



CELEBRATING
35 YEARS

CANCER SUPPORT
COMMUNITY
VALLEY/VENTURA/SANTA BARBARA

January 2026
Program Guide

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, 5:30-7:00 pm
- **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*

Mindfulness-Based Cancer Recovery Support Group (Last meeting!)

- **In-Person** Monday, January 5th 2-4:00pm

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

Grupo de Apoyo para Latinas con Cáncer (pausa)

- **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

Japanese All Cancer Support Group

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

WELLNESS CLASSES

Breath & Balance-11 Weeks

1/15/26 - 4/30/26

- **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

1/20/26 - 3/31/26

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

Yoga for Cancer Recovery

1/13/26 - 3/31/26

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

EVENTS & WORKSHOPS

Vision Board Art Workshop

- **In-Person** Friday, January 9 at 2-3:30pm

Frankly Speaking About Cancer: Bladder Cancer Workshop

with Dr. Behdod Katabian

- **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

