



April
2019

St. Jude Crosson Cancer Institute Support Groups

Ladies Night

Tuesday, April 2nd, 6:30-8:00pm Topic: "Keeping Joy in Our Lives Despite Suffering & Injustice". Guest Speaker: Sr. Josefa Ha. This group is support for women in treatment or who have completed cancer treatment. Facilitated by Denise Yoshihara, MSW, LCSW, OSW-C. For information or to RSVP by April 1, please call 714-992-3000 Ext. 2299.



Prostate Cancer Patient & Family Support Group

Wednesday, April 24th from 6-7:30pm, held in the 1st floor conference room. This group is for men living with advanced prostate cancer. It provides education on treatments, solutions, and resources for symptom management. Partners & caregivers welcome. Facilitated by Rebecca Peebles, RN, BSN. For more information, please call (714) 446-5771.

Brain Tumor Patient & Family Support Group

Monday, April 1st from 6:30pm-8pm. Held in the first floor conference room. Facilitated by Robert Merlino, Ph.D. For more information, please call (714) 446-5567.



St. Joseph Health 
St. Jude Medical Center
A member of the St. Joseph Hoag Health alliance

Tai Chi Chuan

Mondays, April 1st, 8th, 15th, 22nd, and 29th, 10:15-11:15am This class is facilitated by instructor Diane Globerman. 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) 992-3000 Ext. 2299.



Canvas Painting for Cancer Survivors & Loved Ones

Wednesday, April 17th from 6:00-9:00 pm. Guest artist Tamara Lujan, will present a canvas painting workshop. The painting for the evening is "Hot Air Balloon". There is a \$10 supply fee. Please bring a healthy snack to share. This class is open to patients, family and friends. For more information or to RSVP by April 12, please call Denise Yoshihara, MSW, LCSW, OSW-C (714) 992-3000 Ext. 2299.

Relaxation & Visualization for Wellbeing

Monday, April 15th from 6:30-8pm. Facilitated by Robert Merlino, Ph.D. For more information, please call (714) 446-5847.

Shared Journey Program

If you are a patient with breast, prostate or gynecological 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". For information on how to participate or volunteer, call Lea Ament, RN, and MSN at (714) 446-5505.

Yoga for Cancer Health

Fridays, April 5th, 12th, 19th, 26th from 10:00am-11:15am. 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 & balance. Partners & caregivers welcome! Yoga is facilitated by instructor Deborah Kuryan. For information, please call (877) 459-DOCS (3627).

Hope

Cancer
Patient &
Family
Support

Mondays, April 8th from 6:30-8:30pm, facilitated by Lea Ament, RN and April 22nd from 6:30-8:30pm Robert Merlino, Ph.D. This support group is for patients with any type of cancer. It features a special breakout session for family and friends. For more information, please call (714) 446-5505.

Unless otherwise noted, all groups & classes are held in the 3rd floor conference room at St. Jude Medical Plaza, 2151 N. Harbor Blvd, Suite 3138, Fullerton, CA 92835.