



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, November 2, 16 & 30 and December 7 & 21 | 4pm – 6pm

Tuesday, November 10 & 24 and December 15 | 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.



NOVEMBER & DECEMBER 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, November 12 and December 10 | 1pm – 3pm

Celebrando Cada Día

1st & 3rd Tuesdays, November 3 & 17 and December 1 & 15
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, November 14 & 28 and December 12
10am – 12pm | ***In-Person at our office**

Colorectal Cancers

1st Saturday, Nov. 7 and Dec. 5 | 10:30am – 12:30pm

Gynecological Cancers

1st & 3rd Tuesdays, November 3 & 17 and December 1 & 15
10am – 12pm

Pancreatic Cancer Bereavement

2nd Monday, November 9 and December 14 | 5pm – 6:30pm

Life After Cancer

1st Monday, November 2 and December 7 | 6pm – 8pm

Living Well with Metastatic Cancer

1st Monday, November 2 and December 7 | 10am – 12pm

Lung Cancer

3rd Saturday, November 21 and December 19
10:30am – 12:30pm

Lymphedema (Meets Quarterly)

2nd Saturday, December 12 | 1pm – 3pm

Oral, Head & Neck Cancer

1st Thursday, November 5 and December 3 | 2pm – 4pm

Pancreatic Cancer

3rd Monday, November 16 | 10:30am – 12:30pm

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

Prostate Cancer

1st & 3rd Wednesdays, Nov. 4 & 18 and Dec. 2 & 16
5pm – 7pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, December 9 | 5pm – 7pm

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

Sarcoma Alliance

2nd Sat., November 14 and December 12 | 10am – 11:30am

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

2nd & 4th Monday, November 9 & 23 and December 14
4pm – 6pm

Young Cancer Survivorship

3rd Monday, November 16 | 6pm – 7:30pm

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

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

NOVEMBER & DECEMBER 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, November 2 & 16 and December 7 | 10am

Gentle Hatha Yoga w/Jenni Green

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

2nd & 4th Mondays, November 9 & 23 and December 14 | 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.

2nd & 4th Mondays, November 9 & 23 and December 14 | 6:30pm

Gentle Monday 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.

Tuesdays | 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, November 3 and December 1 | 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 Thursdays, November 12 and December 10 | 11am

5Rhythms w/Masayo Benoist

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

Thursdays, November 5 - December 17 (not Nov 26) | 5pm

6 Week Series: 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, November 6 and December 4 | 11am

Strength & Balance w/Mudaser Hakami

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. Join your fellow participants as we walk The Esplanade area.

Mondays | 10am

Knit and Crochet w/Yarn Angels

Do you knit/crochet or would you like to learn? All skill levels welcome. No experience needed. Limited supplies provided or bring your own project.

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, November 3 & 24 and December 1 | 12pm

Yogalates with Andrea Torregrossa

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

1st Wednesdays, November 4 and December 2 | 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, November 25 and December 9 | 11am

Yin Yoga w/Lisa Jordan

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

3rd Wednesdays, November 18 and December 16 | 11am

Thursdays | 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.

3rd Wed., November 18 and 2nd Wed. December 9 | 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, November 19 and December 10 & 17 | 1pm

Chakra Sound Healing w/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 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 Saturdays, November 14 and December 12 | 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 and open to the general public.



NOVEMBER SOCIAL #1

Day of the Dead Celebration with CSC South Bay Mon., November 2 | 12pm - 2pm | CSC Office

Join us as we celebrate Día de los Muertos by honoring our loved ones with festive food, an art craft, and music.

*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.



1st Wed., November 4 and 2nd Wed., December 9 | 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.

November – Pt 2: Acupressure for Hot Flashes & Sleep

December – Pt 3: Acupressure for Joint Pain and Body Aches

Wednesday, November 4 | 5pm - 6pm

**CC: Beyond Blood Sugar: Understanding Insulin, Inflammation,
and Metabolic Health with Create Cures**

This evidence-based webinar goes beyond glucose levels to examine how
insulin, inflammation, and lifestyle factors influence the development and
progression of metabolic conditions, including type 2 diabetes. Learn how
nutrition, fasting, physical activity, sleep, and stress management impact
insulin sensitivity and overall health, and discover practical, sustainable
strategies to support balanced blood sugar and LT metabolic resilience.

Thursday, November 5 | 3:30pm - 4:30pm

COH: CAPE Series w/Ann Smith, MSN, RN, OCN, NPD-BC

Join Ann to learn how to manage side effects of cancer treatment.

November Topic: Anxiety, Depression and Fear -- OH MY! - Handling
Emotions That Occur with Cancer

Friday, November 6 | 1pm - 2pm (also in-person)

**Lunch and Learn: Integrating Acupuncture in Oncology
with Dr. Amanda Srisathapat LAc, DACM**

We will explore the clinical evidence supporting integrative acupuncture to
help manage common cancer side effects. Learn how targeted acupuncture
treatments can be incorporated into standard oncology care protocols.

Additionally, we will demonstrate practical self-care techniques using key
acupressure points.

2nd & 4th Tuesdays, Nov. 10 & 24 and Dec. 8 & 29 | 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.

Friday, November 13 | 1pm - 2:30pm (also in-person)

**Nourish & Thrive: Lungs Vitality & Immunity
with Lilly Padilla, INHC, AADP**

Discover specific antioxidant-rich foods and habits that combat cellular
stress and help optimize lung tissue repair. In Integrative Health and Chinese
Nutritional Therapy, the lungs channel and Qi are associated with the large
intestine, the emotion of grief, and the Fall season. Changes in nutritional
requirements and emotional eating also can be a reflection of the energetic
seasonal needs. Join us to learn delicious, nutritious ways to fuel your
respiratory system and strategic habits to support lungs membranes
and tissues.

Tuesday, November 17 | 6pm - 7pm

**Managing the Financial Burden of Cancer: Your Rights and Resources
with Saddia A. Khan**

A cancer diagnosis can bring significant financial strain alongside medical
challenges. We will explore financial toxicity—the financial burden of cancer
and its treatment—and legal issues that can affect patients' financial stability
and access to health care. Topics will include medical bills and debt,
employment and housing protections, insurance coverage, and appealing
insurance denials. Participants will learn about legal rights and practical
resources to help patients and families navigate these challenges and
maintain access to care. The session will include time for questions.

3rd Saturday, November 21 and December 19 | 9am - 12pm

Writing for Wellness w/Barbara Force

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

Monday, December 7 | 12pm - 1pm (also in-person)

**Building Your Survivorship Plate: From Intention to Implementation
with Meghan Laszlo MS, RD, CSO**

We will explain evidence-based nutrition recommendations for survivorship and
explore practical ways to implement these recommendations at home. There will be
an optional restaurant dish sampling for those who join In-Person.

Wednesday, December 9 | 5pm - 6pm

CC: Year in Review: Nutrition and Cancer Research with Create Cures

This evidence-based webinar will highlight key findings, emerging trends, and
clinical insights related to diet, metabolism, and lifestyle factors in cancer prevention,
treatment, and survivorship. Learn how new research may inform practical strategies
and future directions in care, and gain a clearer understanding of how to translate
evolving science into meaningful, real-world applications.

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

**Lunch and Learn: Physical Therapy for Constipation
with Sarah Shimanek, PT, DPT, WCS, PRPC**

How can physical therapy help me with constipation? Come to this workshop to find
out what tips and tricks a physical therapist has to help deal with constipation. Learn
exercises, self-massage techniques, toileting habits, and more that can help to
manage your time on the toilet.

2nd Monday, December 14 | 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.

Tuesday, December 15 | 6pm - 7:30pm

**CSCSF: Understanding GLP-1 Use for Cancer Survivors:
What the Evidence Tells Us with Michelle Kirschner**

GLP-1 medications are transforming the conversation around weight management
and metabolic health, but what do cancer survivors need to know? Join us for an
informative session exploring the latest evidence on GLP-1 therapies, their potential
benefits, and important considerations for cancer survivors.

Friday, December 18 | 1pm - 2pm (also in-person)

Lunch and Learn: Know the Scams, Don't Be a Victim with LA DMH

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.

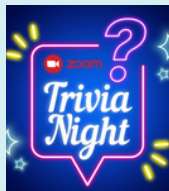


NOVEMBER SOCIAL #3

Decorate Your Mini Tree with JoyCatchers

Tues., November 17 | 12:30pm - 2pm | CSC Office

Join us in decorating your own 1-foot mini tree
with festive holiday decorations. Decorate a tree
to take home, for a neighbor, or someone you know
who needs joy in their life. Tree and holiday
decorations will be supplied by JoyCatchers.



NOVEMBER SOCIAL #2

Trivia Night in Collaboration w/CSCA

Tuesday, November 3 | 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!



NOVEMBER SOCIAL #4

Lunch and Thankful Bingo with CSC South Bay

Mon., November 23 | 12:30pm - 2pm | CSC Office

Start the holiday cheer with CSC South Bay with a
Thanksgiving-themed lunch and bingo! Lunch and
bingo materials will be provided, along with a few
prizes! **Theme: Thankful!** Please feel free to wear
your favorite fall shirt or outfit.

*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



PARTICIPANT HOLIDAY PARTY

Friday, December 4 | 5:30PM - 7:30PM | Our Office
Join us in the holiday cheer!
We will provide food, drinks, and dessert.



We look forward to seeing you in 2027!

*Our office will close from
December 20 – January 3, 2027.
We will reopen January 4, 2027.*

Friday, November 6 | 12:30pm - 2pm (also online)

Lunch and Learn: Integrating Acupuncture in Oncology with Dr. Amanda Srisathapat Lac, DACM
Please go to Pg. 3 for workshop description.

Saturday, November 7 | 12pm - 2pm

Lunch & Learn: Oncology Esthetics and Skincare with TC Thecla Luisi
Join TC as she covers various topics on oncology esthetics and skincare including why proper skincare is essential, ingredients that soothe, ingredients to avoid, simple at-home skincare routine, brows, lashes, and product recommendations.

Monday, November 9 and December 14 | 1:30pm - 3:30pm

Artlife: Monthly Workshop w/Vanesa Andrade
Vanesa will teach various styles/paintings each month using acrylic paint.

Thursday, November 12 | 1pm - 3pm

Calm & Centered, EFT Tapping with Marni Gittleman
As the holiday season ramps up, it's easy to feel overwhelmed. Join Marni for a de-stressing and balancing workshop. Leave feeling more grounded, less stressed and empowered. Emotional Freedom Techniques (EFT) aka tapping, is a gentle mind-body practice to help release emotional stress and feel more balanced.

Friday, November 13 | 1pm - 3pm (also online)

Nourish & Thrive: Lungs Vitality & Immunity with Lilly Padilla, INHC, AADP
Please go to Pg. 3 for workshop description.

3rd Wednesday, November 18 and December 16 | 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.

Saturday, November 14 | 10am - 2pm

A Day of Wellness for Pancreatic Cancer Patients & Caregivers
In collaboration with Hirshberg Foundation, we invite Pancreatic Cancer Patients & Caregivers to join us for a day focused on education and connection. Join us for a day focused on Support and Coping Strategies, Addressing Legal, Insurance, and Practical Issues that Arise After a Pancreatic Cancer Diagnosis, The Benefits of Yoga for People Impacted by Pancreatic Cancer, and Mindful Movement: Tai Chi for Cancer Wellness.

1st Thursday, December 3 | 1pm - 2:30pm

Food and Mood Educational Circle w/Lily Hanna
This workshop provides a space to learn, exchange ideas, and connect. Each month will have a different topic.

Monday, December 7 | 12pm - 1pm (also online)

Building Your Survivorship Plate: From Intention to Implementation with Meghan Laszlo MS, RD, CSO
Please go to Pg. 3 for workshop description.

Thursday, December 10 | 2:45pm - 4:30pm

Holiday Card Making: The Art of Giving and Receiving with Wellness in Motion and Beyond
Crafting a handmade holiday card is an act of giving from the heart. With each brushstroke and written word, we bring a piece of ourselves to those we love.

Friday, December 11 | 12:30pm - 2pm (also online)

Lunch and Learn: Physical Therapy for Constipation with Dr. Sarah Shimanek, PT, DPT, WCS, PRPC
Please go to Pg. 3 for workshop description.

Friday, December 18 | 12:30pm - 2pm (also online)

Lunch and Learn: Know the Scams, Don't Be a Victim with LA DMH
Please go to Pg. 3 for workshop description.



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
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



2601 Airport Drive, Ste. 100
Torrance, CA 90505
www.CSCSouthBay.org