



# April 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

## 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** April 6<sup>th</sup> 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

## THEMED SUPPORT GROUPS:

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

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

Finding Calm During Cancer: Mindfulness & Emotion Coping Skills Support Group

**In-Person** Tuesdays April 7-May 26, 12:30pm-2:00pm

## 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

### 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

**Limited Time! Chair Yoga at St. John's 4/16-5/21**

- **In-Person** Thursdays Weekly, 10:00am-11:00am  
*Location: St. Johns Hospital Camarillo  
2309 Antonio Avenue, Camarillo 93010*

## EVENTS & WORKSHOPS

### Hope Walk Social

- **In-Person** Monday, April 6, 4-6:00pm



### Speaking Up: Empowering Your Voice in a Room Full of White Coats

with Riya Athwal

- **Online** Friday, April 17 at 12:00pm-1:00pm



### Bunny Yoga

with Cici Bo

- **In-Person** Saturday, April 25, 2pm-2:45pm



All of our services come at NO COST!

CHECK THE ONLINE CALENDAR FOR THE MOST UPDATED INFORMATION