to facilitate fun and communication between children and adults when a parent has cancer. Appropriate for children age 5-18. Class size is limited, must register before December 10.
- **Communi-Tea (Virtually) at Cancer CAREpoint** – Wednesday, December 30, 2:00-3:00 pm. Register [here](#).  
During the busy holiday time, give yourself a gift of a tea break, support and community. Make a cup of tea and some snacks and join us over Zoom.

### Support Groups

To register for support groups, email us at: [info@cancercarepoint.org](mailto:info@cancercarepoint.org)

Please note: Cancer CAREpoint’s Support Groups are facilitated online using Zoom, if this is your first support group online you will be assisted with connecting to Zoom. If you are not new to our online groups, but experience any difficulty in using Zoom for groups, please let us know so we can help. For assistance, please email us at: [info@cancercarepoint.org](mailto:info@cancercarepoint.org) or call us at: 408-402-6611.

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. **(No group 12/21 and 12/28)**  
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** – Wed., 12/16, 3:30-5:00pm and Wed., 12/23, 6:00- 7:30pm.  
Open for breast cancer patients/survivors at any point of the journey from diagnosis through survivorship.



- **Caregivers Support Groups** – Wed., 12/2 & 12/16, 6:00-7:30pm  
Open to adult loved ones (relatives or friends) of cancer patients to share experiences in a supportive environment.
- **Conversation & Creativity** – Fri., 12/11, 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., 12/24, & Mon., 12/28, 12:00-1:30pm.  
Open to those dealing with cancer recurrence or metastatic disease for support and education.
- **Gynecologic Cancer Support Groups** – Thurs., 12/3 & 12/17, 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** – Wed., 12/23, 4:00-5:30pm.  
Open to people diagnosed with all kinds of cancer at any point of the journey from diagnosis through survivorship.

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



# Cancer CAREpoint

COUNSELING • ASSISTANCE • RESOURCES • EDUCATION

## December 2020 Calendar

With the busy holiday season in full swing, we hope you give yourself time for self-care. We will have our ongoing programs from December 1-19. Our regular class schedule will resume on January 4, 2020.

Counseling appointments will still be available throughout December.

### Highlights and Community Events

#### **Virtual Wig Bank**

Our Wig Bank is open again---virtually! During a video wig selection appointment, the client is shown wigs chosen based upon the criteria shared when scheduling the appointment. Once the client selects a wig, it is mailed or delivered in one of our Wig Boutique Bags. For more information or to make a Virtual Wig Bank appointment, call: 408-402-6611 or email: [info@cancercarepoint.org](mailto:info@cancercarepoint.org).

#### **Tapping for Holiday Self-Care – Thursday, December 10, 3:00-4:00pm.**

Join us as we learn and experience a practical tool that will help you quickly release stressful energies and restore Holiday “presence.” Presenter: Cynthia McDonald, Ph.D., CMHT

#### **Let’s Play Bingo! – Thursday, December 17, 4:00-5:00pm.**

The bingo nights you love and miss...right from your own living room! Grab a “seat” and let the games begin! Spend some time with the Cancer CAREpoint community and unwind before the holidays. Space is limited.

#### **Family CARE Art Project – Friday, December 18, 3:30-5:00pm.**

Art project to facilitate fun and communication between children and adults when a guardian has cancer. Appropriate for children age 5-18. Class size is limited, must register before December 10. To register, email: [info@cancercarepoint.org](mailto:info@cancercarepoint.org)

#### **Communi-Tea (Virtually) at Cancer CAREpoint – Wednesday, December 30, 2:00-3:00pm.**

During the busy holiday time, give yourself a gift of a tea break, support and community. Bring a cup of tea and some snacks and join us over Zoom.

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5/6</b>
	<b>12:00</b> Mid-Day Meditation Break <b>1:00-3:00</b> Virtual Wig Bank <b>2:00</b> Gentle Movement	<b>12:00</b> Notes to Self <b>2:00</b> Qigong <b>6:00</b> Caregivers' Support Group	<b>9:00</b> Gentle Morning Yoga <b>12:00</b> Gynecologic Cancer Support Group <b>1:00</b> Healthy Eating Essentials <b>5:00</b> Evening Ying Yoga	<b>9:00</b> Qigong & Tai Chi for Stress Relief <b>12:00</b> Mid-Day Meditation Break	<b>Sat., Dec. 5</b> <b>11:00</b> Gentle Restorative Yoga
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12/13</b>
<b>9:00</b> Yoga Para Personas Impactadas por el Cáncer <b>12:00</b> Massage & Movement <b>2:00</b> Mindful Awareness Meditation <b>4:00</b> Better Together	<b>12:00</b> Mid-Day Meditation Break <b>1:00-3:00</b> Virtual Wig Bank <b>2:00</b> Gentle Movement <b>3:30</b> Healthy Cooking for Real Life	<b>10:00</b> Healing Through Art <b>12:00</b> Notes to Self <b>2:00</b> Qigong	<b>9:00</b> Gentle Morning Yoga <b>3:00</b> Tapping for Holiday Self-Care <b>5:00</b> Evening Ying Yoga	<b>9:00</b> Qigong & Tai Chi for Stress Relief <b>10:30</b> Conversation & Creativity <b>12:00</b> Mid-Day Meditation Break	<b>Sat., Dec. 12</b> <b>11:00</b> Gentle Restorative Yoga
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19/20</b>
<b>9:00</b> Yoga Para Personas Impactadas por el Cáncer <b>12:00</b> Massage & Movement <b>12:00</b> Living & Thriving with Grace Art Project <b>2:00</b> Mindful Awareness Meditation <b>4:00</b> Better Together	<b>12:00</b> Mid-Day Meditation Break <b>1:00-3:00</b> Virtual Wig Bank <b>2:00</b> Gentle Movement	<b>12:00</b> Notes to Self <b>2:00</b> Qigong <b>3:30</b> Breast Cancer Support Group <b>6:00</b> Caregivers' Support Group	<b>9:00</b> Gentle Morning Yoga <b>12:00</b> Gynecologic Cancer Support Group <b>1:00</b> Healthy Eating Essentials <b>4:00</b> Let's Play Bingo! <b>5:00</b> Evening Ying Yoga	<b>9:00</b> Qigong & Tai Chi for Stress Relief <b>10:00-12:00</b> Virtual Wig Bank <b>12:00</b> Mid-Day Meditation Break <b>3:30</b> Family CARE Art Project	<b>Sat., Dec. 19</b> <b>11:00</b> Gentle Restorative Yoga
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26/27</b>
<b>Counseling Available by Appointment</b>	<b>Counseling Available by Appointment</b>	<b>4:00</b> Support Group for All Cancers <b>6:00</b> Breast Cancer Support Group  <b>Counseling Available by Appointment</b>	<b>12:00</b> Living & Thriving with Grace  <b>Counseling Available by Appointment</b>	<b>CLOSED</b>	<b>Saturday, Dec. 26</b>  <b>CLOSED</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
<b>12:00</b> Living & Thriving with Grace  <b>Counseling Available by Appointment</b>	<b>Counseling Available by Appointment</b>	<b>2:00</b> Communi-TEA  <b>Counseling Available by Appointment</b>	<b>Counseling Available by Appointment</b>	<b>January 1, 2021</b>  <b>CLOSED</b>	<b>Jan. 2, 2021</b>  <b>CLOSED</b>

\*Programs in **ORANGE** – By Appointment

Registration is required. To register or schedule an appointment: visit our website at [CancerCAREpoint.org](http://CancerCAREpoint.org) or email us at [info@cancercarepoint.org](mailto:info@cancercarepoint.org) or call 408.402.6611