

CELEBRATING 35 YEARS CANCER SUPPORT COMMUNITY VALLEY/VENTURA/SANTA BARBARA

November 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 & 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** 1st Monday **(11/2)** 6-7:30pm

******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 11/15, 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

On Hiatus: Camarillo Chair Yoga at St. John's
- **Will return in 2027, details TBA**

Chakra Healing Sound Bath
- **Online** Mondays Weekly,12-12:45pm

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 (11/11), 6:45pm-8:45pm
- **In-Person** 3rd Wednesday (11/18), 11am-1pm

Restorative Yoga for Breath and Balance **9/17-12/10**
- **In-Person** Thursdays Weekly,10-11am

WORKSHOPS & EVENTS

Evening of Remembrance
- **In-Person** Thursday, November 12, 5:30pm-7pm

GI Cancer Treatment Explained: Understanding Radiation Therapy
with Dr. Trudy Wu
- **Online** Friday, December 4, 12-1pm

Holiday Party! ✨
- **In-Person** Saturday, December 5, 11:00am-1pm

THANKFUL

GET STARTED HERE!

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ADDITIONAL SUPPORT:

✓ **Skill-Based Support Groups**
- ***Finding Calm***
- ***Mindfulness***
- ***Sleep Reset***
- ***Journaling***

✓ **Counseling**
- ***Individual***
- ***Children & Teens***
- ***Family & Couples***

✓ **Healing in Motion**
(Cancer Exercise)

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Office Closures:
11/25 @12:30PM
11/26-11/27

INTERESTED?

CONTACT US BELOW!

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