



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: Jan. 10 & 24 and Feb. 14 & 28

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

Bereavement Group (*Welcome Orientation NOT required*)

Monday, January 5 and February 2: 4:30pm – 6:30pm

Tuesday, January 13 & 27 and February 10 & 24: 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.



JANUARY & FEBRUARY 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, January 8 and February 12 • 1pm – 3pm

Celebrando Cada Dia – Nuevo Horario!

1st & 3rd Tuesday, January 6 & 20 and February 3 & 17

• 5pm – 6pm *In Person @ Our Office

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

Colo-Rectal Cancers *Typically held on the 1st Saturday
Saturday, January 10 and February 7 • 10:30am – 12:30pm

Gynecological Cancers

1st & 3rd Tues., Jan. 6 & 20 and Feb. 3 & 17 • 10am – 12pm

Life After Cancer

1st Monday, January 5 and February 2 • 6pm – 8pm

Living Well with Metastatic Cancer

1st Monday, January 5 and February 2 • 10am – 12pm

Lung Cancer

3rd Saturday, Jan. 17 and Feb. 21 • 10:30am – 12:30pm

Lymphedema (*Meets Quarterly*)

2nd Saturday, March 14 • 1pm – 3pm

Men's Strengthening and Connection – New Day/Time!

2nd and 4th Mondays, Jan. 12 & 26 and Feb. 9 & 23

• 2pm – 4pm. *In Person @ Our Office

Oral, Head & Neck Cancer *Typically held on the 1st Thursday
Thursday, January 15 and February 5 • 2pm – 4pm

Pancreatic Cancer *Typically meets on 3rd Mondays

4th Monday, Jan. 26 & Feb. 23 • 10:30am – 12:30pm

Prostate Cancer

1st & 3rd Wed., January 7 & 21 and February 4 & 18

• 5pm – 7pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, January 14 and February 11 • 5pm – 7pm

Sarcoma Alliance

2nd Saturday, January 10 and February 14 • 11am – 1pm

Spousal Bereavement (*Welcome Orientation NOT required*)

2nd & 4th Monday, January 12 & 26 and February 9 & 23

• 4:30pm – 6:30pm

Young Cancer Survivorship

1st Monday, January 5 and February 2 • 6pm – 7:30pm

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

*Typically also meets 3rd Mondays but cancelled due to holiday.

JANUARY & FEBRUARY 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

These classes are held over Zoom.

1st Mondays, January 5 and February 2 | 10am

Gentle Hatha Yoga with Jenni Green

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

2nd & 4th Mondays, Jan. 12 & 26 and Feb. 9 & 23 | 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 as they 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, January 6 and February 3 | 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.

Winter Theme: Cultivating Inner Strength

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, Jan. 8 & 22 and Feb. 12 & 26 | 11am

5Rhythms with Masayo Benoist

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

Fridays | 9:30am

Gentle Yoga with Maureen O'Connor

Practice stretching, breathing techniques, and meditation.

1st Friday, February 6 | 11am

Strength & Balance with Mudaser Hakami

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



JANUARY SOCIAL #1

In-Person: Love and Laughter Winter Social and Comedy Hour

Monday, January 26 | 5:30pm - 7pm

Laughter is the best medicine. Join us for a social with your fellow participants from 5:30-6pm. We will have small bites available. Then we will enjoy the in-person comedy hour together from 6-7pm!

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 Krzcuk

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

2nd Tuesdays, January 13 and February 10 | 12pm

Essentrics Full Body Stretch with Ai

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

1st Wednesdays, January 7 and February 4 | 10am - New Day!

Restorative Yoga with Lisa Briedis

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

2nd Wednesdays, Jan. 14 and Feb. 11 | 11am

Meditation with Lisa Jordan

Meditation is a practice to quiet the mind allowing one to connect to their inner essence. Join Lisa as she guides you.

4th Wednesdays, Jan. 28 and Feb. 25 | 11am

Yin Yoga with Lisa Jordan

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

4th Wednesdays, Jan. 28 and Feb. 25 | 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, starting January 15 | 11am - New Class!

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 Thursdays, Jan. 15 and Feb. 19 | 1pm - @ Our Office

Last Fri., Jan. 30 and Feb. 27 | 1pm - Offsite @ Wellspring 88

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 | 11:15am - New Time!

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 Saturdays, January 10 and February 14 | 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 or call 310-376-3550.

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



Thursday, January 8 | 12pm - 1:30pm (also In-Person)
Renew, Reset Metabolism & Recharge your Mitochondria with Lilly Padilla, INHC, AADP
See Workshop Description on Page 4.

Thursday, January 8 | 5pm - 6pm
CC: What the Science Says About Cleanses, Fasting & Functional Detoxification with Create Cures
Let's break down what "detox" really means from a clinical nutrition perspective and explore how the body's natural detox pathways work, how food and lifestyle can support them, and what to avoid.

Saturday, January 10 | 12:30pm - 1:30pm (also In-Person)
Lunch and Learn: Say What?! How to Communicate Anything to Anyone with Dr. Kathy Gruver
See Workshop Description on Page 4.

Tuesday, January 13 | 6pm - 7:30pm
FSAC: Bladder Cancer with Lawrence Flechner, MD, PhD
This program is created for people diagnosed with bladder cancer. The materials educate patients on the types and stages of bladder cancers, potential treatments and side effects, clinical trials, and the emotional concerns of a bladder cancer diagnosis.

2nd and 4th Tuesdays, January 13 & 27 and February 10 & 24 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.

Thursdays from January 15 to February 26 | 12pm - 2pm
Post Cancer, Creating Your Best Self with Karen Sidney
After the completion of cancer treatments, we may feel fragmented. Gain tools and insights to provide clarity on what is possible for your life NOW. You can reinvent yourself with MORE joy, purpose, fun, creativity, intentionality, balance, focus, peace, and LESS worry, fear, isolation, and the feeling of being aimless, lost, frozen or stuck.

Friday, January 16 | 1pm - 2pm
Strategies for Fatigue with Philip Chang, DO
Join Dr. Chang as he discusses some common causes of fatigue as well as strategies for dealing with fatigue.

3rd Saturdays, Jan. 17 and Feb. 21 | 9am - 12pm
Writing for Wellness with Barbara Force
This monthly program offers everyone affected by cancer ways to express themselves through writing.

Tuesday, January 20 | 12pm - 1pm (also In-Person)
The Warrior Within: Yoga Therapy for Cancer with Ashley Smaldino
Ashley will outline what Yoga Therapy is and how it can specifically support you on your cancer journey followed by a short therapeutic yoga practice. For online, please see website calendar for yoga materials.

Wednesday, January 21 | 12pm - 1:30pm
Reawaken Your Aliveness- Moving from Illness and Loss to Power with Ciena Rose William
Your inner communication affects your healing. Draw out your inner aliveness and stored magic through the ancient art of storytelling, embodied meditation, and creative group experience.

Thursday, January 22 | 5:30pm - 6:30pm
Power of Choice with Camela Galano
Choices are the most powerful thing we have! Join Camela as she discusses how this put us in the driver's seat of our lives and shape our destiny with intention.

Friday, January 23 | 1pm - 2pm (also In-Person)
Hidden Burden of Cancer: Patients Over Paperwork Panel Discussion and Roundtable with CSC South Bay
Join us for a community roundtable exploring how insurance delays and denials can interfere with cancer treatment decisions. Share your story and learn how we can protect access to prescribed care and treatments. Lunch will be from 12:30-1pm.

Friday, January 30 | 12pm - 1pm
New Year, New Voice: Self-Advocacy in Healthcare with Priya Mitra, MD and Andrea Yoneda BSN, RN
Standing up for yourself is not easy, especially in a healthcare setting. Join this interactive workshop to enhance your self-advocacy skills by discussing common scenarios that many patients may encounter.

Last Saturdays, Jan. 31 and Feb. 28 | 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

Monday, February 9 | 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.

Every other Wednesday, February 11 to April 15 | 12pm - 1pm
Stress Management with the Koshas with Dr. Sarah Sue Burich
Join Akhila Health in exploring the 6 kosha layers and various mind-body practices to help manage your health and wellness.
#1 Stress & The Body. #2 Stress & Emotions.
#3 Stress & The Mind. #4 Stress & The Breath.
#5 Stress & Intellect. #6 Stress & The Spirit.

Saturday, February 14 | 12pm - 2pm (also In-Person)
Mindfulness as Medicine with Dr. Angie Aboutalib
See Workshop Description on Page 4.

Tuesday, February 17 | 6pm - 7pm
Optimizing Your Nutrition During Cancer Treatment with Lisa Statner, MS, RDN, CSO
Learn how nutrition planning and preparation can minimize side effects, weight loss, and malnutrition during treatment.

Friday, February 20 | 1pm - 2pm (also In-Person)
Lunch and Learn: Sleep Strategies for Better Nights and Brighter Days with Colleen Malinow, OCN
We will discuss the importance of sleep and how to alter our day and nighttime routines to facilitate more continuous, deeper rest. Learn breathing, meditation, and supplement strategies.

Tuesday, February 24 | 12pm - 1pm
The Best (and Worst) Way to Take a Break to Cope with Stress with Dr. Christian Waugh
Learn about the science behind 'positive distraction' - taking a break from stress to do or think of something that will give you positive emotions. We'll distinguish this helpful coping strategy from the more harmful strategy of 'avoidance.'

*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



FEBRUARY SOCIAL #1

Online: Trivia Night

Tuesday, January 27 | 5pm - 6pm

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

Thursday, January 8 | 12pm - 2pm (also Online)

Renew, Reset Metabolism & Recharge your Mitochondria with Lilly Padilla, INHC, AADP

Lilly will focus on metabolism, healthy weight, and recharging mitochondria. **Are you ready to reset and renew your Health in 2026?** Optional In-Person Food Sampling from 1:30pm - 2pm.

Saturday, January 10 | 12pm - 1:30pm (also Online)

Lunch and Learn: Say What?! How to Communicate Anything to Anyone with Dr. Kathy Gruver

Effective communication is essential, but different "languages" can lead to misunderstandings. Drawing from communication theory, NLP, improvisation, and psychology, you'll gain practical tools to ensure your message is heard and understood.

Monday, January 12 and February 23 | 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.

2nd Tuesdays, January 13 and February 10 | 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!

Tuesday, January 20 | 12pm - 1pm (also Online)

The Warrior Within: Yoga Therapy for Cancer w/ Ashley Smaldino

Learn what Yoga Therapy is and how it can specifically support you on your cancer journey followed by a short therapeutic yoga practice.



FEBRUARY SOCIAL #2

In-Person: Lunar New Year Lunch and Bingo Wednesday, February 18 | 12pm - 1:30pm

Celebrate the Lunar New Year with an Asian themed lunch and bingo! Lunch and bingo materials will be provided, along with a few prizes!

3rd Wednesdays, Jan. 21 and Feb. 18 | 1pm - 3pm

Sewing: School of Couture with Dee Aizakhmetova

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

Friday, January 23 | 12:30pm - 2pm (also Online)

Hidden Burden of Cancer: Patients Over Paperwork Panel Discussion and Roundtable with CSC South Bay

Join us for a community roundtable exploring how insurance delays and denials can interfere with cancer treatment decisions. Share your story and learn how we can protect access to prescribed care and treatments. Lunch will be from 12:30-1pm.

1st Thursday, February 5 | 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.

Saturday, February 14 | 12pm - 2pm (also Online)

Mindfulness as Medicine with Dr. Angie Aboutalib

We will discuss the science of mindfulness, showing how it reduces stress, improves focus, and supports the body during cancer treatment and remission. Learn simple, evidence based practices to feel more grounded, more in control, and more at ease.

Friday, February 20 | 12:30pm - 2pm (also Online)

Lunch and Learn: Sleep Strategies for Better Nights and Brighter Days with Colleen Malinow, OCN

We will discuss the importance of sleep and how to alter our day and nighttime routines to facilitate more continuous, deeper rest. Learn breathing, meditation, and supplement strategies.



Kids Snack & Support Group

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

Free online support program for children 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.

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
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
Karla Haynes, MS, LMFT #100393,
Assoc. Clinical Supervisor
Kelsey Schaible, Marketing & Communications Manager
Melody Lomboy, Development Coordinator
Norma Gonzalez, Cancer Support Navigator
Rebecca Sul, Program Manager
Vinian Meyer, Participant Engagement
& Operations Manager

All MFT & PCC Associates & Trainees are supervised by Karla Haynes, MS, LMFT #100393 and/or Nancy Lomibao, MS, LMFT #36645.

Licensed Mental Health Professionals

Brittany Anvari, LMFT #155361
Jo Ann Panitch, LMFT #44284
Nadine Shoukry, LMFT #129529
Ruth Schriebman, PsyD, LMFT #39901
Stephen Lottenberg, MD, PsyD, G41490

Graduate Interns*

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



310-376-3550

2601 Airport Drive, Ste.100
Torrance, CA 90505

www.CSCSouthBay.org