



OUR MISSION

Is to uplift and strengthen people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

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:



SCAN ME

(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
- **In-Person** 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** January 5th 6:00pm-7:30pm
*Meets **in-person** quarterly at St. John's Cancer Center, 1700 Rose Ave, Ste 380 Oxnard, 93030*

Prostate Cancer Networking Group

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

MULTILINGUAL GROUPS

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

Spring Breath & Balance 1/15 - 4/30

- **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

Introduction to Qigong NEW! 1/20 - 3/31

- **In-Person** Every other Tuesday, 1:00pm-2:00pm

Knotty Knitters: Knitting Group

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

Reiki

- **Online** 2nd Wednesday, 6:30pm-8:30pm
- **In-Person** 3rd Wednesday, 11am-1pm

Spring Yoga for Cancer Recovery 1/13 - 3/31

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

EVENTS & WORKSHOPS

Frankly Speaking About Cancer: Bladder Cancer Workshop

with Dr. Behdod Katebrian

- **In-Person/Online** Thursday, January 22 at 12-1:00pm

Beyond the Diagnosis: Embracing Family Resilience & Caregiver Well-being

with Jennifer Drew

- **Online** Thursday, January 29 at 12-1:00pm

