

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.



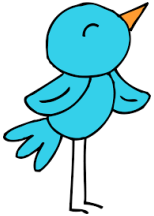
Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
1	2	3	4	5	6/7
9:00 Yoga Para Personas Impactadas por el Cáncer 9:30-11:30 Virtual Drop-In Hours 12:00 Massage & Movement 2:00 Mindful Awareness Meditation 4:00 Better Together	12:00 Mid-Day Meditation Break 1:00-3:00 Virtual Wig Bank 2:00 Gentle Movement	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
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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
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*Programs in **BLUE** – Requires Registration

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

*Programs in **ORANGE** – By Appointment

March 2021



Highlights and Community Events

Meditation Immersion Series: Mindful Awareness Meditation to Improve Sleep

Thursdays, March 4, 11, 18 and 25, 6:00-7:30pm

Presenter: Cynthia McDonald, Ph.D.

Join us for this 4-week series as we look at how Mindful Awareness Meditation can be used to address some common issues that can disrupt sleep such as: the spinning mind, physical discomforts, awakening during the night and putting ourselves back to sleep. All levels of meditators are welcome from beginners to experts. Space is limited.

Real World Nutrition

Tuesday, March 16, 4:00-5:00pm

Presenter: Stephanie Figeira, Certified Holistic Cook & Holistic Nutrition Consultant

Join Stephanie Figeira as she takes easy-to-find everyday ingredients, discusses the health benefits and transforms them into dishes that you can make any day of the week. This class will take place every other month. Registration required.

An Origami Afternoon

Thursday, March 25, 2:00-3:00pm

Facilitator: Haggit Shalev - Experienced Origami Artist & Instructor of all ages.

Once known as orikata, origami is the delicate art of Japanese paper folding. During an illness or recovering from treatments, origami offers a way to pause, shift perspective and tap into emotions. The class will include guided, beautiful, but straightforward folds as we watch a piece of paper transform into a new creation. Please have a pair of scissors. Other materials will be provided. Registration is required. Space is limited.

Feldenkrais Individual Sessions

with Bobbie Ueunten, Guild Certified Feldenkrais Practitioner

Feldenkrais is known for its effectiveness in bringing ease and efficiency to movement. Useful 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. If you are interested in individual Feldenkrais sessions, please email us at: info@cancercarepoint.org or call and leave a message at: 408-402-6611.



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29	30	31			
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