

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

En línea 3er Jueves, 5-6:30pm

Grupo de Apoyo para Latinos con Cáncer

En línea 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

English and Spanish Language Available

WELLNESS CLASSES

Chakra Healing Sound Bath Class

Online Monday Weekly, 12-1:45pm

Yin Yoga 12-Week Class Starting 4/2 to 6/18

In-Person Tuesday Weekly, 10-11am

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.

Se habla Español 1-888-793-9355

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

Call: (805) 379-4777

Llamar: (805) 988-2641 Se habla Español

