

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

**AUGUST 2019**

# Cancer Support Groups



## Ladies Night

Tuesday, Aug. 6, 6:30 – 8:00 p.m.

“Mindfulness with Tea” Guest speaker: Sr. Teresa Yoon, CSJ, MSW, HTP, CATP. This group is support for women in treatment or who have completed cancer treatment.

*Facilitated by Denise Yoshihara, MSW, LCSW, OSW-C. RSVP by Aug. 2, to [denise.yoshihara@stjoe.org](mailto:denise.yoshihara@stjoe.org).*

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



## Canvas Painting for Cancer Survivors and Support People

Aug. 21, 6:00 – 9:00 p.m.

Guest artist Tamara Lujan, will present a canvas painting workshop. The painting for the evening is “Waterfall”. 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 Aug. 16, Denise. [Yoshihara@stjoe.org](mailto:Yoshihara@stjoe.org). For information, please call (714) 446-7181 Ext. 2041.*



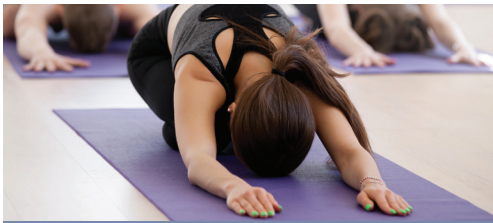
## Hope Cancer Patient & Family Support

Aug. 12 and 26

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

*Margit Bane, MSW, will facilitate for Aug. 12, and Robert Merlino, Ph.D, for Aug. 26.*

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

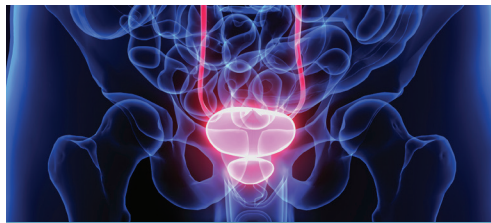


## Yoga for Cancer Health

Aug. 2, 9, 16, 23 and 30, 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

Wednesday, Aug. 28, 6:00 – 7:30 p.m., held in the 1st floor conference room.

Topic: “Learning More About Clinical Trials for Prostate Patients” with special guest speaker, Sanjay Chaudhari, Clinical Research Coordinator.

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 info, please call (714) 446-7181 ext 2014.*



## Relaxation & Visualization

Aug. 19, 6:30 – 8:30 p.m.

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



## Tai Chi Chuan

Mondays, Aug. 5, 12, 19, and 26, 10:15 – 11:15 a.m.

This class is facilitated by instructor Diane Globberman. 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.*

## Brain Tumor Support Group

No Class in August.

## 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.*