

February 2021

Highlights and Community Events

Virtual Drop-in Hours

Mondays, 9:30-11:30am & Wednesdays, 2:00-4:00pm.

[Mondays \(closed 2/15\)](#)

[Wednesdays](#)

For new and established Cancer CAREpoint clients, come by for a live “visit” to our Virtual Resource Center, where we’ll be happy to provide support and information.



Feldenkrais Seminar

Friday, February 12, 10:30-11:30am

Presenter: Bobbie Ueunten, Guild Certified Feldenkrais Practitioner

Feldenkrais is known for its effectiveness in bringing ease and efficiency to movement. Especially during an illness or recovering from treatments, the unique gentle strategy can help transition you to more activity without effort or strain, resulting in reduced pain, better balance and comfort in daily activities. The class will include a guided Feldenkrais activity. Please have a blanket/mat and 3 towels for floor work. If you cannot work on the floor, the activities can also be done in a chair.

Expressive Arts Series: The Healing Power of Love

Fridays, February 12, 19, & 26 and March 5, 12, & 19, 12:00-1:30pm

Presenters: Dorote Lucci, MA, PhD, Lacey Morris, MA, and Karen Newcomb, MS, LMFT

This 6-week retreat style online workshop will take cancer patients, survivors, and their caregivers through art and nature explorations that will connect them to their own power of the heart. We will be working with the power of resilience and deep healing that comes through the study of the healing power of love in unusual times. Space is limited.

Cancer Survivorship Workshop: So, What’s Next?

Tuesdays, February 23, and March 2, 9, 16, 23 & 30, 12:00-1:30pm

Facilitator: Juliann Halvorsen, MA, AMFT

A six-week online workshop for survivors who completed active treatment and have not had a recurrence or stage IV diagnosis. Participants must be available for all six sessions. Assessment required before registration. To register, contact Juliann

Halvorsen at juliann@cancercarepoint.org or call: 408-402-6612.



Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
1	2	3	4	5	6/7
9:00 Yoga Para Personas Impactadas por el Cáncer 9:30-11:30 Virtual Drop-In Hours 12:00 Massage & Movement 2:00 Mindful Awareness Meditation 4:00 Better Together	12:00 Mid-Day Meditation Break 1:00-3:00 Virtual Wig Bank 2:00 Gentle Movement	12:00 Notes to Self 2:00 Qigong 2:00-4:00 Virtual Drop-In Hours 6:00 Caregivers' Support Group	9:00 Gentle Morning Yoga 10:00 Survivorship Nutrition Series 12:00 Gynecologic Cancer Support Group 1:00 Healthy Eating Essentials 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 12:00 Mid-Day Meditation Break 1:00 Breast Cancer Support Group	Sat., Feb. 6 11:00 Gentle Restorative Yoga
8	9	10	11	12	13/14
9:00 Yoga Para Personas Impactadas por el Cáncer 9:30-11:30 Virtual Drop-In Hours 12:00 Massage & Movement 2:00 Mindful Awareness Meditation 4:00 Better Together	11:30 Support Group for All Cancers 12:00 Mid-Day Meditation Break 1:00-3:00 Virtual Wig Bank 2:00 Gentle Movement 3:30 Healthy Cooking for Real Life	10:00 Healing Expressions 12:00 Notes to Self 2:00 Qigong 2:00-4:00 Virtual Drop-In Hours	9:00 Gentle Morning Yoga 10:00 Survivorship Nutrition Series 12:00 Living & Thriving with Grace 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 10:30 Conversation & Creativity 10:30 Feldenkrais Seminar 12:00 Mid-Day Meditation Break 12:00 (Expressive Arts Series)	Sat., Feb. 13 11:00 Gentle Restorative Yoga
15	16	17	18	19	20/21
OFFICE CLOSED	12:00 Mid-Day Meditation Break 1:00-3:00 Virtual Wig Bank 2:00 Gentle Movement	12:00 Notes to Self 2:00 Qigong 2:00-4:00 Virtual Drop-In Hours 3:30 Breast Cancer Support Group 6:00 Caregivers' Support Group	9:00 Gentle Morning Yoga 12:00 Gynecologic Cancer Support Group 12:00 Living & Thriving with Grace 1:00 Healthy Eating Essentials 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 12:00 Mid-Day Meditation Break 12:00 (Expressive Arts Series)	Sat., Feb. 20 11:00 Gentle Restorative Yoga
22	23	24	25	26	27/28
9:00 Yoga Para Personas Impactadas por el Cáncer 9:30-11:30 Virtual Drop-In Hours 12:00 Massage & Movement 2:00 Mindful Awareness Meditation 4:00 Better Together	12:00 Mid-Day Meditation Break 12:00 Cancer Survivorship Workshop 1:00-3:00 Virtual Wig Bank 2:00 Gentle Movement 3:30 Healthy Cooking for Real Life	10:00 Healing Expressions 12:00 Notes to Self 2:00 Qigong 2:00-4:00 Virtual Drop-In Hours 4:00 Support Group for All Cancers 6:00 Breast Cancer Support Group	9:00 Gentle Morning Yoga 12:00 Living & Thriving with Grace 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 10:00 Caregivers' Support Group 10:30 Conversation & Creativity 12:00 Mid-Day Meditation Break 12:00 (Expressive Arts Series)	Sat., Feb. 27 11:00 Gentle Restorative Yoga

*Programs in **BLUE** – Requires Registration

*Programs in **GREEN** – Virtual Drop-In

*Programs in **ORANGE** – By Appointment