

## November 2020 Programs and Services

- **Please note: If you are interested in attending programs and are not an established Cancer CAREpoint client, please email: [info@cancercarepoint.org](mailto:info@cancercarepoint.org). We will provide an orientation and register you for classes and groups.**
  - **If you are an established Cancer CAREpoint client, you should have received the calendar with links via email. If you did not receive your calendar, please email [info@cancercarepoint.org](mailto:info@cancercarepoint.org).**
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### Monday

#### **Monday Classes on Zoom**

- **(Nueva fecha y hora) Yoga Para Personas Impactadas por el Cancer** – 9:00-10:00am.  
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.  
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.  
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. (Pre-recorded class on 11/24)
- **Gentle Movement** – 2:00-3:00pm.  
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**

- o November 10, 3:30-4:30pm – Healthy Holiday Treats
- o November 24, 3:30-4:30pm – Immune-Supportive Recipes

## Wednesday

### Wednesday Classes on Zoom

- **Healing Through Art**

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 November 11, 10:00-11:00am – Your Inner Warrior
- o November 25, 10:00-11:00am – Box of Personal Values

- **Notes to Self** – 12:00-1:00pm.

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.

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

***Closed on Thursday, November 26, for Thanksgiving.***

- **Gentle Morning Yoga** – 9:00-10:00am. (Pre-recorded class on 11/26)

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**
  - November 5, 1:00-2:30pm – Basic: Nutrition for Cancer: Get answers to commonly asked questions.
  - November 19, 1:00-2:30pm – Focus: Top Foods and Meal Plans for Stronger Bones
- **Evening Yin Yoga – 5:00-6:00pm.** (Pre-recorded class on 11/26)

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**

***Closed on Friday, November 27, for Thanksgiving.***

- **Qigong & Tai Chi for Stress Relief – 9:00-10:00am.** (Pre-recording class on 11/27)

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.** (Pre-recording class on 11/27)

## **Saturday**

### **Saturday Classes on Zoom**

***Closed on Saturday, November 28, for Thanksgiving.***

- **Gentle Restorative Yoga – 11:00am-12:00pm.** (Pre-recording class on 11/28)

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

- **Introduction to Jin Shin Jyutsu: Harmonizing Art of Self Care** – Thursday, November 5, 3:00-4:15pm.  
We are all born with the ability to harmonize ourselves. Jin Shin Jyutsu self-help can renew and rejuvenate the body/mind, alleviate stress, and enhance your body's natural healing ability. Join JSJ self-help instructor, Amanda Stiler, in discovering how this simple, yet powerful art of gentle touch can support you in your healing journey.
- **Self-Reiki for the Holidays** – Thursday, November 12, 3:00-4:00pm.  
Join us as we learn and experience a practical tool for holiday self-care that is rooted in a heart of gratitude and self-compassion. Presenter: Cynthia McDonald, Ph.D., CMHT
- **Let's Play Bingo!** – Tuesday, November 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. Open to all clients and their adult loved ones.
- **2-Hour Survivorship Seminar** – Wednesday, November 18, 9:30-11:30am.  
This two-hour survivorship seminar is for people who have completed active treatment and are interested in processing the emotional impact of their cancer experience. The approach is realistic, honest, and insightful. Space is limited. Facilitated by: Juliann Halvorsen, M.A., AMFT
- **When You Care: Advice and support for cancer caregivers** – Thursday, November 19, 4:00-5:00pm.  
If you are providing support and care to someone with cancer, you might be wondering what tools and resources are available to help you manage. Join Cancer CAREpoint for a discussion of the work that goes into providing care for cancer patients. Hear what other caregivers have learned along the way to take better care of themselves and better deal with the challenges they face. Facilitated by: Laura Crutchlow, LCSW, and Morrigan Bruce, MPA.

### 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.  
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., 11/6, 1:00-2:30pm; Wed., 11/18, 3:30-5:00pm; Mon., 11/23, 6:00-7:30pm. (11/25 group rescheduled to 11/23)  
Open for breast cancer patients/survivors at any point of the journey from diagnosis through survivorship.
- **Caregivers Support Groups** – Wed., 11/4 & 11/18, 6:00-7:30pm. (No group on 11/27)  
Open to adult loved ones (relatives or friends) of cancer patients to share experiences in a supportive environment.
- **Conversation & Creativity** – Fri., 11/6 & 11/20, 10:30am-12:00pm. (11/13 & 11/27 groups rescheduled to 11/6 & 11/20)  
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.
- **Gynecologic Cancer Support Groups** – Thurs., 11/5 & 11/19, 12:00-1:30pm.  
Open to gynecologic cancer patients and survivors at any point of the journey from diagnosis through survivorship.
- **Living & Thriving with Grace** – Thurs., 11/12, & Mon., 11/23, 12:00-1:30pm. (No group 11/26)  
Open to those dealing with cancer recurrence or metastatic disease for support and education.
- **Support Group for All Cancers** – Tues., 11/10, 11:30am-1:00pm; Mon., 11/23, 4:00-5:30pm. (11/25 group rescheduled to 11/23)  
Open to people diagnosed with all kinds of cancer at any point of the journey from diagnosis through survivorship.

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