



February 2019

St. Jude Crosson Cancer Institute Support Groups

Prostate Cancer Discussion Group

Wednesday, February 27th from 6-7:30pm, held in the 1st floor conference room. This group provides education on prostate cancer, its treatments, solutions, and resources for symptom management, for men living with advanced prostate cancer. We welcome you to bring one support person along. Facilitated by Rebecca Peebles, RN, BSN. For more information, please call (714) 446-5771.



*WE WELCOME
YOU TO JOIN
US!!*



Ladies Night

Tuesday, February 5, 6:30-8:00 p.m. "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 call 714-992-3000 Ext. 2299.

Head & Neck Cancer Support Group

Tuesday, February 12th from 6:00-7:30pm, 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 more information, please call (714) 446-5355 or (714) 446-5982.





Relaxation & Visualization for Wellbeing

Monday, February 18th from 6:30-8pm.

Facilitated by Robert Merlino, Ph.D. For more information, please call (714) 446-5847.

Brain Tumor Patient & Family Support Group

Monday, February 4th from 6:30 – 8pm, held in the first floor conference room. Facilitated by Robert Merlino, Ph.D. For more information, please call (714) 446-5567.

Yoga for Cancer Health

Fridays, February 1st, 8th, 15th and 22nd, from 10:00-11:15am. Yoga is facilitated by instructor Deborah Kuryan. For information, call (877) 459-DOCS (3627).



Tai Chi Chuan for Health

Mondays, February 4th, 11th, 18th, and 25th from 10:15-11:15am. 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, and OSW-C at (714) 992-3000 Ext. 2299.

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.

Journey to Health

Requires a doctor's order
Mondays, February 11th and 25th from 4:30-5:30pm, in the 1st floor conference room & Fridays, February 8th and 22nd from 10:30am-11:30am, in the 1st floor conference room. This is for patients who have completed treatment and desire support in managing their weight & improving their health. For more information, call Karen Godinez, RD, CSO, at (714) 446-5982.



HOPE: Cancer Patient & Family Support

Mondays, February 11th and February 25th from 6:30–8:30pm, facilitated by 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.



Craft Night for Cancer Survivors & Loved Ones

Wednesday, February 20, 6:00 - 9:00p.m. Guest artist Tamara Lujan, will present a canvas painting workshop. The painting for the evening is "Love is in the Air". 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 February 15, please call Denise Yoshihara, MSW, LCSW, OSW-C (714) 992-3000 Ext. 2299.

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.