



CANCER SUPPORT COMMUNITY SOUTH BAY

All CSC South Bay services are provided free of charge!

FEBRUARY 2023 Calendar

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

www.CSCSouthBay.org



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

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

Newly Diagnosed Breast Cancer: 6pm - 8pm

Cancer Patient: 6pm - 8pm

Family/Partners: 6pm - 8pm

Wednesdays

Women's Cancer: 10am - 12pm

Cancer Patient: 6pm - 8pm

Newly Diagnosed Breast Cancer: 6pm - 8pm

Thursdays

Newly Diagnosed Breast Cancer: 10am - 12pm

Cancer Patient Group: 2pm - 4pm

Cancer Patient Group (Long Beach Grp): 5pm - 7pm

Cancer Patient Group: 6pm - 8pm

Family/Partners: 6pm - 8pm

Newly Diagnosed Breast Cancer: 6pm - 8pm

Bereavement Group

(Welcome Orientation **NOT** required)

Monday, February 6: 4:30pm - 6:30pm

Tuesday, February 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 Welcome Orientation meeting.

Welcome Orientation Meetings are held every Monday and Friday at 11am.

Register online at CSCSouthBay.org and click the **Calendar** tab, or contact Carla Bick, Cancer Support Navigator, at Carla@CSCSouthBay.org.

NEW NUTRITION RESOURCE!

We're excited to partner with Savor Health® and introduce **Ina®**, **The Intelligent Nutrition Assistant** from Savor Health®. Ina® provides personalized, evidence-based nutrition support 24/7 "on demand" to help cancer patients stay well-nourished and manage symptoms. To learn more and to sign up for Ina®, please email info@cscsouthbay.org.

NETWORKING GROUPS

Networking groups for patients & their loved ones are facilitated by licensed mental health professionals. These groups are for sharing and learning from others who are going through similar experiences.

Blood Cancers

2nd Thursday, February 9 • 1pm - 3pm

Colo-Rectal Cancers

1st Saturday, February 4 • 10:30am - 12:30pm

Gynecological Cancers

1st & 3rd Wednesday, February 1 & 15 • 12pm - 2pm

Life After Cancer

1st Monday, February 6 • 6pm - 8pm

Living Well with Metastatic Breast Cancer

1st Monday, February 6 • 10:00am - 12:00pm

Lung Cancer

3rd Saturday, February 18 • 10:30am - 12:30pm

Lymphedema Networking Group (Meets Quarterly)

Saturday, March 11 • 11am - 1pm

Oral, Head & Neck Cancer

1st Thursday, February 2 • 2pm - 4pm

Pancreatic Cancer (usually 3rd Monday)

4th Monday, February 27 • 10:30am - 12:30pm

Prostate Cancer

1st & 3rd Wednesday, February 1 & 15 • 4:30pm - 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, February 8 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, February 11 • 11am - 1pm

Spousal Bereavement

(Welcome Orientation NOT required)

2nd & 4th Monday, February 13 & 27 • 4:30pm - 6:30pm

Thyroid Cancer

1st Saturday, February 4 • 10am - 12pm

Young Cancer Survivorship* (usually 3rd Monday)

4th Monday, February 27 • 6pm - 8pm

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

FEBRUARY 2023

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For most up to date schedule/information: www.CSCSouthBay.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* San Pedro Grp ** Long Beach Grp *** Newly Diagnosed- which includes recently diagnosed, in treatment, or up to 18-months post treatment/surgery */ Living Well with Metastatic Breast Cancer			Weekly Support Group Networking Group ONLINE Healthy Lifestyle IN PERSON Healthy Lifestyle	ONLINE Workshop IN PERSON Workshop Social Event Kids & Teens	
		1	2	3	4
		10am Women's Cancer 6pm Cancer Patient 6pm ND Breast *** 12pm Gynecological 4:30pm Prostate Cancer 10am Gentle Yoga 4pm Guided Meditation 5:30pm SBSC: Gut Health	10am ND Breast *** 2pm Cancer Patient 5pm Cancer Patient ** 6pm Cancer Patient 6pm Family/Partners 6pm ND Breast *** 2pm Oral, Head and Neck 4pm Kids Snack & Support 5:30pm Dancing for Fitness 11:30am Yin Yoga	9:30am Gentle Yoga 11am Strength & Balance 11am Welcome Orientation	10am Thyroid Cancer 10:30am Colo-Rectal 10am Tai Chi
6	7	8	9	10	11
4:30pm Bereavement 10am LW Met Breast*/ 6pm Life After Cancer 11am Welcome Orientation 9am Walking- Esplanade	5:30pm Breast Cancer * 6pm ND Breast *** 6pm Cancer Patient 6pm Family/Partners 3:30pm Chair Yoga 10:30am Tai Chi 10am It's Never Too Late to Begin Again 11:45am Food & Mood Sharing Circle	10am Women's Cancer 6pm Cancer Patient 6pm ND Breast *** 5pm Prostate (Kaiser Grp) 10am Gentle Yoga 4pm Guided Meditation 11am SCBG: Yin Yoga	10am ND Breast *** 2pm Cancer Patient 5pm Cancer Patient ** 6pm Cancer Patient 6pm Family/Partners 6pm ND Breast *** 1pm Blood Cancers 5:30pm Dancing for Fitness 11:30am Yin Yoga	9:30am Gentle Yoga 11am Welcome Orientation 12:30pm Lunch and Learn: Mastectomy Products, Wigs & More 12:30pm In Person 1pm Online	11am Sarcoma Alliance 10am Tai Chi 10am Yoga @ RB Pier 12:30pm Technology Workshop 3:30pm Kids Community Valentine's Day
13	14	15	16	17	18
4:30pm Spousal Bereavement 10am Revitalizing Yoga 11am Welcome Orientation 9am Walking- Esplanade	3pm Bereavement 5:30pm Breast Cancer * 6pm ND Breast *** 6pm Cancer Patient 6pm Family/Partners 10am 5Rhythms 3:30pm Chair Yoga 10:30am Tai Chi 11:45am Food & Mood Sharing Circle	10am Women's Cancer 6pm Cancer Patient 6pm ND Breast *** 12pm Gynecological 4:30pm Prostate Cancer 10am Gentle Yoga 4pm Guided Meditation	10am ND Breast *** 2pm Cancer Patient 5pm Cancer Patient ** 6pm Cancer Patient 6pm Family/Partners 6pm ND Breast *** 4pm Kids Snack & Support 5:30pm Dancing for Fitness 10am Reiki Sound Bath 11:30am Yin Yoga 1pm LT Complications After Cancer Treatment	9:30am Gentle Yoga 10am Mindful Movement 11am Welcome Orientation 11am De-Clutter 101	10:30am Lung Cancer 10am Tai Chi 9am Writing for Wellness
20	21	22	23	24	25
 HAPPY President's DAY OFFICE CLOSED	5:30pm Breast Cancer * 6pm ND Breast *** 6pm Cancer Patient 6pm Family/Partners 3:30pm Chair Yoga 9am Walking- SC Bot. Garden 10:30am Tai Chi 10am It's Never Too Late to Begin Again 11:45am Food & Mood Sharing Circle	10am Women's Cancer 6pm Cancer Patient 6pm ND Breast *** 10am Gentle Yoga 4pm Guided Meditation	10am ND Breast *** 2pm Cancer Patient 5pm Cancer Patient ** 6pm Cancer Patient 6pm Family/Partners 6pm ND Breast *** 5:30pm Dancing for Fitness 11:30am Yin Yoga	9:30am Gentle Yoga 11am Welcome Orientation 12:30pm Reiki Energy Circle	10am Tai Chi
27	28				
10:30am Pancreatic 4:30pm Spousal Bereavement 6pm Young Cancer 10am Revitalizing Yoga 11am Welcome Orientation 9am Walking- Esplanade 5pm Acupressure & Cancer Both Online & In-Person	3pm Bereavement 5:30pm Breast Cancer * 6pm ND Breast *** 6pm Cancer Patient 6pm Family/Partners 10am 5Rhythms 3:30pm Chair Yoga 10:30am Tai Chi 5:30pm Head & Neck Cancer 12:30pm Artife				



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

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

For more information, please email Norma Gonzalez, Outreach & Kids Community Manager, at Norma@CSCSouthBay.org

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

FEATURED PROGRAM!



Saturday, February 11 | 10am - 11am
Yoga at Redondo Beach Pier-Concert Stage
 Join us for FREE Yoga at Redondo Beach Pier. New Location: Concert Stage (aka Horseshoe) All levels are welcome. Weather permitting. Bring a yoga mat, towel, & water!

HEALTHY LIFESTYLE CLASSES

These ongoing classes focus on exercise, stress-reduction, nutrition, and promote mental and physical wellbeing.

2nd and 4th Tuesdays | 10am New Day!

5Rhythms with Masayo Benoist

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

Tuesdays | 3:30pm

Chair Yoga with Maureen O'Connor

This yoga form uses a chair for support, modified to be accessible to those who cannot move easily.

Thursdays | 5:30pm

Dancing for Fitness with Shanée Siracusa

Each week has a new theme and basic dance moves to get your heart pumping. You will shimmy, sweat, and smile.

Wednesdays at 10am and Fridays at 9:30am

Gentle Yoga with Maureen O'Connor

We will practice stretching, breathing techniques, and meditation to achieve flexibility, strength, and balance.

Wednesdays | 4pm

Guided Meditation with Christine Campisi or Farzaneh Jafari

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

2nd and 4th Mondays | 10am

Revitalizing Yoga with Yoshiko Nishioka

Come relax and rejuvenate your body, mind & spirit. Explore breathing techniques, stretches & guided relaxation.

1st Friday, February 3 | 11am

Strength & Balance with Mudaser Hakami

Come and improve your functional strength, balance, and stability. Exercises can be modified to fit your fitness level.

Saturdays | 10:00am

Tai Chi with Ann Pitts

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

OTHER AVAILABLE SERVICES

Peer to Peer Counseling

Peer support volunteers are a devoted group of individuals who can provide support, comfort, and practical information, but not medical advice, to those with cancer.

For more information contact Carla Bick, Cancer Support Navigator at Carla@CSCSouthBay.org.

Individual, Couples and Family Counseling

Free, short-term counseling is available to participants, couples and family members. Counseling provided under the supervision of our licensed clinical staff.

For more information contact Carla Bick, Cancer Support Navigator at Carla@CSCSouthBay.org.

IN-PERSON CLASSES

Registration Required at CSCSouthBay.org

Mondays at 9am | 3rd Tuesdays at 9am

Walking Group with Gina Koency

Join us as we walk The Esplanade and South Coast Botanical Garden. *Our Wednesday evening walking group is put on hiatus until the spring.

Tuesdays | 10:30am

Tai Chi with Les Krzcuk

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

2nd Wednesdays, February 8 | 11am

SCBG: Yin & Restorative Yoga with Sophia Galano

This will be an all-levels, gentle yoga class. We will begin with a calming meditation, followed by a light sequence of yoga intended to heal, restore and relax. Please bring a yoga mat, towel, and water. Held at South Coast Botanical Garden. Registration required.

Monthly, February 16 | 10am New Time!

Reiki Infused Alchemy Sound Bath w/Delia Hogan

Endocrine Alchemy bowls, gongs, & other instruments help heal the body & provide emotional care.

Thursdays | 11:30am New Time!

Yin Yoga with Lisa Jordan

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

3rd Fridays, February 17 | 10:00am

Mindful Movement with Barb Phillips

Mixture of stretches, balance activities, core strengthener, restorative yoga, and guided meditation.

4th Fridays, February 24 | 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), members can further support themselves and fellow members through these simple, supportive experiences.

Kids Community!

Saturday, February 11 | 3:30pm

Kids Community

Valentine's Day Event

Please check our online calendar for more details!



WORKSHOPS

These special workshops cover a variety of topics and activities aimed at education and wellness.

Wednesday, February 1 | 5:30pm – 6:30pm
SBSC: Gut Health and the Microbiome with Lilly Padilla
Join us for a nutrition workshop focused on gut health, supporting digestion and the microbiome.

Tuesdays, February 7 & 21 | 10am - 12pm
It's Never Too Late to Begin Again with Karen Sidney
This is aimed at those leaving one chapter behind and heading into one yet to be created. Registration is closed.

Friday, February 10 | 1pm - 2pm (In-Person at 12:30pm)
Mastectomy Products, Wigs & More with Monica Kahn
Join us as Monica Kahn, Founder of Helen's Room, teaches participants about pros/cons and care of breast prostheses, mastectomy bras, hats, scarves, turbans and wigs.

Thursday, February 16 | 1pm – 2pm
Addressing Long-Term Complications Following Cancer Treatment with Philip Chang, DO
Learn common long-term complications following treatment including chemo brain and radiation fibrosis. Also the basics of why these occur and available treatment options.

Friday, February 17 | 11am – 12pm
De-Clutter 101 with Regina Lark, PhD
In this fun and interactive workshop, learn how to let go of "our stuff", if you should keep it, sell it, or give it away with the help of various fun and easy techniques. Bring questions!

Saturday, February 18 | 9am - 12pm
Writing for Wellness with Barbara Force
This monthly program offers everyone affected by cancer, ways to express themselves through writing.

Monday, February 27 | 5pm - 6pm (also In Person)
Acupressure and Cancer with Ana Paula Duarte LAc
Learn how to give yourself an acupressure massage to relieve some of the most common side effects of cancer treatment.

Tuesday, February 28 | 5:30pm – 6:30pm
Head and Neck Cancer with Deborah Wong, MD
Learn how to cope with HNC-related challenges during treatment and during survivorship. Bring your questions!

IN-PERSON WORKSHOPS

These workshops held at CSC South Bay
Registration required at CSCSouthBay.org

Tuesdays: February 7, 14, 21 & Mar 7, 14, 21
11:45am – 12:45pm

Food and Mood Sharing Circle with Lily Han
Join us for health-tip handouts and discussion on food, mood, and stress coping mechanisms. This workshop provides a space to learn, exchange ideas and connect. Each week will have a different topic for discussion.

Friday, February 10 | 12:30pm - 2pm (also Online)
Lunch and Learn: Mastectomy Products, Wigs & More with Monica Kahn

Do you want to learn about the various choices in mastectomy products and head coverings? Join us as Monica teaches participants about pros/cons and care of breast prostheses, mastectomy bras, scarves, turbans, & wigs. Please register by Tues, Feb 7.

Saturday, February 11 | 12:30pm - 2:30pm
Technology Workshop
with Leuzinger High School Students

Join us as Leuzinger High students answer your questions in regards to technology. This can range from emails, surfing the web, social media and more. No prior experience or knowledge is needed.

Monday, February 27 | 5pm - 6pm (also Online)
Acupressure and Cancer with Ana Paula Duarte LAc
Learn how to give yourself an acupressure massage with specific points to relieve some of the most common side effects of cancer treatment such as nausea, chemo brain, lymphedema, hot flashes, dry mouth, joint pain and neuropathy.

4th Tuesdays, February 28 | 12:30pm - 2:30pm
Artlife: Monthly Workshop with Vanesa Andrade
Learn how to sketch/paint different styles based on different artworks. Materials will be provided.

Administrative Staff

Joey Shanahan, Executive Director/CEO
Nancy Lomibao, MS, LMFT# 36645, Program Director/CCO
Jackie Suiter, Development Director
Theresa Plakos, Public Relations Director
Carla Bick, Cancer Support Navigator
Norma Gonzalez, Outreach & Kids Community Manager
Pamela Martis, Accountant/Development Coordinator
Rebecca Sul, Program Manager
Starr Pappagalo, Communication Manager

* All Associate MFT and MFT/MSW/LPCC Trainees are supervised by Nancy Lomibao, LMFT, LMFT# 36645.

CSC South Bay does not discriminate on the basis of race, color, creed, national origin, gender, sexual orientation, gender expression, religion, age, disability or other legally protected status to admit access of its programs or services.

Licensed Mental Health Professionals

Allison Adamovic, LMFT# 125672
Anne Karin Nelson, MS, LMFT# 97367
Jo Ann Panitch, LMFT, LMFT# 444284
Nadine Shoukry, LMFT# 129529
Ruth Schriebman, PsyD, LMFT# 39901
Stephen Lottenberg, MD, PsyD, G41490

Graduate Interns*

Brittany Anvari, Associate MFT# 128113
Linda Shrader, Associate MFT# 109891
Kari Wendt, Associate APCC#11021
Bethany Kershishnik, MFT Trainee
Denice Anonuevo, LPCC Trainee
Eloisa Raho, MFT Trainee
Isabella Cuevas, MFT Trainee
Maria Page, LPCC Trainee



2601 Airport Drive, Ste.100
Torrance, CA 90505
310- 376-3550

www.CSCSouthBay.org

