



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:



(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 5<sup>th</sup> 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 5<sup>th</sup> 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

NEW!

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 Katebian

- **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

