

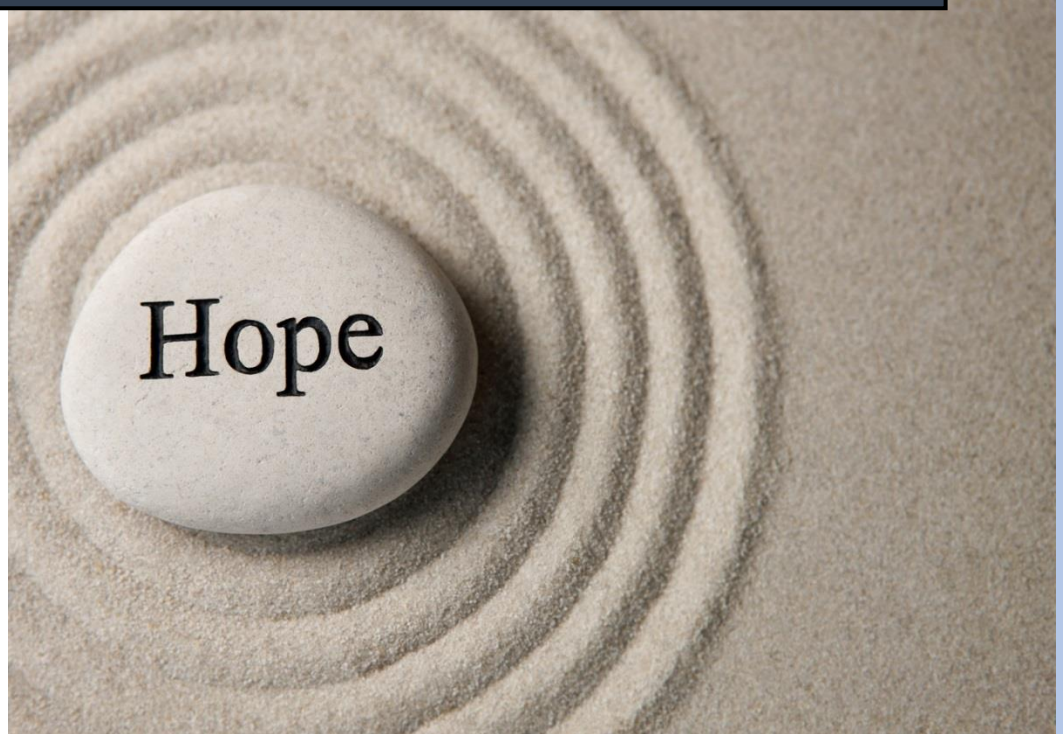


January 2019

St. Jude Crosson Cancer Institute Support Groups

HOPE: Cancer Patient & Family Support

Mondays, January 14th and January 28th from 6:30-8:30pm, facilitated by Lea Ament, RN, BSN. This support group is for patients with any type of cancer. It features a special breakout session for family and friends. For more information, call (714) 446-5505.



*WE WELCOME
YOU TO JOIN US!*



Journey to Health

Requires a doctor's order

Mondays, January 14th and 28th from 4:30-5:30pm, in the 1st floor conference room & Fridays, January 11th and 25th 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.

Brain Tumor Patient & Family Support Group

Monday, January 7th 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.





Relaxation & Visualization for Wellbeing

Monday, January 21st from 6:30-8pm.

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

Ladies Night Cancer

No group meeting this month. 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.

Yoga for Cancer

Fridays January 4th, 11th, 18th and 25th, 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, January 7th, 14th, 21st, and 28th 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.

Head & Neck Cancer Support Group

Tuesday, January 8th from 6-7pm, 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.

Prostate Cancer Discussion Group

Wednesday, January 23rd 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.



Craft Night for Cancer Survivors & Loved Ones

Wednesday, January 16th, 6:00-9:00pm. Guest artist Tamara Lujan will present a canvas painting workshop. The painting of the evening is "Night Forest". 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 January 18th, please call Denise Yoshihara, MSW, LCSW, OSW-C at (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.