

For questions, please contact us:  
Email: [programs@cancersupportvvsb.org](mailto:programs@cancersupportvvsb.org)  
Website: [www.cancersupportvvsb.org](http://www.cancersupportvvsb.org)  
Call: (805) 379-4777

## Orientation/Newcomer Meeting

Mondays Online (Zoom), 12-1pm  
In-Person & One-on-One Orientation available upon request

### Support Groups *For people with cancer*

#### Life after Breast Cancer (all stages) -Survivorship Group

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

#### Gynecological Cancer Support Group

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

#### Advanced 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 Cancer Support Group

**Online** Tuesday Weekly, 5-6:30pm

**Online** Wednesday Weekly, 10-11:30am

**In-Person/Online** Wednesday Weekly, 5-6:00pm

**Online** Thursday Weekly, 10-11:30am

#### 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, 1-2:30pm

### Support Groups *For Friends & Family*

#### Caregivers- Family & Friends Support Groups

**Online** Tuesday Weekly, 6:30-8pm

**Online** Thursday Weekly, 10-11:30am

#### Bereavement Support Group: Moving Ahead Together

**Online** 1st Wednesday, 6-7:30pm

#### Bereavement Support Group

**Online** Thursday Weekly, 6-7:30pm

#### Parents of Pediatric Cancer Survivors Support Group- **Spanish Language**

**Online** 3rd Thursday, 5-6:30pm

### Networking Groups *For people with cancer & their family and friends*

#### Blood Cancer Networking Group

**Online** 1st Monday, 7-8:30pm

#### Prostate Cancer Networking Group

**In-Person/Online** 3rd Sunday, 10:30am-12:30pm

### Healthy Lifestyle Classes

#### Chakra Healing Sound Bath Class

**Online** Monday Weekly, 12-1:45pm

#### Trauma Informed Yoga Class

**Online** Tuesday Weekly, 12:15-1pm

#### Guided Imagery Class

**Online** Tuesday Weekly, 1:30-2:30pm

#### Gentle Yoga Class

**In-Person** Wednesday Weekly, 4-5pm

#### Reiki Class

**Online** 2nd Thursday, 12-2pm

Check our calendar on our website for  
the latest information.

<https://www.cancersupportvvsb.org/events/>

### Other Programs & Services

#### Patient Navigation

Needs assessment & community resources

#### Short-term Individual Counseling

Cancer focused, short-term individual or family  
counseling is available as an adjunct service.

**English and Spanish Language Available**

#### Education Workshops

Latest information on a wide variety of cancer related  
topics presented by medical and other healthcare  
experts.

#### Social Events

Evening of Remembrance, Comedy Nights,  
Holiday Parties, and Garden Party.

#### Cancer Support Helpline

Staff is available to provide cancer counseling for  
patients and their loved ones who are struggling to  
cope with a cancer diagnosis.

1-888-793-9355

- Monday through Friday, 12:00 p.m. – 6:00 p.m. PST
- Saturday – Sunday 12:00 p.m. – 2:00 p.m. PST