



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

Bereavement Group

(Welcome Orientation **NOT** required)

Monday, September 21 and October 5 & 19 | 4pm – 6pm

Tuesday, September 15 & 29 and October 13 & 27 | 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](https://www.CSCSouthBay.org) and click "GETTING STARTED," use QR Code with camera app, or contact Norma Gonzalez, our Cancer Support Navigator, at Norma@CSCSouthBay.org.



SEPTEMBER & OCTOBER 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, September 10 and October 8 | 1pm – 3pm

Celebrando Cada Dia

1st & 3rd Tuesdays, September 1 & 15 and October 6 & 20
5pm – 6:30pm | ***In-Person at our office**

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

Celebrating Survivorship

2nd & 4th Saturdays, September 12 & 26 and October 10 & 24
10am – 12pm | ***In-Person at our office**

Colo-Rectal Cancers

1st Saturday, Sept. 5 and Oct. 3 | 10:30am – 12:30pm

Gynecological Cancers

1st & 3rd Tuesdays, September 1 & 15 and October 6 & 20
10am – 12pm

Pancreatic Cancer Bereavement - New Group!

2nd Monday, September 14 and October 12 | 5pm – 6:30pm

Life After Cancer

1st Monday, October 5 | 6pm – 8pm

**This group will not meet in September due to holiday.*

Living Well with Metastatic Cancer

1st Monday, October 5 | 10am – 12pm

**This group will not meet in September due to holiday.*

Lung Cancer

3rd Saturday, September 19 and October 17
10:30am – 12:30pm

Lymphedema (Meets Quarterly)

2nd Saturday, September 12 | 1pm – 3pm

Men's Strengthening and Connection

2nd and 4th Monday, Sept. 14 & 28 and Oct. 12 & 26
2pm – 4pm *in-person at our office

Oral, Head & Neck Cancer

1st Thursday, September 3 and October 1 | 2pm – 4pm

Pancreatic Cancer

3rd Monday, September 21 & October 19
10:30am – 12:30pm

Prostate Cancer

1st & 3rd Wednesdays, September 2 & 16 and October 7 & 21
5pm – 7pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, September 9 and October 14 | 5pm – 7pm

Sarcoma Alliance

2nd Sat., September 12 and October 10 | 10am – 11:30am

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

2nd & 4th Monday, September 14 & 28 and October 12 & 26
4pm – 6pm

Young Cancer Survivorship

3rd Monday, September 21 and October 19 | 6pm – 7:30pm
**Diagnosed before early 40's, regardless of current age.*

SEPTEMBER & OCTOBER 2026 CALENDAR

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

HEALTHY LIFESTYLE CLASSES

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, September 21 and October 5 & 19 | 10am

Gentle Hatha Yoga w/Jenni Green

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

2nd & 4th Mon., September 14 & 28 and October 12 & 26 | 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 Vandeplas

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.

Tuesdays | Hiatus - Resuming October 6 at 10am

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, September 1 and October 6 | 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.

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 Thurs., September 10 & 24 and October 8 & 22 | 11am

5Rhythms w/Masayo Benoist

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

Thursday, September 10 & 24 and October 15 & 29 | 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.

Thursdays, October 22 - December 17 (not Nov 24) | 5pm

8 Week: Healing Stress and Trauma Through Sound with Riya Wang

This trauma-informed series combines Tibetan singing bowl sound practices with gentle breathing, grounding, and reflection. Explore supportive practices that may help ease stress responses, encourage emotional steadiness, and support a greater sense of safety. Each class has a different topic/theme.

Fridays | 9:30am

Gentle Yoga w/Maureen O'Connor

Practice stretching, breathing techniques, and meditation.

1st Friday, September 4 and October 2 | 11am

Strength & Balance w/Mudaser Hakami

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

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 Krzucuk

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

1st & 4th Tuesdays, September 1 & 22 and October 6 & 27 | 12pm

Yogalates with Andrea Torregrossa

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

1st Wednesdays, September 2 and October 7 | 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, Sept. 9 & 23 and Oct 14 & 28 | 11am

Yin Yoga w/Lisa Jordan

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

3rd & 5th Wed., September 16 & 30 and October 21 | 11am

Thursdays | 11am - New Addition!

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, September 23 and October 28 | 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).

Thursday, Sept. 10 & 24 and October 15 & 29 | 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.

1st Fridays, September 4 and October 2 | 12:30pm

Yin Yoga and Sound w/Poppy Jones

This class combines restorative yin postures, supportive props, gentle breath, and the healing resonance of a live sound bath. Release tension in the body and quiet the mind. Slow down and feel grounded & open.

2nd Saturdays, September 12 and October 10 | 10am

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

Every Wednesday in September (2, 9, 16, 23, 30) | 6pm

Sunset Yoga at Redondo Beach Pier - Concert Stage with The Greenhouse PV

All levels welcome. Bring a yoga mat, jacket (for Sunset Yoga), water, and towel. No registration required.

*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.



2nd & 4th Tuesdays, Sept. 8 & 22 and Oct. 13 & 27 | 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.

2nd Wednesdays, September 9 and October 14 | 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. September- Pt 3: Acupressure for Joint Pain and Body Aches
October - Pt 1 Topic: Acupressure for Nausea & Nervous System Support
Join us 1st Wed. Nov 4 for Pt 2: Acupressure for Hot Flashes & Sleep

Thursday, September 10 | 5:30pm - 6:30pm

Clean Living Without the Fear: What Cancer Survivors Should Know About Everyday Chemicals with Mary Welch, RN, MS, FNP, AOCN
Social media is filled with warnings about common "toxic" items. This evidence-based presentation will help you understand what scientists actually know about common household exposures, cancer risk, hormone disruption, and overall health. Leave with practical, affordable strategies to reduce unnecessary exposures while avoiding fear and misinformation.

Friday, September 11 | 1pm - 2pm (also in-person)

Lunch and Learn: Finding Your Perfect Fit: Choosing the Right Therapist and Where to Find Them with Nancy Lomibao, PsyD, LMFT and Kari Wendt, M.A., Registered Associate PCC
Please go to Pg. 4 for workshop description.

Monday, September 14 | 5:30pm - 6:30pm

Fall Food Garden Planning + Garden Q&A with Lisa Myers
Learn how to plan and grow a thriving garden through every season. We will cover seasonal planting, succession planting, feeding your plants, and planning your space out right — followed by a live garden Q&A.

Tuesday, September 15 | 5:30pm - 6:30pm

Prostate Cancer Survivorship: Maximizing Quality of Life with Dr. Juan Andino and JD Loyd

Dr. Juan Andino will focus on highlighting two of the most common and impactful side effects of prostate cancer treatments - ED and stress incontinence. He will delve into strategies to optimize recovery as well as the surgical treatment options when issues persist. JD Loyd will lead us through a mindfulness exercise.

Thursdays, September 17 and October 1 | 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.
Sept. 17: To Eat or Not to Eat - Nutrition During Treatment. **Oct. 1:** You Are More Than Just Your Cancer Diagnosis- Sexuality and Cancer.

Thursday, September 17 | 5pm - 6pm

CC:CC: Brain Health and Aging: Evidence-Based Strategies for Cognitive Resilience with Create Cures

We will cover the latest science and strategies to support memory, focus, and long-term brain resilience. Learn how key lifestyle factors can help protect against cognitive decline and promote optimal brain function.

3rd Saturday, September 19 and October 17 | 9am - 12pm

Writing for Wellness w/Barbara Force

This monthly program offers everyone affected by cancer ways to express themselves through writing.

Thursday, September 24 | 6pm - 7pm

Part 2: Prostate Cancer: Restoring Continence with Dr. Victor Nitti
After prostate cancer treatment, incontinence/bladder leakage can feel frustrating and isolating — but you're not alone. Learn what to expect, how common it is, and the treatment options that can help you regain control and confidence.

Friday, September 25 | 1pm - 2pm (also in-person)

Lunch and Learn: Just Be Yourself... But Who Is That? Using Ego States (IFS) for Optimal Living with Dr. Kathy Gruver
Please go to Pg. 4 for workshop description.

Last Saturdays, September 26 and October 31 | 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.

Tuesday, September 29 | 5:30pm - 6:30pm

Getting Your Affairs in Order with Scott R. Magee, Esq.

Scott R. Magee, Esq. will present a workshop to help you in planning for major life events. Scott, an expert in estate planning, will present ideas to protect your assets and ensure that your loved ones are taken care of and to avoid probate and conservatorships.

Thursday, October 1 | 6pm - 7pm

Part 3: Prostate Cancer: Tracking Your Progress: The Journey to Restored Sexuality and Continence with Dr. Rajiv Jayadevan

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, October 7 | 5pm - 6pm

CC: Breast Cancer Awareness Month: How to Reduce Risk and Support Treatment with Create Cures

We will explore the latest research on dietary patterns, metabolic health, and key lifestyle factors that influence breast cancer development and outcomes. Gain practical, science-backed strategies to help guide you.

Thursday, October 8 | 5:30pm - 6:30pm

Rewire Your Inner Thoughts with Laurie James

When going through difficult times, your thoughts often become your harshest companion — but they are a signal of what our nervous system is holding, not a reflection of the truth. We'll explore gentle somatic practices to soften the inner critic and help your body remember it is safe to rest.

Saturday, October 10 | 12:30pm - 2:30pm (also in-person)

Lunch and Learn: Mindfulness as Medicine with Dr. Angie Aboutalib
Please go to Pg. 4 for workshop description.

Thursday, October 15 | 5:30pm - 6:30pm

Understanding Care Options: Palliative, Hospice, and In-Home Support with Marcella Miller, CMC

This workshop will clarify the differences between palliative care and hospice, and offer a brief overview of home health and homecare services.

Friday, October 16 | 1pm - 2pm (also in-person)

Lunch & Learn: End-of- Life Disposition Options with Braeden Cohen
Please go to Pg. 4 for workshop description.

3rd Monday on Even Months, October 19 | 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.

Thursday, October 22 | 12pm - 1:30pm

Reawaken Your Aliveness - Moving From Illness and Loss to Power with Ciena Rose William

This somatic-based workshop will connect you to your inner aliveness to help you successfully navigate the pivotal turning points on your journey. Please join us.

Friday, October 23 | 12pm - 1pm

Braces, Assistive Devices and Durable Medical Equipment with Philip Chang, DO

Braces, assistive devices, and other medical equipment can help with pain, balance, walking, and other everyday activities. We will explore different available devices, what they can help with, and how best to use them.

Wednesday, October 28 | 5:30pm - 6:45pm

Breast Cancer: Your Path Forward & Q&A with Sharvina Ziyeh, MD

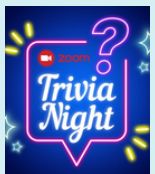
Dr. Ziyeh will present briefly on how to tackle a new breast cancer diagnosis, what treatment looks like for you, and important questions to ask your medical oncologists. Then Dr. Ziyeh will answer your questions regarding all stages of breast cancer.

*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



September SOCIAL

Trivia Night in Collaboration w/CSCLA
Tuesday, September 22 | 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!



October SOCIAL

Love & Laughter Halloween Social & Comedy Hour
Thursday, Oct. 29 | 5:30pm - 7pm | CSC Office
Join us for a social with small bites from 5:30 - 6pm. Then we will enjoy the in-person comedy hour together from 6-7pm!

1st Thursday, September 3 and October 1 | 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, September 11 | 12:30pm - 2pm (also online)

Lunch and Learn: Finding Your Perfect Fit: Choosing the Right Therapist and Where to Find Them with Nancy Lomibao, PsyD, LMFT and Kari Wendt, M.A., Registered Associate PCC

Finding a therapist can be confusing. We will provide practical tips for choosing the right mental health professional, understanding insurance coverage, and accessing community resources.

Friday, September 18 | 12:30pm - 2pm

Lunch and Learn: The ONE Method- A Simple Tool for Managing Fear, Overwhelm, and Racing Thoughts with Laine Lipsky

When you're living with cancer, your mind can feel like it's running the show. Laine will teach a simple, three-step tool you can use anywhere, anytime, to interrupt fear and overwhelm, and come back to yourself.

Friday, September 25 | 12:30pm - 2pm (also online)

Lunch and Learn: Just Be Yourself... But Who Is That? Using Ego States (IFS) for Optimal Living with Dr. Kathy Gruver

We all exhibit different aspects of our personalities in various situations. What if you could consciously access and harness these distinct "ego states" to enhance your performance? Drawing from Internal Family Systems (IFS) theory, explore how understanding and your internal parts can lead to greater self-awareness, adaptability, and effectiveness.

Monday, September 28 and October 26 | 1:30pm - 3:30pm

Artlife: Monthly Workshop w/Vanesa Andrade

Vanesa will teach various styles/paintings each month using acrylic paint.

Friday, October 9 | 12:30pm - 1pm

Lunch & Learn: Medicare 101 with Wellcare

Join us to learn more about the ABCD's of Medicare, such as the different parts of Medicare (A, B, C, D), the different coverage options and qualifications, and more. Bring your questions!

Saturday, October 10 | 12pm - 2:30pm (also online)

Lunch & Learn: Mindfulness as Medicine with Dr. Angie Aboutalib

We will guide you through the science of mindfulness in a clear and accessible way, showing how it reduces stress, improves focus, and supports the body during cancer treatment and remission.

2nd Tuesday, October 13 | 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 ways to unleash your creativity!

Friday, October 16 | 12:30pm - 2pm (also online)

Lunch & Learn: End-of-Life Disposition Options with Braeden Cohen

What happens after death is a deeply personal decision, yet many people are unaware of the full range of options available today. We will explore six different disposition choices so you and your loved ones can make an informed decision about your chosen path.

Saturdays, October 17, 24 & 31 | 10am - 12pm

Medical Qi Gong with Benj Sinskul

Medical Qi Gong applies Qi Gong principles within the theory and diagnostic framework of Chinese Medicine. **Pt 1: Introduction. Pt 2: Breast Cancer & Medical Qi Gong. Pt 3: Energetics of Food.**

3rd Wednesday, October 21 | 1pm - 3pm

Sewing: School of Couture with Dee Aizakhmetova

Skill Level: Proficient. Join Dee as you further your sewing skills by doing intermediate projects. Max 5 Participants.



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](mailto:Norma@CSCSouthBay.org), 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

Arturo Mendiola Jr., Bilingual Clinical Supervisor, LMFT #138567

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 Westbrook, 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

All MFT & PCC Associates & Trainees are supervised by Arturo Mendiola Jr., LMFT #138567 & Nancy Lomibao, PsyD, LMFT #36645.

Office Number: 310-376-3550

Office Hours: Mon-Fri 9am-5pm



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