



October 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

- **In-Person/Online** Monday (10/5) 4-6pm

Location: St. John's Cancer Center, 1700
Rose Ave, Ste 380 Oxnard, 93030

Prostate Cancer Networking Group

- **In-Person/Online** 3rd Sunday 10/18, 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

SKILL-BASED SUPPORT GROUPS:

Sleep Reset Support Group: *Building Healthier Sleep Patterns After Cancer* 10/7-11/11

- **In-Person** Wednesdays 12:00pm-1:30pm

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 (10/14), 6:45pm-8:45pm
- **In-Person** 3rd Wednesday (10/21), 11am-1pm

Restorative Yoga for Breath and Balance 9/17-12/10

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

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

Recovery

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

WORKSHOPS & EVENTS



Pumpkin Succulent Social

- **In-Person** Saturday, October 10, 10am-12pm 

Global Lobular Breast Cancer Awareness Day Social hosted by Janet Lapins

- **In-Person** Thursday, October 15, 12-2pm

Beyond the Nodes: Breast Cancer & the Lymphatic System

with Dr. Alexandra Chaux

- **In-Person/Online** Thursday, October 22, 12-1pm 

Radiance Through Resilience: Skincare in Oncology with TC Thecla Luisi

- **In-Person** Thursday, October 29, 12:30-2pm 

GET STARTED HERE!



SCAN HERE

- ✓ Support Groups
- ✓ Counseling (Individual, Children, Teens, Family/Couple)
- ✓ Wellness Classes
- ✓ Exercise
- ✓ Workshops
- ✓ Social Events
- ✓ Resources

