

October 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. 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.**
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Monday

Monday Classes on Zoom

- **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.
- **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**
 - October 6, 3:30-4:30pm – Dinner on the Grill
 - October 20, 3:30-4:30pm – Kick Off to Healthy Holiday Eating

Wednesday

Wednesday Classes on Zoom

- **Stitch & Unwind**

More of a social gathering than support group – we invite you to make a cup of tea and knit or crochet with others. Knitting instruction provided by Judy Murray.

 - October 7, 10:00-11:00am.
 - October 21, 10:00-11:00am.
- **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

- **Gentle Morning Yoga – 9:00-10:00am.**

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
- **Yoga Para Personas Impactadas por el Cancer – 10:00-11:00am.**

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.
- **Healthy Eating Essentials**
 - October 1, 1:00-2:30pm – Basic: Healing Teas as Part of a Cancer Fighting Plan
 - October 15, 1:00-2:30pm – Focus: What's the Skinny on Fat? Good/Bad? What Kind? How Much? What are the best cooking oils?

- **(NEW TIME) Evening Yin Yoga** – 5:00-6:00pm.

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

- **Qigong & Tai Chi for Stress Relief** – 9:00-10:00am.
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.

Saturday

Saturday Classes on Zoom

- **Gentle Restorative Yoga** – 11:00am-12:00pm.
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@cancercarespoint.org or call us at: 408-402-6611

Seminars & Special Events

- **Art Therapy Seminars**
Join Lacey Morris, AMFT, REAT (Registered Expressive Art Therapist), in learning about the benefits of art therapy in self-discovery, processing feelings and healing. In each seminar you will participate in an Expressive Art Project. No art experience required.
 - **Process Painting** - Wednesday, October 14, 10:00-11:30 am. Class size is limited, must register before October 7.



When we paint from our heart in a free form abstract way, we release and let go of emotions that do not serve us. With this process we can clear the cobwebs of sadness, grief, fear that may be blocking us from being connected to our highest joy and fullest expression. This course will be just that! A combination of guided imagery and meditation and free form expression of painting from the heart.

- **Somatic Body Mapping** - Wednesday, October 28, 5:00-6:30pm. Class size is limited, must register before October 21.

Somatic body mapping is a therapeutic, body led, creative and ritual process that allows one to explore and visually communicate the stories that you live through and in your body. It involves drawing a life-size representation of your body onto paper and using creative markings, images, symbols, and words to map: places in you that are full of life, places that are in pain, and places that hold hope and potential for the future. In the process of creating the somatic body map you will discover new links between these places in you and gain a deeper understanding of your own power to create health within you and through your way of living in this world.

- **Evaluating Genetic Risk – Hereditary Cancer: BRCA & Beyond** – Friday, October 23, 3:00-4:30pm. Genetic counselors, Karlana Lara-Otero, PhD, MS, CGC, and Courtney Rowe-Teeter, MS, CGC, will provide an overview of hereditary cancer risk assessment and genetic testing. Learn about gene mutations, genetic markers, and what it all means in determining cancer risk.

- **Running on Low: Strategies to Manage Fatigue and Improve Sleep Hygiene** – Thursday, October 29, 1:00-2:15pm. Learn how to conserve and optimize energy for your everyday life through self-management and adaptive/compensatory techniques. Find out how to create an environment and bedtime routine that promotes sleep. Presenter: Adrienne Marilla, MSW, OTD

Support Groups

To register for support groups, email us at: 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 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., 10/2, 1:00-2:30pm; Wed., 10/14, 3:30-5:00pm; Wed., 10/28, 6:00-7:30pm. (Group on 10/21 was rescheduled to 10/14.)
Open for breast cancer patients/survivors at any point of the journey from diagnosis through survivorship.
- **Caregivers Support Groups** – Wed., 10/7 & 10/21, 6:00-7:30pm; Fri., 10/23, 10:00-11:30am.
Open to adult loved ones (relatives or friends) of cancer patients to share experiences in a supportive environment.
- **Conversation & Creativity** – Fri., 10/9 & 10/23, 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., 10/8, Thurs., 10/22 & Mon., 10/26, 12:00-1:30pm.
Open to those dealing with cancer recurrence or metastatic disease for support and education.
- **Gynecologic Cancer Support Groups** – Thurs., 10/1 & 10/15, 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** – Tues., 10/13, 11:30am-1:00pm; Weds., 10/28, 4:00-5:30pm.
Open to people diagnosed with all kinds of cancer at any point of the journey from diagnosis through survivorship.

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