

January 2021

Highlights and Community Events

To register or schedule an appointment: info@cancercarepoint.org or 408.402.6611

(New) Virtual Drop-in Hours

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

[Mondays \(closed 1/18\)](#)

[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.

Survivorship Series: Life Unpaused * Space is limited *

Saturdays, January 9, 16, 23 & 30, 10:30am-12:00pm.

Facilitator: Adrienne Marilla, MSW, OTD, OTR/L

Join us for a 4-week Occupational Therapy Cancer Survivorship Series to address symptom self-management, returning to work/school, self-care, home management, improving sleep, and psychological issues in the context of meaningful roles and participation in daily activities.

A short survey is required during registration; answers will be anonymously shared with the facilitator.

2-Hour Survivorship Seminar * Space is limited *

Thursday, January 14, 6:00-8:00pm.

Facilitated by: Juliann Halvorsen, M.A., AMFT

For those who have completed active treatment and are interested in processing the emotional impact of their cancer experience. The approach is realistic, honest, and insightful.

Healthy Cooking Seminar: Keep Dessert on Your Plate

Wednesday, January 20, 6:00-7:00pm.

Presenter: Stephanie Figeira, Certified Holistic Cook and Certified Holistic Nutrition Consultant.

It’s true! Healthy meals *can* include dessert.

Join us to learn how to prepare yummy and nutritious cancer-fighting desserts.

Survivorship Nutrition Series: New Year, New You-Nourishment for Health, Strength & Happiness –

Thursdays, January 21 & 28, and February 4 & 11, 10:00-11:30am.

Presented by Nancy Birang, BS, MT (ASCP), NC:

Cancer CAREpoint in partnership with Bay Area Cancer Connections brings you a 4-part nutrition series:

Eating for Health

The Low Down on Protein and Fat

Colorful, Complex Carbohydrates

Energy and Weight Management

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
				1	2/3
				CLOSED	Sat., Jan., 2 CLOSED
4	5	6	7	8	9/10
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 12:00 Gynecologic Cancer Support Group 1:00 Healthy Eating Essentials 5:00 Evening Ying Yoga	9:00 Qigong & Tai Chi for Stress Relief 10:30 Conversation & Creativity 12:00 Mid-Day Meditation Break	Sat., Jan. 9 10:30 Life Unpaused 11:00 Gentle Restorative Yoga
11	12	13	14	15	16/17
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 Through Art 12:00 Notes to Self 2:00 Qigong 2:00-4:00 Virtual Drop-In Hours 6:00 Breast Cancer Support Group	9:00 Gentle Morning Yoga 12:00 Living & Thriving with Grace 5:00 Evening Ying Yoga 6:00 2-Hour Survivorship Seminar	9:00 Qigong & Tai Chi for Stress Relief 12:00 Mid-Day Meditation Break	Sat., Jan. 16 10:30 Life Unpaused 11:00 Gentle Restorative Yoga
18	19	20	21	22	23/24
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 6:00 Cooking Seminar	9:00 Gentle Morning Yoga 10:00 Survivorship Nutrition Series 12:00 Gynecologic Cancer Support Group 1:00 Healthy Eating Essentials 5:00 Evening Ying Yoga	9:00 Qigong & Tai Chi for Stress Relief 10:30 Conversation & Creativity 12:00 Mid-Day Meditation Break	Sat., Jan. 23 10:30 Life Unpaused 11:00 Gentle Restorative Yoga
25	26	27	28	29	30/31
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 3:30 Healthy Cooking for Real Life	10:00 Healing Through Art 12:00 Notes to Self 2:00 Qigong 2:00-4:00 Virtual Drop-In Hours 4:00 Support Group for All Cancers	9:00 Gentle Morning Yoga 10:00 Survivorship Nutrition Series 12:00 Living & Thriving with Grace 5:00 Evening Ying Yoga	9:00 Qigong & Tai Chi for Stress Relief 10:00 Caregivers' Support Group	Sat., Jan.30 10:30 Life Unpaused 11:00 Gentle Restorative Yoga

* **BLUE** – Requires Registration

* **GREEN** – Virtual Drop-In

* **ORANGE** – By Appointment

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