

OUR MISSION

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

OUR SERVICES

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

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

CHECK THE ONLINE CALENDAR FOR
THE MOST UPDATED INFORMATION

SUPPORT GROUPS: FOR PEOPLE WITH CANCER

Advanced Breast Cancer

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

All Cancer

- **In-Person** Tuesday Weekly, 10-11:30am
*Location: Rancho Simi Activity Center
4201 Guardian Street, Simi Valley 93063*

- **Online** Wednesday Weekly, 10-11:30am
- **Online** Wednesday Weekly, 5:30-7:00pm
- **Online** Thursday Weekly, 10-11:30am

Gynecological Cancer

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

Life After Breast Cancer (All Stages) -Survivorship

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

Life After Cancer- All Cancer Survivorship

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

Newly Diagnosed Early-Stage Breast Cancer

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

Prostate Cancer

- **Online** 1st Wednesday, 6:30-8pm

Women's All Cancer

- **In-Person/Online** 2nd & 4th Tuesday,
11am-12:30pm
*Location: St. Johns Hospital Camarillo
2309 Antonio Avenue, Camarillo 93010*

Young Adult

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

FOR FAMILY & FRIENDS

Bereavement Group

- **Online** 2nd & 4th Thursday, 6-7:30pm

Caregivers - Tuesday Evening

- **Online** 1st, 3rd, & 4th Tuesday, 6:30-8pm
- **In-Person** 2nd Tuesday, 6:30-8pm

Caregivers - Wednesday Morning

- **In-Person** Wednesday Weekly, 10-11:30am

FOR PEOPLE WITH CANCER & FAMILY/FRIENDS

Blood Cancer Networking Group

- **Online** November 3rd 7:00pm-8:30pm
*Meets in-person quarterly at St. Johns Cancer
Center, 1700 Rose Ave, Ste 380 Oxnard, 93030*

Mindfulness-Based Cancer Recovery Support Group-8 Weeks

- **In-Person** Mondays 2-4:00pm
- **No Meeting on 11/3 and 11/24**
- **Prostate Cancer Networking Group**
- **In-Person/Online** 3rd Sunday, 10:30-12:30pm

MULTILINGUAL GROUPS

Grupo de Apoyo para Latinas con Cáncer

- **En persona/En línea** 1er y 3er Martes, 11am-12:30pm

La dirección de este grupo está en St. Johns Cancer Center, 1700 Rose Ave, Ste 380 Oxnard, 93030

Grupo de Apoyo para Padres de Niños con Cáncer

- **En línea** 3er Jueves, 5-6:30pm

Japanese All Cancer Support Group

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

WELLNESS CLASSES

Breath & Balance-11 Weeks **9/11 - 11/20**

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

Chakra Healing Sound Bath

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

Gentle & Chair Yoga

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

Guided Imagery

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

Knotty Knitters: Knitting Group

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

Reiki

- **Online** 2nd Wednesday, 10:30am-12:30pm
- **In-Person** 3rd Wednesday, 11am-1pm

Yoga for Cancer Recovery **8/12 - 11/18**

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

EVENTS & WORKSHOPS

Evening of Remembrance

- **In-Person** Thursday, November 6 4:00pm

Art Workshop: Pumpkin Succulent Social

- **In-Person** Saturday, November 8 10:00am-12:00pm

Healthy for the Holidays: Educational Workshop and Cooking Demo

with Susan Speer

- **In-Person** Tuesday, November 11 11:00am-1:00pm

OFFICE CLOSED 11/27

