

October 2021

Highlights and Community Events

Coping With Side Effects

October 5, 12, 19, 26 at 3:30 pm

Join us for a weekly, four-part series addressing various concerns that arise during and after cancer treatment. Topics include Lymphedema, Healthy Cooking, Intimacy, and Bone Health. For more information, please contact info@cancercarespoint.org.

Healing the Mind and Soul: Affirmations for Resilience and Empowerment

Presenter: Cynthia McDonald, Ph.D.

October 8th, at 1pm

Trauma research shows that positive self-talk in the form of affirmations supports the development of resilience. Join us as we: learn about resilience; learn how positive psychology can shift mental habits, and how choosing positivity is different from hiding in the denial of positivity. Together we will experience hypnosis combined with positive affirmations to shift the negative mental cycle of the stress response and promote resilience and empowerment.

Healing Expressions – Tools to Embrace the Unknown

Facilitator: Lacey Morris, MA, LMFT

October 13, 20, 27th at 10am

Change can bring up all types of fears. However, if you're willing to keep breathing and stay with this feeling, there is also a place within the unknown that is exhilarating, fresh, and filled with potential and rebirth. If you can move out of "paralysis by analysis," living in the unknown can be an incredible opportunity for spiritual, personal, and professional growth.

Please come explore some tools in the month of October that can help strengthen your trust in the unknown. Please bring a journal and some art materials each week.



Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
				1	2/3
				9:00 Qigong & Tai Chi for Stress Relief 10:30 Conversation & Creativity 12:15 Mid-Day Meditation Break	Sat., 2nd 11:00 Gentle Restorative Yoga
4	5	6	7	8	9/10
10:30 Yoga Para Personas Impactadas por el Cáncer 12:00 Massage & Movement 12:00 Living & Thriving with Grace 2:00 Mindful Awareness Meditation	12:00 Survivorship Series 1:00-3:00 Virtual Wig Bank 2:00 Gentle Movement 3:30 Coping with Side Effects	12:00 Notes to Self 2:00 Qigong 4:30 Caregivers' Support Group 6:00 Breast Cancer Support Group	9:00 Gentle Morning Yoga 1:00 Healthy Eating Essentials 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 12:15 Mid-Day Meditation Break 1:00 Healing the Mind and Soul: Affirmations for Resilience and Empowerment	Sat., 9th 11:00 Gentle Restorative Yoga
11	12	13	14	15	16/17
10:30 Yoga Para Personas Impactadas por el Cáncer 12:00 Massage & Movement 2:00 Mindful Awareness Meditation 3:30 Better Together	1:00-3:00 Virtual Wig Bank 2:00 Gentle Movement 3:30 Coping with Side Effects	10:00 Healing Expressions Series 12:00 Notes to Self 2:00 Qigong 4:30 Caregivers' Support Group	9:00 Gentle Morning Yoga 12:00 Gynecologic Cancer Support Group 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 10:30 Conversation & Creativity 12:15 Mid-Day Meditation Break	Sat., 16th 11:00 Gentle Restorative Yoga
18	19	20	21	22	23/24
10:30 Yoga Para Personas Impactadas por el Cáncer 12:00 Massage & Movement 12:00 Living & Thriving with Grace 2:00 Mindful Awareness Meditation	1:00-3:00 Virtual Wig Bank 2:00 Gentle Movement 3:30 Coping with Side Effects	10:00 Healing Expressions Series 12:00 Notes to Self 2:00 Qigong 4:30 Caregivers' Support Group 6:00 Breast Cancer Support Group	9:00 Gentle Morning Yoga 1:00 Healthy Eating Essentials 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 12:15 Mid-Day Meditation Break	Sat., 23rd 11:00 Gentle Restorative Yoga
25	26	27	28	29	30/31
10:30 Yoga Para Personas Impactadas por el Cáncer 12:00 Massage & Movement 2:00 Mindful Awareness Meditation 3:30 Better Together	12:00 Living & Thriving with Grace 1:00-3:00 Virtual Wig Bank 2:00 Gentle Movement 3:30 Coping with Side Effects 3:30 Healthy Cooking for Real Life	10:00 Healing Expressions Series 12:00 Notes to Self 2:00 Qigong 4:00 Support Group for All Cancers 4:30 Caregivers' Support Group	9:00 Gentle Morning Yoga 12:00 Gynecologic Cancer Support Group 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 12:15 Mid-Day Meditation Break	Sat., 30th 11:00 Gentle Restorative Yoga

November 2021

Highlights and Community Events

Gynecologic Lymphedema – November 3rd, 6pm

Presenter: Rochelle Brannan MPT, CLT-LANA

Rochelle will discuss how oncology physical therapy benefits patient healing throughout their cancer journey. It offers various treatment approaches to lessen the adverse side effects from oncological medical treatments. Physical therapy treatment topics will include education on fatigue, pelvic floor dysfunction, secondary lymphedema, best exercises, and compression garments.

Healing Expressions: Exploring Five Steps to Mindfulness – Wednesdays, 10am

Presenter: Lacey Morris, MA, AMFT

Come explore simple exercises of mindfulness practices. Each week we will explore a different aspect of mindfulness which will help us access a deeper level of peace and clarity within. Please bring something comfortable to sit on and be prepared for a healing experience. No experience necessary.

Finding Wisdom in Transition – November 8, 15, 22 at 1pm

Presenter: Karen Newcomb, MS, LMFT

A diagnosis of cancer is not an event, but rather a process of transition. Using poetry, writing exercises, and personal experience, we will explore the deeper meanings of change and “mine” the wisdom of our past transitions. Together we shall build a personal Transition Plan that can optimize your own path to healing.

Self-Reiki for Peace and Healing – November 12th, 1pm

Presenter: Cynthia McDonald, Ph.D.

Reiki is a meditative practice using gentle touch to promote relaxation, reduce stress and anxiety, and nurture healing. Learn how to use Self-Reiki to heal and calm your mind and body.

Real World Nutrition: Tasty Healthy Holiday Recipes – November 16th, 3:30pm

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

Join Stephanie Figeira as she demonstrates easy, tasty, healthy holiday treats to enjoy or share with friends and family this holiday season. One of the exciting recipes we will be making is Fudge with a healthy twist!



Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
1	2	3	4	5	6/7
10:30 Yoga Para Personas Impactadas por el Cáncer 12:00 Massage & Movement 12:00 Living & Thriving with Grace 2:00 Mindful Awareness Meditation	1:00-3:00 Virtual Wig Bank 2:00 Gentle Movement	10:00 Healing Expressions Series 12:00 Notes to Self 2:00 Qigong 4:30 Caregivers' Support Group 6:00 Breast Cancer Support Group 6:00 Gynecologic Lymphedema	9:00 Gentle Morning Yoga 12:00 Gynecologic Cancer Support Group 1:00 Healthy Eating Essentials 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 10:30 Conversation & Creativity 12:15 Mid-Day Meditation Break	Sat., 6th 11:00 Gentle Restorative Yoga
8	9	10	11	12	13/14
10:30 Yoga Para Personas Impactadas por el Cáncer 12:00 Massage & Movement 1:00 Finding Wisdom in Transition 2:00 Mindful Awareness Meditation 3:30 Better Together	1:00-3:00 Virtual Wig Bank 2:00 Gentle Movement 3:30 Healthy Cooking for Real Life	10:00 Healing Expressions Series 12:00 Notes to Self 2:00 Qigong 4:30 Caregivers' Support Group	9:00 Gentle Morning Yoga 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 12:15 Mid-Day Meditation Break 1:00 Self-Reiki for Peace and Healing	Sat., 13th 11:00 Gentle Restorative Yoga
15	16	17	18	19	20/21
10:30 Yoga Para Personas Impactadas por el Cáncer 12:00 Massage & Movement 12:00 Living & Thriving with Grace 1:00 Finding Wisdom in Transition 2:00 Mindful Awareness Meditation	1:00-3:00 Virtual Wig Bank 2:00 Gentle Movement 3:30 Real World Nutrition	10:00 Healing Expressions Series 12:00 Notes to Self 2:00 Qigong 4:30 Caregivers' Support Group 6:00 Breast Cancer Support Group	9:00 Gentle Morning Yoga 12:00 Gynecologic Cancer Support Group 1:00 Healthy Eating Essentials 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 10:30 Conversation & Creativity 12:15 Mid-Day Meditation Break	Sat., 20th 11:00 Gentle Restorative Yoga
22	23	24	25	26	27/28
10:30 Yoga Para Personas Impactadas por el Cáncer 12:00 Massage & Movement 1:00 Finding Wisdom in Transition 2:00 Mindful Awareness Meditation 3:30 Better Together	12:00 Living & Thriving with Grace 1:00-3:00 Virtual Wig Bank 2:00 Gentle Movement 3:30 Healthy Cooking for Real Life	10:00 Healing Expressions Series 12:00 Notes to Self 2:00 Qigong 4:00 Support Group for All Cancers 4:30 Caregivers' Support Group	9:00 Gentle Morning Yoga 5:00 Evening Yin Yoga	9:00 Qigong & Tai Chi for Stress Relief 12:15 Mid-Day Meditation Break	Sat., 27th 11:00 Gentle Restorative Yoga
29	30				
10:30 Yoga Para Personas Impactadas por el Cáncer 12:00 Massage & Movement 2:00 Mindful Awareness Meditation	1:00-3:00 Virtual Wig Bank 2:00 Gentle Movement				

*Programs in **BLUE** – Requires Registration

*Programs in **ORANGE** – By Appointment