



July 2026 Program Guide

JULY IS SARCOMA & BONE CANCER AWARENESS 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 (7/6) 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** 3rd Sunday, 10:30-12:30pm

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:

Coming Soon! Journaling Support Group: Celebrating Strength & Moments of Joy

WELLNESS CLASSES

Camarillo Chair Yoga at St. John's

starts 7/16

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



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 (7/8), 6:45pm-8:45pm
- **In-Person** 3rd Wednesday (7/15), 11am-1pm

Gentle Yoga (with chairs)

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

Healing in Motion (closed for registration)

- **In-Person** Thursdays Weekly from 7/16-8/20 10am-11am

**On Hiatus: Chakra Healing Sound Bath

- Will resume Monday, September 14th

EVENTS & WORKSHOPS

Love the Skin You're In: Sun Safety & Early Detection

In-Person Tuesday, July 7, 12:00pm-1:00pm



Managing Anxiety During Cancer Treatment

with Dr. Scott Irwin

- **Online** Thursday, July 16 at 12:00pm-1:00pm



Depression and Cancer: Recognizing the Signs

with Dr. Scott Irwin

- **Online** Thursday, July 30 at 12:00pm-1:00pm



Comedy Night

coordinated by Jason Love

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

