Cancer Support Groups
March 2017

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

HOPE: Cancer Patient and Family Support Group
Mondays, March 13th and 27th, 6:30–8:30 p.m. This support group is for patients with any type of cancer and features a special breakout group for family and friends. Facilitated by Kathy Pearson, RN, MSN, CNS, AOCN and Alice Daugherty, RN, MSN, OCN. For information, call (714) 446-5847.

Journey to Health Support Group
Requires a doctor’s order. Mondays, March 13th & 27th, 4:30-5:30 p.m. in the 3rd Floor Conference Room. Fridays, March 10th & 24th, 10:30-11:30 a.m. in the 1st floor conference room. For patients who have completed treatment and desire support in managing their weight and improving their health. For more information, call Karen Godinez, RD, CSO, (714) 446-5982.

Brain Tumor Patient and Family Support Group
Monday, March 6th, 6:30-8p.m. Facilitated by Robert Merlino, Ph.D. For information, call (714) 446-5847.

Prostate Cancer Discussion Group
Wednesday, March 22nd, 6-7:30p.m. Held in the 1st floor conference room. Topic: Exploring Strength and Spirituality in Times of Crisis with Joshua Bettencourt. Facilitated by Rebecca Carigma, RN, BSN. This group is for men living with advanced prostate cancer and their guest. Living with prostate cancer and being on long-term treatment can have an impact on daily life. This group meets monthly to provide education on prostate cancer and its treatments, as well as solutions, tips and resources for symptom management. For more information, please call (714) 446-5771.

Ladies Night Cancer Support Group
Tuesday, March 7th, 6:30-8p.m. Held in the 1st floor conference room. This month’s topic is Advance Care Planning: Important Choices for Living and Dying,” with Guest Speaker Edward Rivera, MSW. This group is support for women in treatment or who have completed cancer treatment. Facilitated by Denise Yoshihara, MSW, LCSW, OSW-C. For more information, call (714) 992-3000, ext. 2299.

Yoga for Cancer Health
Fridays, March 3rd, 10th, 17th, 24th, and 31st from 10-11:15a.m. Yoga is facilitated by instructor Deborah Kuryan. For information, call (877) 459-DOCS (3627).

Relaxation and Visualization for Well-Being
Monday, March 20th from 6:30-8p.m. Facilitated by Robert Merlino, Ph.D. For information call (714) 446-5847.

Head and Neck Cancer Support Group
Tuesday, March 14th, 6-7:30p.m. Held in the 1st floor conference room. For patients who have been diagnosed with head and neck cancer, and their support person. Facilitated by Shannon Lindop, RN, BSN, OCN and Karen Godinez, RD, CSO. For information, call (714) 446-5355 or (714) 446-5982.

Lymphedema Awareness Class
Tuesdays, March 14th & 28th, 9-10 a.m. This class is designed to provide information about lymphedema for persons who have had lymph nodes removed and/or radiation to the axilla, groin, or neck. Facilitated by lymphedema specialists. For reservations, call (714) 992-3000, ext. 2985.

Shared Journey Program
If you are a patient with breast, prostate, or head & neck cancer, we invite you to participate in our Shared Journey Program. This program offers a team of trained survivor volunteers who offer support and mentorship to patients with similar diagnosis and treatment as they face the challenges of cancer along their “shared journey.” For more information on how to participate as a patient or volunteer, please call Oncology Services, (714) 446-5847.

Look Good.....Feel Better
Held on a bi-monthly basis. Meets April 3rd from 10am-12pm. This is a free program for women receiving cancer treatment that teaches make-up, hair styling, and skin care techniques to help deal with changes that may occur. For reservations, call the American Cancer Society, (800) 227-2345, option 5.