

ALL SERVICES ARE FREE

WEEKLY SUPPORT GROUPS

Ongoing support groups are facilitated by licensed mental health professionals for cancer patients & their loved ones. Family groups are for spouses, significant others, parents, children, or close friends.

Tuesdays

Newly Diagnosed Cancer: 3pm - 4:30pm *in-person only

Breast Cancer (San Pedro Group): 5:30pm - 7:30pm

Newly Diagnosed Breast Cancer: 6pm - 8pm

Cancer Participant: 6pm - 8pm

Family/Partners: 6pm - 8pm

Wednesdays

Women's Cancer: 10am - 12pm

Cancer Participant: 6pm - 8pm

Newly Diagnosed Breast Cancer: 6pm - 8pm

Thursdays

Newly Diagnosed Breast Cancer: 10am - 12pm

Cancer Participant: 12pm - 2pm

On the 3rd Thurs this group meets in-person at our office

Cancer Participant (Long Beach Group): 5pm - 7pm

Cancer Participant: 6pm - 8pm

Family/Partners: 6pm - 8pm

Newly Diagnosed Breast Cancer: 6pm - 8pm

2nd and 4th Saturdays

Celebrating Survivorship

July 11 & 25 and August 8 & 22 • 10am - 12pm

*in-person at our office (Networking Group)

Bereavement Group (Welcome Orientation **NOT required)**

Monday, July 6 & 20 and August 3, 17 & 31 • 4pm - 6pm

Tuesday, July 14 & 28 and August 11 & 25 • 3pm - 5pm

WELCOME ORIENTATION MEETING

If you are new to CSC South Bay and would like to join a support group or attend a healthy lifestyle class, please attend a group online Welcome Orientation meeting **held every Monday and Friday at 11am via Zoom for approximately 30 minutes.**

INTERESTED IN JOINING OUR COMMUNITY?

Register online at CSCSouthBay.org and click "GETTING STARTED," use QR Code with camera app, or contact Norma Gonzalez, our Cancer Support Navigator, at Norma@CSCSouthBay.org.



JULY & AUGUST 2026 CALENDAR

All groups offered online via Zoom, unless otherwise noted. For most up-to-date schedule/information, visit

www.CSCSouthBay.org

NETWORKING GROUPS

These cancer-specific groups for patients & their loved ones are facilitated by licensed mental health professionals. Share and learn from others going through similar experiences.

Blood Cancers

2nd Thursday, July 9 and August 13 • 1pm - 3pm

Celebrando Cada Dia

1st & 3rd Tuesday, July 7 & 21 and August 4 & 18

5pm - 6:30pm *In-Person at our office

Para nuestro grupo de apoyo en español, por favor llame a Norma al 310-376-3550.

Colo-Rectal Cancers

1st Saturday, August 1 • 10:30am - 12:30pm

*This group will not meet in July due to holiday closure.

Gynecological Cancers

1st & 3rd Tues., July 7 & 21 and August 4 & 18 • 10am - 12pm

Life After Cancer

1st Monday, July 6 and August 3 • 6pm - 8pm

Living Well with Metastatic Cancer

1st Monday, July 6 and August 3 • 10am - 12pm

Lung Cancer

3rd Saturday, July 18 and August 15 • 10:30am - 12:30pm

Lymphedema (Meets Quarterly)

2nd Saturday, September 12 • 1pm - 3pm

Men's Strengthening and Connection

*This group is on hiatus for the Summer. Please email Norma@CSCSouthBay.org if interested in joining.

Oral, Head & Neck Cancer

1st Thursday, July 2 and August 6 • 2pm - 4pm

Pancreatic Cancer

3rd Monday, July 20 & August 17 • 10:30am - 12:30pm

Prostate Cancer

1st & 3rd Wednesdays, July 1 & 15 and August 5 & 19

5pm - 7pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, July 8 and August 12 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, July 11 and August 8 • 10am - 11:30am

Spousal Bereavement (Welcome Orientation **NOT** required)

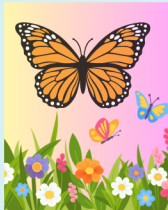
2nd & 4th Monday, July 13 & 27 and August 10 & 24

4pm - 6pm

Young Cancer Survivorship

3rd Monday, July 20 and August 17 • 6pm - 7:30pm

*Diagnosed before early 40's, regardless of current age.



KIDS COMMUNITY: BUTTERFLY'S JOURNEY

June-August, Tuesdays & Thursdays
10am - 12pm | CSC Office

Join us for a fun workshop series where kids embark on a healing adventure inspired by the life cycle of a butterfly, while developing emotional awareness, coping skills, and meaningful connections. Snacks & Materials Provided.

JULY & AUGUST 2026 CALENDAR

HEALTHY LIFESTYLE CLASSES

*This programming is for adults, 18 yrs & older.

For the most up-to-date schedule/information or to register, please visit www.CSCSouthBay.org

ONLINE CLASSES

Classes are held over Zoom.

1st & 3rd Mondays, July 6 & 20 and August 3 & 17 | 10am

Gentle Hatha Yoga w/Jenni Green

Come connect your mind, body, and spirit through stretches, poses, breath work, and meditation.

2nd & 4th Mondays, July 13 & 27 and August 10 & 24 | 10am

Revitalizing Yoga w/Yoshiko Nishioka

Come relax and rejuvenate your body and mind with balancing exercises, simple stretches, and more.

Mondays | 12pm

Relax and Reconnect Sound Bath w/Victoria Birch Vandeplass

Experience deep relaxation as the primordial tones of the gong and crystal alchemy singing bowls carry you into a state of relaxation and meditation. Leave rebalanced and rejuvenated.

Mondays | Hiatus - Resuming August 3 at 5pm

Prevent a Fall with Tai Chi w/Ann Pitts

This low-impact, graceful exercise is good for the body and mind and can reduce stress and improve balance.

1st Tuesdays, July 7 and August 4 | 6pm

Dancing for Fitness w/Shanée Siracusa

Each class has a new theme and basic dance moves to get your heart pumping. Come shimmy, sweat, and smile.

2nd & 4th Tuesdays, July 14 & 28 and August 11 & 25 | 10am

Gentle Tuesday Yoga w/Nia McGee

A grounding and accessible practice blending breathwork, Hatha, and restorative elements to cultivate a growing connection with your own unique body and mind.

Wednesdays | 10am

Seasonal Qi Gong w/Regina Dell'Oro

Qi Gong is a holistic experience addressing the mind, heart, and body. Let's explore the basics of meditation and how to help our energy to increase our sense of well-being.

Wednesdays | 4pm

Guided Meditation w/Christine/Farzaneh

Let's meditate together to achieve stress relief, balance, and compassion into your life.

Wednesdays | 6:30pm

Pilates with Bernadette Sanders

Pilates can help create balance, strength, and flexibility.

2nd & 4th Thursdays, July 9 & 23 and August 13 & 27 | 11am

5Rhythms w/Masayo Benoist

5Rhythms® is a dynamic movement meditation, free-form dance designed to ignite creativity and connection.

Thursday, July 30 and August 13 | 1pm - Hybrid!

Chakra Sound Healing w/Lynette Toma at our office

Immerse yourself in a symphony of invigorating sounds to stimulate the senses and awaken your inner vitality.

Fridays | 9:30am

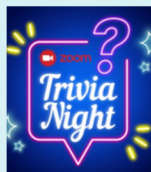
Gentle Yoga w/Maureen O'Connor

Practice stretching, breathing techniques, and meditation.

1st Friday, August 7 | 11am

Strength & Balance w/Mudaser Hakami

Come and improve your functional strength, balance, and stability. Exercises can be modified.



JULY SOCIAL #1

Trivia Night in Collaboration w/CSCLA

Tuesday, July 28 | 5pm - 6pm | Online

Join us virtually for a casual, fun social full of laughs and trivia! Please have a second device ready. No experience necessary!

IN-PERSON CLASSES

Classes are held at CSC Offices or Offsite Locations

Mondays at 8:30am

Walking Group - Esplanade w/Gina Koency

Walking is a great way to improve or maintain your overall health.

Mondays | 10am

Knit and Crochet w/Yarn Angels

Do you knit/crochet or would you like to learn? All are welcome.

Mondays | 12pm

Hatha Flow w/Poppy Jones

Join us for a gentle mat yoga class designed to increase mobility and flexibility by releasing tension and stretching our muscles.

Tuesdays | 10:30am

Tai Chi w/Les Krzcuk

This low-impact, graceful exercise reduces tension, improves balance, flexibility, and soothes the mind.

1st & 4th Tuesdays, July 7 & 28 and August 4 & 25 | 12pm - NEW!

Yogalates with Andrea Torregrossa

This class combines deep breathing, meditative and flexibility of yoga with the energizing, gentle core and muscle exercises of Pilates.

2nd Tuesdays, July 14 and August 11 | 12pm

Essentrics Full Body Stretch w/Ai

These gentle full-body stretches use tai chi, strengthening theories behind ballet, and healing principles of physiotherapy.

1st Wednesdays, July 1 and August 5 | 10am

Restorative Yoga w/Lisa Briedis

Join us for gentle, restorative yoga supported by props and open to all levels - including those in recovery.

2nd and 4th Wednesdays, July 8 & 22 and Aug. 12 & 26 | 11am

Yin Yoga w/Lisa Jordan

Use both active movement and passive poses to target deep tissues, promote flexibility, and motion.

3rd & 5th Wednesdays, July 15 & 29 and August 19 | 11am

Yin and Restorative Yoga w/Andrea Torregrossa

This all-level, gentle yoga class begins with a calming meditation, then a light sequence of yoga intended to heal, restore, and relax.

4th Wednesdays, July 22 and August 26 | 12:30pm

Reiki Circle w/Jovita Trani and other Reiki Masters

We will practice our awareness of our own energy using the Mind/Body Connection (PNI).

Thursdays | 11am

Grounding Yin Yoga w/Tilly Peraza

Yin is a deeply calming and restorative practice that helps the body release tension and enhances flexibility. Come unwind and breathe.

Thursday, July 30 and August 13 | 1pm - Hybrid!

Chakra Sound Healing w/Lynette Toma at our office

Immerse yourself in a symphony of invigorating sounds to stimulate the senses and awaken your inner vitality.

Fridays | 11:15am

Zumba Gold and Toning w/Liza Legaspi

Gold (30 min) is the ultimate dance-fitness party. Toning (15 min) mixes Zumba moves with light weights to help tone/define.

2nd Saturday, July 11 and August 8 | 10am

Morning Yoga at Redondo Beach Pier - Concert Stage w/The Greenhouse PV

All levels welcome. Bring a yoga mat, jacket, water, and towel. No registration required. Weather permitting.

*This programming is for adults, 18 yrs & older.

ONLINE WORKSHOPS via Zoom

For the most up-to-date schedule/information or to register, please visit www.CSCSouthBay.org or call 310-376-3550.

Please scan QR Code using your camera app to go directly to our website calendar.



Thursday, July 2, August 6 & 20 | 3:30pm - 4:30pm
COH: CAPE Series w/Ann Smith, MSN, RN, OCN, NPD-BC
Each month learn how to manage side effects of cancer treatment.
July 2: Living With, Through and After Cancer - Survivorship
Aug 6: Tracking the Culprit-Tumor Markers & Tracking Disease Progress
Aug 20: Gastrointestinal Side Effects of Cancer Treatment

2nd Wednesdays, July 8 and August 12 | 12pm - 1pm
Self-Acupressure: 3-Part Series with Grace Suh, L.Ac.
Grace will teach simple acupressure techniques that can be used safely between treatments to promote comfort & calm during cancer treatment.
July- Pt 1 Topic: Acupressure for Nausea & Nervous System Support
Aug- Pt 2: Acupressure for Hot Flashes & Sleep
Join us Sept 9 for Pt 3: Acupressure for Joint Pain and Body Aches

Wednesday, July 8 | 5:30pm - 6:30pm
Introduction To Managing Anxiety with Lata Ramesh, Akhila Health
Join us in this gentle, realistic approach to managing the emotional ups and downs of cancer care. This workshop offers easy-to-use techniques to steady your thoughts, regulate anxiety, and help you feel more in control—even when things feel uncertain.

Friday, July 10 | 1pm - 2:30pm (also in-person)
Nutritional Cooking for Auto-Immune Conditions & Prevention with Lilly Padilla, INHC, AADP
Did you know that many auto-immune disorders are driven by diet and lifestyle? Learn how specific food-combining can actively lower systemic inflammation, repair the gut, and regulate immunity! Then, learn to create delicious, nutrient-dense recipes that promote cellular healing and resilience for immune cells. Optional food sampling for in-person.

2nd & 4th Tuesdays, July 14 & 28 and Aug. 11 & 25 | 6:30pm - 8pm
Expressive Art: Creative Journey for Cancer Support w/Sarah Patterson
Through painting, writing, and other creative outlets, you'll have a safe space to explore your feelings, reduce stress, and find emotional relief. No artistic experience is needed—just an open heart.

Thursday, July 15 | 1pm - 2pm (also in-person)
Lunch & Learn: Integrative Medicine: Toxins and Detoxification with Huy Quang Hoang, MD
Join Dr. Hoang, an integrative medicine specialist, as he discusses toxins and detoxification. He will present on the different types of toxins and the different ways of detoxification.

Thursday, July 16 | 5pm - 6pm
CC: Anti-Inflammatory Eating for Autoimmune Conditions
Learn how nutrition can help regulate the immune system, reduce inflammation, and support gut health. We'll also explore how these strategies apply to conditions like Multiple Sclerosis, Rheumatoid Arthritis, Hashimoto's, Type 1 Diabetes, Lupus, and Psoriasis, with practical tools to support long-term health & symptom management.

3rd Saturday, July 18 and August 15 | 9am - 12pm
Writing for Wellness w/Barbara Force
This monthly program offers everyone affected by cancer ways to express themselves through writing.

Monday, July 20 | 4pm - 4:45pm
F-U Cancer Podcast: The Missing Piece in Cancer Care: Pelvic Floor PT & Radiation Recovery with Dr. Cody McNeely, PT, DPT, PRPC
Join us for an important conversation as they explore the often-overlooked impact of pelvic radiation on long-term quality of life and why pelvic floor rehabilitation should play a far greater role in oncology care.

Last Saturday, July 25 and August 29 | 11am - 12:30pm
Word Women: Poetry Heals w/Ja'net Danielo
Let's use poetry to explore our cancer journey to move toward healing. Open to anyone who has or has had cancer.

Wednesday, July 29 & August 5 and Friday, August 14 | 12pm - 1pm
3 Part: Anxiety Management Toolbox: Dialectical Behavioral Therapy (DBT) Techniques with Amy Colozza, Akhila Health
Join us in this 3 part series designed to provide tools for handling anxiety. Various dialectical behavioral therapy (DBT) techniques that can provide both acute and long-term relief from anxiety will be taught. DBT is a form of cognitive behavioral therapy that focuses on accepting difficult feelings and emotions while learning skills to change behaviors.
July Topic: Physical and Body-Based Skills.
August 5 Topic - Intentional Writing/Thinking Skills.
August 14 Topic - Creative Skills

Monday, August 10 | 6pm - 7pm
Survivorship After Cancer: What's Next? with Dr. Priya Mitra
Join us for a workshop on life after cancer treatment and the challenges survivors may face. Learn about the importance of follow-up care, healthy habits, and the support that helps survivors thrive.

Wednesday, August 12 | 5pm - 6pm
CC: The Role of Lifestyle in Healthspan & Longevity w/Create Cures
Join us for an in-depth look at the role of lifestyle in healthspan and longevity. This workshop explores how lifestyle factors profoundly influence healthspan and longevity, such as nutrition & metabolic health, movement & physical activity, sleep & recovery, stress, mindset & purpose, and more. Learn the latest science on aging and practical strategies to optimize your physical, cognitive, and emotional well-being.

3rd Monday on Even Months, August 17 | 2pm - 3pm
Declutter 101 w/Regina Lark, PhD
Is your office or home filled with clutter?
Learn how to let go of "our stuff," determine if you should keep it, sell it, or give it away using various fun and easy techniques.

Wednesday, August 19 | 12pm - 1pm
Precision Medicine with Dr. Deborah Wong
This workshop focuses on building awareness among patients and caregivers about being able to talk with their health care team about precision medicine testing, biomarker testing, treatment decision-making, targeted therapy, and inheritable cancers.

Friday, August 21 | 1pm - 2pm (also in-person)
Nutrition After Cancer Treatment: Evidence-Based Strategies for Recovery, Energy, and Long-Term Health with Alexandra Sullivan, MS, RD, CSO
This presentation reviews evidence-based nutrition recommendations for cancer survivors, focusing on protein intake, healthy dietary patterns, weight management, physical activity, symptom management, and practical strategies to support overall wellness.
Please see Page 4 for full workshop description.

Thursday, August 27 | 1pm - 3:30pm (also in-person)
The Art of Being ME with Wellness in Motion and Beyond
This guided creative art experience invites survivors to reconnect with their authentic self through reflective and abstract art and mindful awareness. Through guided prompts and abstract and expressive art, survivors craft a bio-individual/abstract representation of who they are becoming, not just who they have been.



JULY SOCIAL #2
Love & Laughter Summer Social & Comedy Hour
Wednesday, July 29 | 5:30pm - 7pm | CSC Office
Join us for a social with small bites from 5:30 - 6pm. We will have small bites available. Then we will enjoy the in-person comedy hour together from 6-7pm!



KIDS COMMUNITY: AQUARIUM ADVENTURE
Cabrillo Marine Aquarium Adventure
Saturday, July 18 | 11am - 1pm
Discover the beauty of the underwater world with an educational tour exploring sea creatures in interactive exhibits.

*This programming is for adults, 18 yrs & older.

IN-PERSON WORKSHOPS @ OUR OFFICE

*unless otherwise stated

For the most up-to-date schedule/information or to register, please visit www.CSCSouthBay.org



AUGUST SOCIAL

Luau Lunch and Bingo
Thursday, August 20

12:30pm - 2pm | CSC Office

Join us for a fun Hawaiian lunch and bingo! Lunch and bingo materials will be provided, along with a few prizes! Optional Outfit Theme: Luau/Hawaiian

1st Thursday, July 2 and August 6 | 1pm - 2:30pm

Food and Mood Sharing Circle w/Lily Hanna

This workshop provides a space to learn, exchange ideas, and connect. Each month will have a different topic.

Friday, July 10 | 1pm - 3pm (also online)

Nutritional Cooking for Auto-Immune Conditions & Prevention with Lilly Padilla, INHC, AADP

Did you know that many auto-immune disorders are driven by diet and lifestyle? This workshop bridges the gap between science and your nutritional kitchen. Learn how specific food-combining can actively lower systemic inflammation, repair the gut, and regulate immunity! Then, learn to create delicious, nutrient-dense recipes that promote cellular healing and resilience for immune cells. Optional food sampling for those who join in-person.

2nd Tuesday, July 14 and August 11 | 1:30pm - 3:30pm

Art: Expressive Mixed Media w/Karen Doyle

This creative art workshop offers a supportive environment where you can explore various art styles. Discover new ways to unleash your creativity!

Thursday, July 15 | 12:30pm - 2pm (also online)

Lunch & Learn: Integrative Medicine: Toxins and Detoxification with Huy Quang Hoang, MD

Join Dr. Hoang, an integrative medicine specialist, as he discusses toxins and detoxification. He will present on the different types of toxins and the different ways of detoxification.

COLLAB CLASS AT BCHD

Balance & Resistance Training with Jon Michaels

Friday, July 17 | 1pm - 1:45pm | at BCHD- Silver Room & Online

In collaboration with Beach Cities, Health District, join Jon for a practical, professionally-led **hybrid** class as he demonstrates accessible strength-building techniques to help balance, muscle strength, and fall prevention!

Monday, July 27 and August 24 | 1:30pm - 3:30pm

Artlife: Monthly Workshop w/Vanesa Andrade

Vanesa will teach various styles/paintings each month using acrylic paint. Max: 24 Participants.

Friday, August 21 | 1pm - 2pm (also online)

Nutrition After Cancer Treatment: Evidence-Based Strategies for Recovery, Energy, and Long-Term Health with Alexandra Sullivan, MS, RD, CSO

Nutrition plays a critical role in supporting recovery, rebuilding strength, improving quality of life, and promoting long-term health. This presentation reviews evidence-based nutrition recommendations for cancer survivors, focusing on protein intake, healthy dietary patterns, weight management, physical activity, symptom management, and practical strategies to support overall wellness. Participants will learn how to translate current survivorship nutrition guidelines into realistic everyday habits while avoiding common nutrition myths and misinformation. There will be an optional food sampling for those who join In-Person after the food demonstration.

Thursday, August 27 | 1pm - 3:30pm (also online)

The Art of Being ME with Wellness in Motion and Beyond

This guided creative art experience invites survivors to reconnect with their authentic self through reflective and abstract art and mindful awareness. Through guided prompts and abstract and expressive art, survivors craft a bio-individual/abstract representation of who they are becoming, not just who they have been.



Kids Grief & Loss Group
and Kids Snack & Support Group available.

Free online support program for children ages 5-12 who have a family member with cancer or grieving the loss of a loved one to cancer. In a small and supportive group setting, children will talk, learn, and grow together. BYOS. Please contact Norma@CSCSouthBay.org for more details.

Kids Community also hosts in-person themed monthly activities that bring together families to connect, learn, and have fun!

OTHER AVAILABLE SERVICES

Peer to Peer Counseling

Dedicated volunteers that can provide support, comfort, and information to those with cancer.

Individual, Couples, and Family Counseling

CSC South Bay provides free, short-term counseling under the supervision of our licensed clinical staff.

To learn more, please email Norma Gonzalez, Cancer Support Navigator, at Norma@CSCSouthBay.org.

Administrative Staff

Jillian Van Leuven, Executive Director/CEO

Christine Byrne, Development Director

Nancy Lomibao, PsyD, LMFT #36645, CCO/Program Director

Pamela Martis, Director of Finance & Operations

Theresa Plakos, Public Relations Director

Carla Bick, Data Analyst and Reporting Specialist

Cristina Scott, #160796, Registered Associate MFT and #21590, Registered Associate PCC, Outreach & Kids Community Manager

Goli Eslami, Event & Volunteer Manager

Kelsey Schaible, Marketing & Communications Manager

Norma Gonzalez, Cancer Support Navigator

Rebecca Sul, Program Manager

Stacey BrooksClark, Senior Human Resources Generalist

Vinian Meyer, Participant Engagement & Operations Manager

Licensed Mental Health Professionals

Brittany Anvari, LMFT #155361

Nadine Shoukry, LMFT #129529

Ruth Schriebman, PsyD, LMFT #39901

Stephen Lottenberg, MD, PsyD, G41490

Associates and Graduate Interns*

Amanda Linzmeyer, #158561, Registered Associate MFT

Chanel Westbrooks, Marriage and Family Therapist Trainee

Eloisa Raho, #140358, Registered Associate MFT

Kari Wendt, MA, #11021 Registered Associate PCC, Facilitator

Lizette Bojorquez, #143141, Registered Associate MFT

Maria Page, MA, #17924, Registered Associate PCC

Marysabel Meneses, Marriage and Family Therapist Trainee

Mudaser Hakami, Marriage and Family Therapist Trainee

Office Number: 310-376-3550

Office Hours: Mon-Fri 9am-5pm

Summer Friday (July 29-Sept 4): 9am-1pm

2601 Airport Drive, Ste.100

Torrance, CA 90505

www.CSCSouthBay.org



All MFT & PCC Associates & Trainees are supervised by Nancy Lomibao, PsyD, LMFT #36645.