

## SUPPORT GROUPS

### *For people with cancer*

#### **Life after Breast Cancer (all stages)**

##### **-Survivorship Group**

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

#### **Life After Cancer- All Cancer Survivorship Group**

**In-Person** 2nd & 4th Monday, 10-11:30am

#### **Gynecological Cancer Support Group**

**In-Person/Online** 1st & 3rd Tuesday, 9:30-11am

#### **Advanced Breast Cancer Support Group**

**Online** Tuesday Weekly, 11:30am-1pm

#### **Women's All Cancer Support Group**

**In-Person** 2nd & 4th Tuesday, 11am-12:30pm

\*\*This group is located at St. Johns Hospital in Camarillo: 2309 Antonio Ave. Camarillo, 93010

#### **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

**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

### *For Friends & Family*

#### **Caregivers- Family & Friends Support Groups**

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

#### **Bereavement Support Group: Moving Ahead Together**

**Online** 1st & 3rd Wednesday, 6-7:30pm

#### **Bereavement Support Group**

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

### *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

## GRUPO DE APOYO EN ESPAÑOL

#### **Grupo de Apoyo para Padres de Niños con Cáncer**

**Online** 3er Jueves, 5-6:30pm

#### **Grupo de Apoyo para Latinos con Cáncer**

**Online** 1er Miércoles, 6-7:30pm

## FAMILY PROGRAMS

### *Support Group For Children*

#### **Kids' Circle**

**In-Person** 2nd & 4th Monday, 4-5pm

### *Social Group For Parents*

#### **Parents' Circle**

**In-Person** 2nd & 4th Monday, 4-5pm

## COUNSELING

### **Short-Term Individual Counseling**

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

English and Spanish Language Available

## HEALTHY LIFESTYLE CLASSES

### **Chakra Healing Sound Bath Class**

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

### **Guided Imagery Class**

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

### **Knotty Knitters: Knitting Group**

**In-Person** Tuesday Weekly, 1:30-3:30pm

### **Gentle Yoga Class**

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

### **Reiki**

**Online** 2nd Wednesday, 10:30am-12:30pm

**In-Person** 3rd Wednesday, 10:30am-12:30pm

## EDUCATIONAL WORKSHOPS

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

## SPECIAL EVENTS

Evening of Remembrance, Comedy Nights, Holiday Parties, Seasonal Events, etc.

## CANCER SUPPORT HELPLINE

Navigators/Resource specialists provide guidance, resources, and emotional support.

1-888-793-9355 *Se habla Español*

## GET STARTED:

### **Orientation/Newcomer Meeting**

Mondays Online (Zoom), 12-1pm

1:1 available upon request

To get started,

scan the QR Code

Email: [programs@cancersupportvvsb.org](mailto:programs@cancersupportvvsb.org)

Call: (805) 379-4777

Llamar: (805) 988-2641 *Se habla Español*

