



September 2026 Program Guide

ALL OF OUR PROGRAMS AND SERVICES ARE PROVIDED AT NO COST TO PARTICIPANTS!

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, 11-12:30pm
*Location: St. Johns Hospital Camarillo
2309 Antonio Avenue, Camarillo 93010*

Gynecological Cancer

- **Online** 1st & 3rd Tuesday, 9:30-11am

Life After Breast Cancer- 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, 7-8:00pm

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

NETWORKING GROUPS

Blood Cancer Networking Group

- **Online** Monday (9/14) 6:00pm-7:30pm

Regularly meets on the 1st Monday

***Next hybrid meeting 10/5 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 9/20, 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

STRUCTURED SUPPORT GROUPS:

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

- **In-Person** Tuesdays 12:30pm-2pm **8/18-10/6**

WELLNESS CLASSES



Camarillo Chair Yoga at St. John's

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

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

Chakra Healing Sound Bath

- **Online** Mondays Weekly, 12-12:45pm

Fall Into Your Qi: a Qigong Series **9/8-10/13**

- **In-Person** Tuesdays Weekly, 1-2pm

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 (9/9), 6:45pm-8:45pm
- **In-Person** 3rd Wednesday (9/16), 11am-1pm

Restorative Yoga for Breath and Balance

- **In-Person** Thursdays Weekly, 10-11am **9/17-12/10**

The Gentle Hour: Yoga for Cancer Recovery **7/21-10/20**

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

Yoga for Strength and Vitality **9/10-10/1**

- **In-Person** Thursdays Weekly, 1-2pm

WORKSHOPS

Alexander Technique ~ Part 2

with Shula Sendowski

- **In-Person** Thursday, September 3, 12-1pm

Your Body, Your Guide: Understanding Gynecologic Cancer Screening.

Dr. X. Mona Guo

- **Online** Tuesday, September 29, 12-1pm



GET STARTED HERE!



SCAN HERE

- ✓ Support Groups
- ✓ Wellness Classes
- ✓ Exercise
- ✓ Workshops
- ✓ Social Events
- ✓ Resources

OFFICE CLOSURES
Monday 9/7 & 9/14

