

OUR MISSION

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

OUR SERVICES

All Offered in English & Spanish

SUPPORT GROUPS

COUNSELING

FAMILY PROGRAMS

PATIENT NAVIGATION

WELLNESS CLASSES

EDUCATIONAL WORKSHOPS

SPECIAL EVENTS

CANCER SUPPORT
HELPLINE

1-888-793-9355 Se habla Español

**FOR MORE
INFORMATION
& TO GET
STARTED:**



(805) 379-4777
(805) 988-2641 Se habla Español
cancersupportvvsb.org
programs@cancersupportvvsb.org

4195 E Thousand Oaks Blvd., #107
Westlake Village, CA 91362

SUPPORT GROUPS

FOR PEOPLE WITH CANCER

Life after Breast Cancer (all stages) -Survivorship

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

Life After Cancer- All Cancer Survivorship

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

Gynecological Cancer

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

Advanced Breast Cancer

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

Women's All Cancer

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

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

Newly Diagnosed Early-Stage Breast Cancer

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

All Cancer

- **Online** Tuesday Weekly, 5-6:30pm
- **Online** Wednesday Weekly, 10-11:30am
- **Online** Thursday Weekly, 10-11:30am

Prostate Cancer

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

Young Adult

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

FOR LOVED ONES

Caregivers- Family & Friends

- **Online** Tuesday Weekly, 6:30-8pm
- **In-Person** Wednesday Weekly, 10-11:30am

Bereavement: Moving Ahead Together

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

Bereavement

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

FOR PEOPLE WITH CANCER & THEIR LOVED ONES

Blood Cancer Networking Group

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

Prostate Cancer Networking Group

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

KIDS & FAMILY PROGRAMS Resumes 9/9

Kids' Circle Support Group for Children

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

Parents' Circle Social Group for Parents

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

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

THEMED SUPPORT GROUP

8-Week Mindfulness Stress Reduction 9/19-11/7

Info Session: **Online** 9/12 Thursday 12-1pm

- **In-Person** Thursday Weekly, 12-2pm

WELLNESS CLASSES

Chakra Healing Sound

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

Yin Yoga Starts 9/3

- **In-Person** Tuesday Weekly, 10am-11am

Guided Imagery

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

Knotty Knitters: Knitting Group

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

Gentle & Chair Yoga

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

Reiki

- **Online** 2nd Wednesday, 10:30am-12:30pm
- **In-Person** 3rd Wednesday, 10:30am-12:30pm

Chair Yoga Class

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

Breath & Balance Starts 9/19

- **In-Person** Thursday Weekly, 10-11am

WORKSHOPS

Part 2 How to Manage Chemobrain: Strategies for Cognitive Wellness

- **Online** Wednesday 9/4 12pm-1pm

Restorative Yoga & Mindfulness

- **In-Person** Tuesday 9/10, 4pm-5pm

Comedy Night

- **In-Person** Monday 9/23, 6pm-7pm

Session 1 of End of Life Series:

Palliative Care & Hospice Care

- **Online** Tuesday 9/24 12pm-1pm

**All of our services
come at NO COST!**

CHECK THE ONLINE CALENDAR FOR
THE MOST UPDATED INFORMATION