

For questions, please contact us:

Email: Programs@cancersupportvvsb.org

Website: www.cancersupportvvsb.org

Call: (805) 379-4777

Orientation/Newcomer Meeting (Online)

Monday (Weekly), 12-1pm & One-on-One Orientation upon request

Support Groups

For People with/had Cancer

Life after Breast Cancer (all stages) - Survivorship Support Group (Online)

2nd & 4th Monday, 5-6:30pm

Gynecological Cancer Support Group (Online)

1st & 3rd Tuesday, 10-11:30am

Advanced Stage Breast Cancer Support Group (Online)

Tuesday (Weekly), 11:30am-1pm

Newly Diagnosed Early-Stage Breast Cancer Support Group (Online)

Tuesday (Weekly), 5-6:30pm

All Cancers Support Groups (Online/Hybrid)

Tuesday, 5-6:30pm Online; Wednesday, 10-11:30am Online ;

Wednesday, 5-6:30 In-person/Online Hybrid; Thursday, 10-11:30am (All Weekly)

Prostate Cancer Support Group (Online)

2nd & 4th Wednesday, 6:30-8:00pm

Young Adult Support Group (Online)

2nd & 4th Thursday, 7-8:30pm

Early-Stage Breast Cancer Support Group (Online)

2nd & 4th Friday, 12-1:30pm

For Caregivers (Family & Friends)

Caregivers (Family & Friends) Support Groups (Online)

Tuesday, 7-8:30pm, Thursday, 10-11:30am (Weekly)

Bereavement Support Groups (Online)

2nd & 4th Wednesday, 12-1:30pm (Bi-Monthly); Thursday 6-7:30pm (Weekly)

Parents of Pediatric Cancer Survivors Support Group (Online) Spanish Language

3rd Thursday, 4-5:30pm (Monthly)

Networking Groups

For People with Cancer and Caregivers (Family & Friends)

Blood Cancer Networking Group (Online)

1st Monday (Monthly), 7-8:30pm

Prostate Cancer Networking Group (Hybrid: in-person/zoom)

3rd Sunday (Monthly), 10:30am-12:30pm

Brain Tumor Networking Group *on hiatus

1st Thursday (Monthly), 6:30-8pm

Short-term Individual Counseling

Short-term Individual Counseling is now available. For more information please contact Programs@cancersupportvvsb.org or call us at (805) 379-4777

Healthy Lifestyle Classes & Social Groups

Weekly Yoga Class Wednesdays

4-5pm **(In-Person)**

*Registration Required
(Absolutely No Drop-Ins)

Weekly Guided Imagery Class

Tuesdays **(Online)**

1:30 – 2:30pm

Reiki (Online)

2nd Thursday (Monthly), 12-2pm

Educational Workshops & Social Events

Educational Workshops

Nutrition workshop & cooking demonstration

Breast Cancer and Covid19

Immunotherapy

Side Effect Management, etc.

Social Programs

Comedy Nights

Holiday Parties

Other Programs/Services

Cancer Support Source[®] Distress Screening

Individual Counseling

Cancer Support Helpline

Community Resources/Information