



March 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, 10-11:30am
- **In-Person** Thursday Weekly, 10-11:30am

All Cancer for Women

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

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

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** March 2nd 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

Writing Alone Together: The Power of Journaling in Your Grief Journey

- **In-Person** March 4--April 8, 10-11:30am

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 Yoga (with chairs)

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

Guided Imagery

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

Introduction to Qigong

1/20 - 3/31

- **In-Person** Tuesdays 3/3, 3/17, 3/31 from 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

Hope Walk Kick-Off!

- **In-Person** Monday, March 2, 4-6:00pm



Cancer Pain Management & Living Meaningfully

with Dr. Sandra Sacks

- **In-Person/Online** Tuesday, March 24 at 12-1:30pm

Comedy Night

Coordinated by Jason Love

- **In-Person** Monday, March 30, 6-7:00pm

