

**WEEKLY SUPPORT GROUPS**

*(Totaling 865 sessions)*

Support groups for cancer patients and family members are facilitated by professional therapists who specialize in psychosocial oncology issues.

**MONTHLY AND BI-MONTHLY GROUPS**

*(Totaling 104 sessions)*

Special groups are designed for people with the same diagnosis and similar experiences, including breast cancer, prostate cancer, colorectal cancer, brain tumors and gynecological/ovarian cancer. Special concern groups include young adults, wellness alumni, parents of children with cancer, parents with cancer, bereavement and stage IV. These groups are facilitated by professional therapists, registered nurses and peers who specialize in psychosocial oncology issues.

**STRESS MANAGEMENT/EXERCISE CLASSES**

*(Totaling 894 sessions)*

Mind/body classes such as yoga, Qigong and Relaxation and Guided Imagery aid in stress reduction, enable people with cancer to gain strength and stamina and promote a sense of well-being. Several stress reduction courses are offered at multiple locations. Other activities such as water color, quilting, knitting and writing help reduce stress.

**SPANISH LANGUAGE PROGRAMS**

*(Totaling 66 sessions)*

These services target underserved, monolingual Spanish-speaking participants with any type of cancer, and are facilitated by bilingual, culturally fluent therapists. Programs offered at multiple locations include support groups, mind/body programs, social activities, peer support, one-to-one outreach to patients in oncology clinics, and annual Latina Women's Conference.

**EDUCATIONAL WORKSHOPS**

*(Totaling 40 workshops)*

Workshops are conducted by experts on a variety of topics such as nutrition, treatment advances and

complementary therapies. Examples include: Cancer Care & Wellness through Integrative East-West Medicine, Alexander Technique and Frankly Speaking About: New Discoveries in Cancer, Cancer Treatment, Advanced Breast Cancer, and the Cost of Cancer Care.

**NUTRITION EDUCATION**

*(Totaling 93 sessions)*

Individual sessions are conducted by certified nutritionist who specializes in the dietary needs of cancer patients can help you eat better and feel better. Maintaining a healthy diet is especially important for the person with cancer. These sessions allow the patient to explain problems related to their individual condition and develop a dietary plan to meet their special needs.

**KIDS CIRCLE MEETINGS**

*(Totaling 114 meetings)*

Weekly groups and special activities are held for children who have a parent or grandparent with cancer, enabling children to cope with the experience of a parent going through treatment and recovery. Family dinner and support groups for parents, children with cancer and siblings are held monthly. These activities are facilitated by professional therapists who specialize in psychosocial oncology and family issues.

**SOCIAL ACTIVITIES FOR PARTICIPANTS AND FAMILIES**

*(Totaling 55 activities)*

A variety of social activities are held throughout the year to foster community and mutual support for people with cancer and their loved ones. Examples are: National Cancer Survivors Day, Daniel's Day of Magic and Merv's Comedy Night.

**INDIVIDUAL SUPPORT**

*(Totaling 2,231 contacts)*

This type of support includes individual, couples, and family short-term counseling; informal counseling; group preparation interviews; one-to-one outreach to cancer patients; orientation and referrals.