



September 2018

ALL PROGRAMS AND SERVICES ARE PROVIDED WITHOUT COST to cancer patients, survivors, families and caregivers. Donations are welcome.

FREE COUNSELING SUPPORT – By Appointment Only

FREE WIG BANK – By Appointment Only

SERVICES BY APPOINTMENT: Massage, Nutrition

Consultations, Healing Touch, Guided Imagery Consultations

Registration required: info@cancercarepoint.org or call 408.402.6611

All programs start promptly. Latecomers may be disappointed.

NOTE: Office Closed Monday, September 3.

Nutrition – Nancy Birang, BS, MT (ASCP), NC

Nutrition Q & A -- Mondays, 11:30 am–12:30pm (No class 9/3)

Bring your questions and concerns. Nutritionist, Nancy Birang, will provide you with information and answers.

Cancer-Fighting Nutrition – Beginner -- Mondays, 1:00–2:30pm (No class 9/3)

Beginner class on the basics of using food to sustain and heal you before, during and after cancer treatment.

Cancer-Fighting Nutrition – Intermediate -- Mondays, 3:00–4:30pm (No class 9/3)

Follow-up classes with more advanced nutritional information.

9/10 – What About Soy and Dairy...OK to Eat?

9/17 – Dietary Tips to Reclaim Energy

9/24 – Nutritional Support to Manage Anxiety

Exercise & Movement

Chair Yoga (New) -- Wednesdays, 8:45–10:00am

Traditional, gentle yoga on a chair for cancer patients and survivors.

Yoga -- Thursdays, 8:45–10:00am (No class 9/13)

Traditional, gentle floor yoga for cancer patients and survivors.

Rosen Movement -- Wednesdays, 10:30–11:30am and 12:00–1:00pm

Move to music and increase flexibility using the Rosen Movement Method. *Please only register for one movement class per week.*

Qigong -- Wednesdays, 3:00–4:00pm at Breathe Together Studio {14107 Winchester Blvd., Ste. H, Los Gatos, 95032}

Use stretching, active and passive movements, and form work to unify body, energy and mind. *No registration required, just drop in.*

Finding Balance Exercise -- Thursday, September 27, 11:00am–12:00pm

A class about techniques to promote strength and balance.

Mind & Body Skills – Cynthia McDonald, Ph.D.

Meditation Class – Wednesday, September 26, 1:15–2:45pm (No class 9/12)

Taking a Closer Look at Managing Anxiety -- Tuesday, September 25, 1:15–2:45pm

Sex, Intimacy and Cancer – Thursday, September 13, 7:00–8:30pm

Grief & Loss Support Group - 4-Part Series – Wednesdays, September 5–September 26, 11:30am–1:00pm

Open to caregivers & family members of Cancer CAREpoint patients. Please plan to attend all four sessions. Registration required. Please contact Debbie at 408-458-8300 or debbie@cancercarepoint.org.

Support Groups

Caregivers Support Group -- Wednesdays, September 5 & 19

(Cancelled), 6:00–7:30pm and Friday, September 28, 10:00–11:30am

Open to adult caregivers (relatives or friends) of cancer patients.

Breast Support Group -- Friday, September 7, 1:00–2:30pm,

Wednesday, September 19, 3:30–5:00pm (Cancelled), and

Wednesday, September 26, 6:00–7:30pm

Open to breast cancer patients/survivors.

General Support Group -- Tuesday, September 11, 11:30am–1:00pm

(Cancelled) and Wednesday, September 26, 4:00–5:30pm

Open to people diagnosed with all kinds of cancers.

Ovarian Support Group – Friday, September 21, 12:00–1:30pm

Open to newly-diagnosed through post-treatment survivors.

GI-Colorectal Support Group – Tuesday, September 25, 6:00–7:30pm

(Cancelled) Open to anyone impacted by GI-Colorectal cancers.

Living and Thriving with Grace -- Thursdays, September 13 & 27, 12:00–1:30pm

For those dealing with recurrence or metastatic disease.

Conversation & Creativity – Fridays, September 14 & 28, 10:00–11:30am

Meaningful discussion while creating simple art.

Healing Through Art Class – Thursday, September 6 & 20, 10:45am–12:30pm

Combine art, movement and mindfulness.

Cancer Survivorship Workshop – Tuesdays, October 2–November 6, 11:00am–1:00pm

And

Cancer Survivorship Workshop – Wednesdays, October 3–November 14, 6:00–8:00pm (Closed 10/31)

Six-week workshop for people who completed active treatment and want to process the emotions of their cancer experience. Registration required. Participants must be available for all six sessions. To register, contact Sheryl Brown at 408-402-6612 or sheryl@cancercarepoint.org

Wig Bank & Salon Day at Salon Amnesia – Sunday, October 14, 10:00am–1:00pm

Join us for wig consultations and trims of new hair growth after chemotherapy hair loss.

2505 Samaritan Drive, Suite 402, San Jose 95124 • 408.402.6611 • CancerCAREpoint.org

MON	TUE	WED	THU	FRI
3 CLOSED	4 9:00-12:00 Wig Bank* 10:00 Healing Touch* 11:00 Survivorship Workshop 11:15 Healing Touch* 1:00 Guided Imagery Consultation* (Cancelled) 3:00 Guided Imagery Consultation* (Cancelled)	5 8:45 Chair Yoga 10:30 Movement Class 11:30 Grief Series 12:00 Movement Class 2:00 Healing Touch* (Cancelled) 3:00 Qigong @ Breathe 3:15 Healing Touch* (Cancelled) 6:00 Caregiver Group	6 8:45 Yoga 10:00 Support Group @ The Villages 10:45 Healing Through Art 2:00 Massage* 3:30 Massage*	7 11:30 Massage* 1:00 Breast Group 1:00 Massage*
10 11:30 Nutrition Q & A 1:00 Cancer Fighting Nutrition – Beginner 3:00 Nutrition: What About Soy & Milk...OK to Eat?	11 9:00-12:00 Wig Bank* 10:00 Healing Touch* 11:00 Survivorship Workshop 11:15 Healing Touch* 11:30 General Support Group (Cancelled) 1:15 Mind Body Skills: (Cancelled)	12 8:45 Chair Yoga 10:30 Movement Class 11:30 Grief Series 12:00 Movement Class 1:15 Meditation (Cancelled) 2:00 Healing Touch* (Cancelled) 3:00 Qigong @ Breathe 3:15 Healing Touch* (Cancelled)	13 8:45 Yoga-(Cancelled) 11:00 Finding Balance (Cancelled) 12:00 Living and Thriving with Grace 2:00 Massage* 3:30 Massage* 7:00 Sex, Intimacy and Cancer	14 10:00 Conversation & Creativity 10:00 Massage* 11:30 Massage*
17 11:30 Nutrition Q & A 12:00-3:00 Wig Bank* 1:00 Cancer Fighting Nutrition – Beginner 3:00 Nutrition: Dietary Tips to Reclaim Energy	18 10:00 Healing Touch* 11:00 Survivorship Workshop 11:15 Healing Touch* 1:00 Guided Imagery Consultation*-(Cancelled) 3:00 Guided Imagery Consultation*-(Cancelled)	19 8:45 Chair Yoga 10:30 Movement Class 11:30 Grief Series 12:00 Movement Class 2:00 Healing Touch* 3:00 Qigong @ Breathe 3:15 Healing Touch* 3:30 Breast Group (Cancelled) 6:00 Caregiver Group (Cancelled)	20 8:45 Yoga 10:45 Healing Through Art 2:00 Massage* 3:30 Massage*	21 10:00 Massage* 11:30 Massage* 12:00 Ovarian Support Group
24 11:30 Nutrition Q & A 12:00-3:00 Wig Bank* 1:00 Cancer Fighting Nutrition – Beginner 3:00 Nutrition: Nutritional Support to Manage Anxiety	25 10:00 Healing Touch* 11:00 Survivorship Workshop 11:15 Healing Touch* 1:15 Mind Body Skills: Managing Anxiety 6:00 GI-Colorectal Support Group (Cancelled)	26 8:45 Chair Yoga 10:30 Movement Class 11:30 Grief Series 12:00 Movement Class 1:15 Meditation 2:00 Healing Touch* 3:00 Qigong @ Breathe 3:15 Healing Touch* 4:00 General Support Group 6:00 Breast Group	27 8:45 Yoga 11:00 Finding Balance 12:00 Living and Thriving with Grace 2:00 Massage* 3:30 Massage*	28 10:00 Conversation & Creativity 10:00 Caregiver Group 10:00 Massage* 11:30 Massage*

Programs in **BLUE** – Requires Registration

*Programs in **ORANGE** – By Appointment Only

Registration is required! Free Consultations/Counseling with Social Workers available by appointment.

Call 408.402.6611 or email info@cancercarepoint.org to register or schedule an appointment.