

September 2020 Programs and Services

- **Please note: If you register on the day of the class, please click the register link at least one hour in advance of the class. It may take some time for Zoom to send the confirmation email.**
 - **Unless noted, all classes are recurring. Once you register you can attend any of the class dates as noted in your registration confirmation email.**
 - **Classes and groups will still be closed to late arrivals after 10 minutes; we suggest signing in several minutes before the scheduled start to ensure you have time to work out any issues.**
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Monday

Monday Classes on Zoom

Closed on Monday, September 7, for Labor Day.

- **Massage & Movement** - 12:00-1:00pm. (Pre-recorded class on 9/7.) Register [here](#).
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. (Pre-recorded class on 9/7.) Register [here](#).
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 9/22.) Register [here](#).
- **Gentle Movement** – 2:00-3:00pm. Register [here](#).
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** – Register [here](#).
 - o September 8, 3:30-4:30pm – Creating Nutrient-Dense Smoothies
 - o September 22, 3:30-4:30pm – Welcoming Fall Foods

Wednesday

Wednesday Classes on Zoom

- **Stitch & Unwind** – Register [here](#).
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.
 - o September 2, 10:00-11:00am
 - o September 16, 10:00-11:00am
- **Notes to Self** – 12:00-1:00pm – Register [here](#).
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. Register [here](#).
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. Register [here](#).
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** – Starting September 17, 10:00-11:00am. Register [here](#).
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** – Register [here](#).



- o September 3, 1:00-2:30pm – Basics: Your Healing Kitchen-What You Need to Make Easy Meals for Strength, Energy, and Healing
- o September 17, 1:00-2:30pm – Focus: Kick the Sugar Habit and Enjoy Health Sweets

- **Evening Yin Yoga** – 6:00-7:00pm. Register [here](#).
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. Register [here](#).
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-Recorded Class on 9/4 & 9/25.) Register [here](#).

Saturday

Saturday Classes on Zoom

- **Gentle Restorative Yoga** – 11:00am-12:00pm. Register [here](#).
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 or call us at: 408-402-6611



Seminars & Special Events

Seminars & Special Events on Zoom

- **Mind-Body Skills 4-Part Series** – Thursdays, September 3, 10, 17, & 24, 3:00-4:30pm. Register [here](#).
Dr. Cynthia McDonald Presents Mind-Body Skills 4-Part Series. Learn about improving the quality and quantity of restorative sleep. Use how to gently tap energy meridians to help you manage anxiety. Explore the universal life force of Reiki that can be used to heal and calm your mind and body. Learn to use self-hypnosis for the reduction of tension and anxiety. Plan to attend all four classes.
 - September 3 - Using Imagery for Better Sleep
 - September 10 - Using EFT (Tapping) to Manage Fear and Anxiety
 - September 17 - Self- Reiki for Peace and Healing
 - September 24 - Self-Hypnosis for Rapid Relief of Tension and Anxiety
- **Survivorship Seminar** – Tuesday, September 15, 1:00-3:00 pm. Register [here](#).
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.
- **Cancer Treatment Through the Eyes of a Comedian** – Tuesday, September 15, 6:00-7:00 pm. Register [here](#).
Join us for an evening of comedy with Michael Riley. Michael is a local stand-up comedian, actor and cancer survivor. He will talk about how having a sense of humor and positive attitude helped him through his cancer treatment.
- **“How to Talk to Children About Cancer” Seminar**
Learn the when, what, and how to tell your child/children about a parent’s cancer, and share experiences with other parents.
 - Thursday, September 17, 10:00-11:00 am. Register [here](#).
 - Wednesday, September 30, 6:00-7:00pm. Register [here](#).
- **“Why Can’t I Remember” Chemo Brain Seminar on Zoom** – Wednesday, September 23, 5:30-6:30pm. Register [here](#).
Marie Atallah, Licensed Clinical Psychologist, will provide an overview of the current understanding of cancer-related cognitive impairment (chemo brain), strategies for managing cognitive changes, and discuss the importance of monitoring and addressing psychological symptoms.

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. (No group on 9/7.)
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., 9/4, 1:00-2:30pm; Wed., 9/16, 3:30-5:00pm; Wed., 9/23, 6:00-7:30pm.
Open for breast cancer patients/survivors at any point of the journey from diagnosis through survivorship.
- **Caregivers Support Groups** – Wed., 9/2 & 9/16, 6:00-7:30pm; Fri., 9/25, 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., 9/11 & 9/25, 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., 9/10, Thurs., 9/24 & Mon., 9/28, 12:00-1:30pm. (9/21 group rescheduled to 9/28)
Open to those dealing with cancer recurrence or metastatic disease for support and education.
- **Gynecologic Cancer Support Groups** – Thurs., 9/3 & 9/17, 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., 9/8, 11:30am-1:00pm; Weds., 9/23, 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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