



August 2026 Program Guide

**AUGUST IS
MAKE-A-WILL MONTH**

OUR MISSION

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

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** Friday Weekly, 1:00-2:30pm
Location: Adventist Health Simi Valley
2975 N. Sycamore Drive, Simi Valley 93065
- **Online** Wednesday Weekly, 10-11:30am
- **In-Person** Thursday Weekly, 10-11:30am

All Cancer for Women

- **In-Person** 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** 1st Monday (8/3) 6:00pm-7:30pm
****Hybrid meetings quarterly from 4:00-6:00pm at St. John's Cancer Center, 1700 Rose Ave, Ste 380 Oxnard, 93030.****

Prostate Cancer Networking Group

- **In-Person/Online** Sunday 8/23, 10:30-12:30pm
◦ **Regularly meets on 3rd Sunday of the month**

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

THEMED SUPPORT GROUPS:

Finding Calm During Cancer: Mindfulness & Emotion Coping Skills Support Group **8/18-10/6**

- **In-Person** Tuesdays 12:30pm-2:00pm

WELLNESS CLASSES

****On Hiatus: Chakra Healing Sound Bath**

- **Will resume Monday, September 14th**

Camarillo Chair Yoga at St. John's

- **In-Person** Thursdays Weekly, 10:00am-11:00am

Location: St. Johns Hospital Camarillo
2309 Antonio Avenue, Camarillo 93010

Gentle Yoga (with chairs)

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

Guided Imagery

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

Knotty Knitters: Knitting Group

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

Reiki

- **Online** 2nd Wednesday (8/12), 6:45pm-8:45pm
- **In-Person** 3rd Wednesday (8/19), 11am-1pm

Limited Time! The Gentle Hour: Yoga for Cancer Recovery **7/21-10/6**

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

EVENTS & WORKSHOPS

Start the Conversation: Advance Directives for You & Your Family

with Brenda Birdwell, Teri Helton, and Jordana Lawrence

- **In-Person** Thursday, August 6 at 12:00pm-1:30pm

Comedy Night

coordinated by Jason Love

- **In-Person** Monday, August 17 at 6:00pm-7:00pm

California's End of Life Option Act: What to Expect

with Amy Yoffe

- **Online** Thursday, August 20 at 12:00pm-1:00pm

Alexander Technique (2-Part Workshop)

with Shula Sendowski

- **In-Person** Thursday, August 27 & September 3, 12:00pm-1:00pm

AUGUST

