

Unless otherwise noted, all groups and classes are held in the 3rd floor conference room at St. Jude Medical Plaza, 2151 N. Harbor Blvd, Suite 3138, Fullerton.

OCTOBER 2019

# Cancer Support Groups



## Ladies Night

Oct. 1, 6:30 - 8 p.m.  
Topic: "Girl Talk"

This group is support for women in treatment or who have completed cancer treatment.

*Facilitated by Denise Yoshihara, MSW, LCSW, OSW-C.*

*For information, please call (714) 446-7181 ext. 2041.*



## Art for the Soul for Cancer Survivors and Support Caregivers

Oct. 16, 6:00 - 9:00 p.m.

Guest artist, Tamara Lujan, will present a canvas painting workshop. The painting for the evening is "Pumpkin & Crow". There is a \$10 supply fee. Please bring a healthy snack to share. This class is open to patients, family and friends.

*Please RSVP by Oct. 11 to Denise. Yoshihara@stjoe.org. For information, please call (714) 446-7181 ext. 2041.*



## Hope Cancer Patient & Family Support

Oct. 14 and 28, 6:30-8:30 p.m.

This support group is for patients with any type of cancer. It features a special breakout session for family and friends.

*Facilitated by Robert Merlino, Ph.D.*

*For more information, please call (714) 446-5505.*

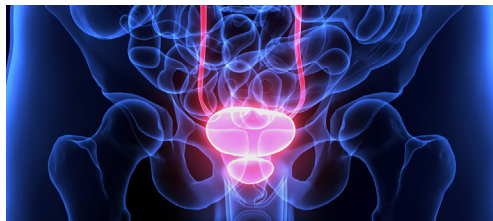


## Yoga for Cancer Health

Oct. 4, 11, and 18, 10:00 - 11:15 a.m.

This class is suitable for all levels. The emphasis is on gentle movement coordinated with directed breathing. The movements are done sitting in a chair to expand the range of motion as well as standing to emphasize strength and balance. Partners and caregivers are welcome. Yoga is facilitated by instructor Deborah Kuryan.

*For information, please call (877) 459-DOCS (3627).*

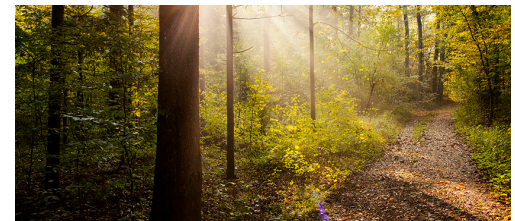


## Prostate Cancer Patient & Family Support

Oct. 23, 6:00 - 7:30 p.m.  
1st floor conference room

Topic: Family Caregiver Support & Services with speaker, Diana Marquez Siemers  
This group is for men living with advanced prostate cancer. It provides education on treatments, solutions, and resources for symptom management. Partners and caregivers welcome. Facilitated by Rebecca Peebles, RN, BSN.

*For more information, please call (714) 446-7181 ext. 2014.*



## Relaxation & Visualization

Oct. 21, 6:30 - 8:30 p.m.

*Facilitated by Robert Merlino, Ph.D.*  
*For more information, please call (714) 446-7181 ext. 2009.*

## Brain Tumor Support Group

Oct. 7, 6:30-8 p.m.

## Tai Chi Chuan

Mondays, Oct. 7, 14, 21 and 28  
10:15 - 11:15 a.m.

Practicing Tai Chi is an excellent way to promote good health while quieting the mind and lifting our spirits. *For more information, contact Denise Yoshihara, MSW, LCSW, OSW-C at (714) 446-7181 ext. 2041.*

## Shared Journey

If you are a patient with breast or prostate cancer, we invite you to participate in this unique program that offers a team of trained survivor volunteers who support and mentor patients with similar diagnosis & treatment as they face the challenges of cancer along their "shared journey".

*To participate or volunteer, please call Lea Ament, MSN, RN at (714) 446-5505.*