



CANCER SUPPORT  
**COMMUNITY**  
SOUTH BAY

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 Grp):** 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 \*New Time

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

**Cancer Participant (Long Beach Grp):** 5pm - 7pm

**Cancer Participant:** 6pm - 8pm

**Family/Partners:** 6pm - 8pm

**Newly Diagnosed Breast Cancer:** 6pm - 8pm

### 2nd and 4th Saturdays

Celebrating Survivorship: Mar. 14 & 28 and Apr. 11 & 25

• 10am - 12pm \*In-Person @ Our Office \*(Networking Grp)

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

**Monday, March 2, 16 & 30 and April 6 & 20**

• 4:30pm - 6:30pm

**Tuesday, March 10 & 24 and April 14 & 28 • 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](http://CSCSouthBay.org) and click "GETTING STARTED," use QR Code with camera app, or contact Norma Gonzalez, our Cancer Support Navigator, at [Norma@CSCSouthBay.org](mailto:Norma@CSCSouthBay.org).



# MARCH & APRIL 2026 CALENDAR

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

[www.CSCSouthBay.org](http://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, March 12 and April 9 • 1pm - 3pm

### Celebrando Cada Dia

1st & 3rd Tuesday, March 3 & 17 and April 7 & 21

• 5pm - 6:30pm \*In-Person @ Our Office

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

### Colo-Rectal Cancers

1st Saturday, March 7 and April 4 • 10:30am - 12:30pm

### Gynecological Cancers

1st & 3rd Tues., Mar. 3 & 17 and Apr. 7 & 21 • 10am - 12pm

### Life After Cancer

1st Monday, March 2 and April 6 • 6pm - 8pm

### Living Well with Metastatic Cancer

1st Monday, March 2 and April 6 • 10am - 12pm

### Lung Cancer

3rd Saturday, March 21 and April 18 • 10:30am - 12:30pm

### Lymphedema (Meets Quarterly)

2nd Saturday, March 14 • 1pm - 3pm

### Men's Strengthening and Connection

2nd and 4th Monday, March 9 & 23 and April 13 & 27

• 2pm - 4pm \*In-Person @ Our Office

### Oral, Head & Neck Cancer

1st Thursday, March 5 and April 2 • 2pm - 4pm

### Pancreatic Cancer

3rd Monday, March 16 & April 20 • 10:30am - 12:30pm

### Prostate Cancer

1st & 3rd Wednesdays, March 4 & 18 and April 1 & 15

• 5pm - 7pm

### Prostate Cancer (Kaiser Group)

2nd Wednesday, March 11 and April 8 • 5pm - 7pm

### Sarcoma Alliance

2nd Saturday, March 14 and April 11 • 11am - 1pm

### Spousal Bereavement (Welcome Orientation NOT required)

2nd & 4th Monday, March 9 & 23 and April 13 & 27

• 4:30pm - 6:30pm

### Young Cancer Survivorship

3rd Monday, March 16 and April 20 • 6pm - 7:30pm

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

# MARCH & APRIL 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](http://www.CSCSouthBay.org)

### ONLINE CLASSES

These classes are held over Zoom.

**1st & 3rd Mondays March 2 & 16 and April 6 & 20 | 10am**

**Gentle Hatha Yoga with Jenni Green**

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

**2nd & 4th Mondays, March 9 & 23 and April 13 & 27 | 10am**

**Revitalizing Yoga with Yoshiko Nishioka**

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

**Mondays | 12pm**

**Relax and Reconnect Sound Bath with 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 | 5pm**

**Prevent a Fall with Tai Chi with Ann Pitts**

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

**1st Tuesdays, March 3 and April 7 | 6pm**

**Dancing for Fitness with 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 with 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 with 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, Mar. 12 & 26 and Apr. 9 & 23 | 11am**

**5Rhythms with Masayo Benoit**

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

**3rd Thursday, March 19 and April 16 | 1pm - Now Hybrid!**

**Chakra Sound Healing with Lynette Toma - @ Our Office**

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

**Fridays | 9:30am**

**Gentle Yoga with Maureen O'Connor**

Practice stretching, breathing techniques, and meditation.

**1st Friday, March 6 and April 3 | 11am**

**Strength & Balance with Mudaser Hakami**

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



### MARCH SOCIAL #2

**Trivia Night in Collaboration with CSCLA**

**Tuesday, March 24 | 5pm - 6pm | Online**

Join via Zoom and have a second device ready. No experience necessary! This interactive event will feature rounds of questions and a few prizes!

### IN-PERSON CLASSES

Classes are held at CSC Offices or Offsite Locations

**Mondays at 8:30am**

**Walking Group - Esplanade with Gina Koency**

Walking is a great way to improve or maintain your overall health. Join us as we walk the Esplanade area.

**Mondays | 10am**

**Knit and Crochet with Yarn Angels**

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

**Mondays | 12pm**

**Hatha Flow with 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 with Les Krzucuk**

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

**2nd Tuesdays, March 10 and April 14 | 12pm**

**Essentrics Full Body Stretch with Ai**

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

**1st Wednesdays, March 4 and April 1 | 10am**

**Restorative Yoga with Lisa Briedis**

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

**2nd and 4th Wednesdays, Mar. 11 & 25 and Apr. 8 & 22 | 11am**

**Yin Yoga with Lisa Jordan**

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

**3rd Wednesdays, March 18 and April 15 | 11am**

**Yin and Restorative Yoga with 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, March 25 and April 22 | 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 with Tilly Peraza**

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

**3rd Thurs., Mar. 19 & Apr. 16 | 1pm - Our Office - Now Hybrid!**

**Last Fri., Mar. 27 and Apr. 24 | 1pm - Offsite @ Wellspring 88**

**Chakra Sound Healing with Lynette Toma**

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

**Fridays | 11:15am**

**Zumba Gold and Toning with 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, March 14 and April 11 | 10am**

**Morning Yoga at Redondo Beach Pier- Concert Stage with 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](http://www.CSCSouthBay.org) or call 310-376-3550.

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



**Wednesday, March 4 | 12pm - 1:15pm** (also In-Person)  
**Somatic Practice to Heal with Laurie James**  
*Rebuilding Safety & Healing in Your Body from cancer or any life-changing experience. You'll learn how your autonomic nervous system plays a role in your healing journey and simple practices to help your body shift out of protection mode.*

**2nd and 4th Tuesday, March 10 & 24 and April 14 & 28**  
**6:30pm - 8pm**  
**Expressive Art: Creative Journey for Cancer Support with 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.

**March 11 & 25 and April 8 & 15 | 12pm - 1pm**  
**Stress Management with the Koshas with Dr. Sarah Sue Burich**  
Akhila Health will continue to explore the remaining kosha layers and various mind-body practices to help manage your health and wellness.  
**#3: Mar. 11:** Stress & The Mind.  
**#4: Mar. 25:** Stress & The Breath.  
**#5: Apr. 8:** Stress & Intellect.  
**#6: Apr. 15:** Stress & The Spirit.

**Thursday, March 12 | 12pm - 1pm**  
**Cancer Fighting Foods From Around the World with Alexandra Sullivan, MS, RD, CSO**  
There's no one "superfood" that will prevent or cure cancer, but certain foods are shown to have more anti-cancer properties than others. We can find these foods from all over the world! Find out which cultural foods have anti-cancer properties and how to enjoy them at your next meal!

**Wednesday, March 18 | 5pm - 6pm**  
**CC: Gut Health and the Microbiome: Impacts on Cancer and Immunity with Create Cures Foundation**  
The gut microbiome plays a critical role in regulating immune function, inflammation, and even cancer progression. Learn how to support a healthy microbiome through nutrition, understand the connection between gut health and treatment outcomes, and explore practical tips for enhancing digestive resilience.

**Thursday, March 19 | 5:30pm - 7pm**  
**Managing Emotional & Stress Eating with Mary Welch, RN, MS, FNP, AOCN**  
Emotional and stress eating are common responses to the uncertainty, fatigue, and overwhelm that often accompany cancer treatment, survivorship, and caregiving. We'll explore why these patterns develop, how the nervous system drives urges, and practical strategies to break the cycle without shame or deprivation.

**Friday, March 20 | 12:30pm - 2pm** (also In-Person)  
**Lunch and Learn: Sex after Menopause with Dr. Sarah Shimanek**  
Dr. Shimanek will lead a discussion on the physical aspects of sex after menopause, including surgical menopause and the use of estrogen-suppressing medications. Learn practical, evidence-based strategies to enhance the sexual experience, boost libido and pleasure, and reduce pain or discomfort during intercourse, all without the use of medication.

**3rd Saturday, March 21 and April 18 | 9am - 12pm**  
**Writing for Wellness with Barbara Force**  
This monthly program offers everyone affected by cancer ways to express themselves through writing.

**Thursday, March 26 | 1pm - 3:30pm** (also In-Person)  
**The Art of the Ocean Sky with Artist Within**  
"The ocean sky brings endless possibilities."

This hybrid workshop ignites your imagination and playful spirit. During this workshop, you are guided on a journey exploring the nourishing wonders of nature. Will you discover the magical ocean in the sky? The sun and moon are joined together where they rise and set as one. You may arrive amongst strangers however you will depart as friends.

\*There will be an optional materials pick-up @ our office for online registrants.

**Last Saturday, March 28 and April 25 | 11am - 12:30pm**  
**Word Women: Poetry Heals with 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, April 7 | 12pm - 1pm** (also In-Person)  
**Know the Scams, Don't Be a Victim with Ruby Sous, LA County Dept. of Mental Health**  
As technology improves and as the older adult population increases, financial abuse of older adults is becoming more frequent. This presentation defines financial exploitation, identifies common scam techniques, how to identify a scam, and presents tips on preventing scams and dealing with scams.

**Thursday, April 9 | 5pm - 6pm**  
**CC: Nutrition, Lifestyle, and Managing the Side Effects of Cancer with Create Cures Foundation**  
Explore how targeted nutrition and lifestyle strategies can help reduce treatment-related side effects and improve quality of life during and after cancer care. We will share practical tools to support energy, digestion, immune health, and overall well-being.

**Friday, April 17 | 1pm - 2:30pm** (also In-Person)  
**Nutrition: Integrative Health Spring Detox & Healing with Lilly Padilla, INHC, AADP**  
Spring has a profound influence on our healing process, especially on the health and functioning of our body filters, liver, kidneys, lungs, and lymphatic system. Learn to make delicious dishes and habits that help synchronize the filters with the spring season.

**3rd Monday on Even Months, April 20 | 2pm - 3pm**  
**Declutter 101 with 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, April 29 | 5pm - 6pm**  
**Choices at End of Life with Karen Morin, RN**  
Join Karen as she explains all end of life options in California and shares recent updates to California's Medical Aid in Dying law. Learn to advocate for yourself or others to get the care and treatment you/they want and do not want at the end of life. Involve family and clinicians in conversations about your wishes and how to ensure your autonomy is honored.

\*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](http://www.CSCSouthBay.org)



### MARCH SOCIAL #1

**St. Patrick's Day Lunch and Bingo**  
Friday, March 13 | 12:30pm - 2pm | Our Office  
Celebrate St. Patrick's Day with CSC South Bay!  
Lunch/bingo materials will be provided, along with a few prizes! May the luck of the Irish be with you!

**Wednesday, March 4 | 12pm - 1:15pm** (also Online)  
**Somatic Practice to Heal with Laurie James**  
*Rebuilding Safety & Healing in Your Body from Cancer or Any Life-Changing Experience.* You'll learn how your autonomic nervous system plays a role in your healing journey and simple practices to help your body shift out of protection mode.

**1st Thursday, March 5 and April 2 | 1pm - 2pm**  
**Food and Mood Sharing Circle with Lily Hanna**  
This workshop provides a space to learn, exchange ideas, and connect. Each month will have a different topic.

**2nd Tuesday, March 10 and April 14 | 1:30pm - 3:30pm**  
**Art: Expressive Mixed Media with Karen Doyle**  
This creative art workshop offers a supportive environment where you can explore various art techniques for novices or those with experience. Discover new ways to unleash your creativity!

**3rd Wednesday, March 18 and April 15 | 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.

**Friday, March 20 | 12:30pm - 2pm** (also Online)  
**Lunch and Learn: Sex after Menopause with Dr. Sarah Shimanek**  
Dr. Shimanek will discuss physical aspects of sex after menopause, including surgical menopause and the use of estrogen-suppressing medications. Learn practical, evidence-based strategies to enhance the sexual experience, boost libido and pleasure, and reduce pain or discomfort during intercourse, all without the use of medication.



### APRIL SOCIAL

**Love & Laughter Spring Social & Comedy Hour**  
Tuesday, April 28 | 5:30pm - 7pm | Our 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!

**4th Monday, March 23 and April 27 | 1:30pm - 3:30pm**  
**Artlife: Monthly Workshop with Vanesa Andrade**  
Vanesa will teach various styles/paintings each month using acrylic paint. All materials are provided.

**Thursday, March 26 | 1pm - 3:30pm** (also Online)  
**The Art of the Ocean Sky with Artist Within**  
Please see Page 3 for workshop description.

**Tuesday, April 7 | 12pm - 1pm** (also Online)  
**Know the Scams, Don't Be a Victim with Ruby Sous, LA County Dept. of Mental Health**  
Please see Page 3 for workshop description.

**Friday, April 17 | 1pm - 3pm** (also Online)  
**Nutrition: Integrative Health Spring Detox & Healing with Lilly Padilla, INHC, AADP**  
Spring has a profound influence on our healing process, especially on the health and functioning of our body filters, liver, kidneys, lungs, and lymphatic system. Learn to make delicious dishes and habits that help synchronize the filters with the spring season. We will have an optional food sampling at 2:30pm for in-person only.

**Thursday, April 23 | 12:30pm - 2:30pm**  
**Calm & Centered, EFT Tapping Workshop with Marni Gittleman**  
Emotional Freedom Techniques (EFT) aka tapping, is a gentle mind-body practice to help release emotional stress and feel more balanced. The technique can calm the nervous system and release/neutralize emotional upset. We'll go over the basics, practice together, and leave with a tapping script outline. No experience needed.



**Kids Snack & Support Group**  
1st & 3rd Thursdays | 4pm - 4:45pm

Free online support program for children ages 5-12 who have a family member with cancer. In a small and supportive group setting, children will talk, learn, and grow together. BYOS.

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

To learn more, please email Norma Gonzalez, Cancer Support Navigator, at [Norma@CSCSouthBay.org](mailto:Norma@CSCSouthBay.org).

**Kids Grief & Loss Group**  
2nd & 4th Thursdays | 4pm - 4:45pm

### OTHER AVAILABLE SERVICES

**Individual, Couples, and Family Counseling**  
CSC South Bay provides free, short-term counseling under the supervision of our licensed clinical staff.

### Administrative Staff

**Jillian Van Leuven**, Executive Director  
**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  
**Goli Eslami**, Event & Volunteer Manager  
**Kelsey Schaible**, Marketing & Communications Manager  
**Melody Lomboy**, Development Coordinator  
**Norma Gonzalez**, Cancer Support Navigator  
**Rebecca Sul**, Program Manager  
**Stacey BrooksClark**, Senior Human Resources Generalist  
**Vinian Meyer**, Participant Engagement & Operations Manager

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

### Licensed Mental Health Professionals

**Brittany Anvari**, LMFT #155361  
**Nadine Shoukry**, LMFT #129529  
**Ruth Schriebman**, PsyD, LMFT #39901  
**Stephen Lottenberg**, MD, PsyD, G41490

### Graduate Interns\*

**Chiara Petrone**, PCC Trainee  
**Cristina Scott**, AMFT #160796, APCC #21590, Outreach & Kids Community Manager  
**Eloisa Raho**, AMFT #140358  
**Kari Wendt**, MA, APCC #11021, Facilitator  
**Lizette Bojorquez**, AMFT #143141  
**Maria Page**, MA, APCC #17924  
**Mudaser Hakami**, MFT Trainee  
**Tyler Perron**, MFT Trainee



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