At Cancer CAREpoint, we are committed to addressing the practical, psychological and emotional impacts of cancer on patients and their caregivers from the cancer diagnosis through survivorship—every step of the journey.

Cancer affects every facet of life for the entire family. Our professional staff and trained volunteers provide hope and help during this life-changing experience. Our goals are to reduce your stress, anxiety and fear... improve your quality of life... and help you move towards renewed health and well-being.

The Cancer CAREpoint Resource Center opened in 2012 after interviewing hundreds of cancer patients, family members, caregivers and local resource providers about the needs of the cancer community in Silicon Valley. Each year Cancer CAREpoint provides support to over 1,000 patients and caregivers and that number continues to grow.

All services are provided at no cost to everyone whose lives are touched by cancer, no matter where they are receiving medical care, their cancer type, or insurance status. Donations are welcome.

Please check our website and calendar for the most up-to-date information and specific availability of any of the programs included in this guide. Programs and availability are subject to change. Please register for programs—online, via email (info@cancercarepoint.org) or call us at 408-402-6611.
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Personalized support services for anyone impacted by cancer in Silicon Valley
The medical community acknowledges that psychosocial care is important and beneficial to cancer patients. Cancer CAREpoint offers one-on-one, couples and family counseling sessions with Master’s level professionally trained social workers to provide cancer patients, survivors, family members and caregivers with the personalized support they need. Clients can ask questions, learn coping skills, express emotions and obtain referrals to services and resources appropriate for their situation.

Please call 408.402.6611 to schedule an appointment.
Cancer CAREpoint provides a wide variety of support groups for both cancer patients and their caregivers. Support groups may focus on a specific cancer or different stages of cancer. All provide a supportive environment to explore the challenges of a cancer diagnosis. Support groups are offered both during the day and in the evening.

Groups are subject to change. Please check the calendar on our website for the latest information. Please call 408.402.6611 to register to attend a group session.

• Breast Support Group
  Open for breast cancer patients/survivors at any point of the journey from diagnosis through survivorship.

• General Support Group
  Open to people diagnosed with all kinds of cancer at any point of the journey from diagnosis through survivorship.

• GI-Colorectal Group
  Open to anyone diagnosed with GI-Colorectal cancer and their caregivers. Patients share experiences and information about the GI-Colorectal cancer journey from diagnosis through survivorship.

• Men’s Support Group
  Open to all men diagnosed with cancer from diagnosis through survivorship.

• Ovarian Support Group
  Open to ovarian cancer patients and survivors at any point of the journey from diagnosis through survivorship.

• Caregivers Group
  Open to adult loved ones (relatives or friends) of cancer patients to share experiences in a supportive environment.

• Living & Thriving with Grace
  Open to those dealing with cancer recurrence or metastatic disease for support and education.

• Collage Art Class
  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.

• Healing Through Art
  Open to cancer patients. The program combines art, movement and mindfulness. No experience needed.
Survivorship
More and more individuals are living with cancer and facing the emotional and physical challenges that come with finishing treatment. Cancer CAREpoint has created a variety of programs to support cancer survivors.

Survivorship Workshop
This six-week survivorship workshop 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. Participants will have the opportunity to share feelings, hopes and fears, and are given practical tools and resources to move forward after cancer. Participants must be able to attend all sessions.

- Examining Change
- New Habits and Body Identification
- Emotions and Spirituality
- Social Changes
- Self-Discovery
- The Next Chapter

Mind Body Skills
This four-part series of mind-body skills classes is for people who have completed active treatment.

- Using Imagery for Better Sleep
- Using EFT to Manage Fear and Anxiety
- Self-Reiki for Peace and Healing
- Self-Hypnosis for Rapid Release of Tension and Anxiety

Family CARE
A cancer diagnosis impacts the whole family, and for a parent diagnosed with cancer, there is additional stress regarding how to help their child cope. Cancer CAREpoint offers two programs designed to help parents and their child communicate and provides tools and emotional support to cope.

How Do I Talk to My Child About Cancer?
This one-hour session provides practical tips on when, what and how a parent can talk with their child about the parent’s cancer, as well as enabling parents to share experiences with each other.

Family CARE Workshop
This workshop builds upon the child's strengths and enhances their ability to cope with and communicate about their parent’s illness. Parents and children watch a short video together that describes the basics of a cancer diagnosis. Afterwards, parents and children separate into different groups. The children are then grouped by age (5-8, 9-12 and teens). The groups are facilitated by Cancer CAREpoint social workers and staff. With the parent group, parents learn tools to communicate with their children in a supportive environment. Within the children’s groups, children participate in expressive art and play that make them more comfortable when talking about cancer.

Registration required for these programs. Please check our website for availability and registration information.
Exercise & Movement

Please check our website and calendar for specific times and class availability. Registration required. Please call 408.402.6611 or email info@cancercarepoint.org to register.

Gentle Movement

Studies have found that cancer patients who engage in moderate exercise each week experience significant benefits, both physical and emotional. Not only does their overall health improve, but by taking positive action, they feel more in control of their lives. The Gentle Movement classes at Cancer CAREpoint provide an opportunity for cancer patients of all ages and fitness levels to engage in exercises they can handle. Based on the Rosen Movement Method, the classes are designed to increase flexibility.

Yoga

Yoga classes offered to Cancer CAREpoint clients are specifically designed for cancer patients and survivors to improve circulation of blood, increase energy and reduce chronic pain. The classes are adaptable for all levels of health and physical mobility. Yoga can help alleviate depression, anxiety and insomnia as well as boost mood and outlook.

Cancer CAREpoint yoga classes offer traditional, gentle, on-the-floor yoga, and are designed especially for cancer patients. The classes focus on achieving balance between body and mind.

Qigong

With roots in Chinese medicine, philosophy and martial arts, qigong uses stretching, active and passive movements and form work, including slow rhythmic movements, to unify body, energy and mind.

Finding Balance

This class incorporates strength and balance to improve reaction time, mental processing and spatial orientation. The class helps to improve the well-being of participants by integrating exercise and mindful activities to promote a better mind/body connection.
Research shows that proper nutrition can help cancer patients with recovery, vitality and quality of life. Cancer CAREpoint’s classes deliver information about the best nutrition during and after treatment, and provide recipes and information about how eating well can make a difference in your health. In addition, private phone nutrition consultations are available with nutritionist Nancy Birang, B.S., MT (ASCP), N.C.

Cancer CAREpoint offers individual consultations, as well as a wide variety of nutrition classes, at both the beginner and intermediate level. Examples of topics include Nutritional Tips to Manage Chemo Brain and Healing Broths. Cancer CAREpoint also include special topic programs, such as the following:

- Make Your Own Smoothie
- Cancer Fighting Foods
- Super Foods to Boost Immunity
- Healing Teas
- Eat to Boost Your Brain Power
- Meals to Strengthen Immunity

Please check our website and calendar for specific times and classes. Please call 408.402.6611 or email info@cancercarepoint.org to register for a class.
Meditation has been shown to be helpful in dealing with stress and anxiety and is beneficial to cancer patients and their caregivers. Cancer CAREpoint offers group meditation classes where participants can learn how to meditate as well as improve their existing meditation skills.

Guided Imagery is a visualization technique for aiding patients and caregivers through the use of mental imagery. Because it can help reduce stress, anxiety and sleeplessness, patients use guided imagery to help them prepare for treatment, medical appointments and other cancer related procedures. It is offered both in individual and group sessions and facilitated by a trained psychologist.

Guided Imagery Individual Consultations
Individual consultations are available by appointment. Please call 408.402.6611 or email info@cancercarepoint.org to schedule an appointment.

Cynthia Mc Donald, Ph.D., a certified clinical and medical hypnotherapist, holds various classes on mind and body skills.

- Using Emotional Freedom Techniques (Tapping) to Manage Fear and Anxiety
- Self-Reiki for Peace and Healing
- Using Imagery to Trust Your Inner Wisdom
- Mind Body Skills for Stress Reduction
- Sleep Seminar
- The Mind Body Connection and Healing
- Mindful Breathing

Please check our website and calendar for specific classes and times. Registration required.
Massage can reduce anxiety, pain and nausea and stimulate the release of endorphins and serotonin to lift mood and reduce stress and depression. The private massage appointments at Cancer CAREpoint are provided by Judy Murray, CMT, an experienced massage therapist, who has special training in working with cancer patients. A massage is also available to family members and caregivers of cancer patients. Due to the high demand for this service, each patient, caregiver and family member is entitled to only one free massage.

Healing Touch

Healing Touch is non-invasive energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health.
Cancer CAREpoint has a Wig Bank, in which cancer patients learn how to select, put on and care for wigs and receive suggestions on how to use hats and scarves. More importantly, they receive understanding, emotional support and encouragement in dealing with one of the most traumatic side effects of cancer treatment. One adult family member or caregiver is welcome and encouraged to attend appointments.

In addition to choosing a wig, cancer patients can also select a head covering—a hat or a scarf—at no charge.

All wig services are available by appointment only. To schedule an appointment, please call 408.402.6611.
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Personalized Counseling, Assistance, Resources & Education to all Silicon Valley cancer patients, families & caregivers

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