

## Calendar of Events **WESTLAKE VILLAGE** – February 2019

### Free EDUCATIONAL WORKSHOPS & SPECIAL EVENTS

Our events are OPEN to the PUBLIC unless indicated “for people with cancer only”. Please RSVP 805.379.4777 or [info@cancersupportvwsb.org](mailto:info@cancersupportvwsb.org) or [www.Cancersupportvwsb.org](http://www.Cancersupportvwsb.org) unless indicated otherwise.

#### **Reiki 2 with Jeannie Rabin**

**Thursday, February 7<sup>th</sup>, 10:00am-12:30pm**

You'll learn the first three Reiki symbols and their uses. You'll receive another Attunement initiating you into the healing symbols of Reiki. This will enable you to use the level 2 symbols, perform distant healing, and become a Reiki practitioner. Prerequisite is Reiki 1: Self Care. \*Comfortable clothing is all that is required.

#### **Merv's Comedy Night with Jason Love & Special Guests**

**Monday, February 11<sup>th</sup>, 7:00pm-8:00pm**

Laugh the night away as professional stand-up comedians entertain you and your friends.

#### **Dating After Cancer with Kineret Sherman**

**2 Tuesdays, February 12<sup>th</sup>, 26<sup>th</sup>, 6:00pm-7:30pm**

This is an experiential two-week workshop with inward self-exploration, as well as outward partner work sharing, guided imagery, writing or drawing, EFT and some optional group sharing within the support of a loving community.

#### **Lunch & Learn: Frankly Speaking About Metastatic Breast Cancer with Dr. Ali Cheaito**

**Thursday, February 21<sup>st</sup>, 12:00pm-1:30pm**

With improvements in the early detection of breast cancer and the development of more effective systemic therapies, breast cancer patients have more options than ever before. The purpose of this discussion is about surgical options available for patients with metastatic breast cancer. Lunch will be generously provided by Adventist Health. Please RSVP.

#### **Hereditary Breast and Ovarian Cancer Support Meeting with Amy Yoffe**

**Sunday, February 24<sup>th</sup>, 10:30am-2:00pm**

The group will discuss the impact of living with a genetic mutation that predisposes individuals to hereditary breast and ovarian cancers. Family and friends are welcome. For details, contact Amy Yoffe 818.439.4560 or [amy@facingourrisk.org](mailto:amy@facingourrisk.org).

### FEBRUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7 <b>Reiki 2 Workshop 10:00am-12:30pm</b>	8	9
10	11 <b>Merv's Comedy Club 7:00pm-8:00pm</b>	12 <b>Dating After Cancer Session 1 6:00pm-7:30pm</b>	13	14	15	16
17	18 <b>Presidents Day Closed</b>	19	20	21 <b>Lunch &amp; Learn: Frankly Speaking about Metastatic Breast Cancer 12:00pm-1:30pm</b>	22	23
24 <b>Hereditary Breast &amp; Ovarian Cancer Group 10:30am-2:00pm</b>	25	26 <b>Dating After Cancer Session 2 6:00pm-7:30pm</b>	27	28		

# Cancer Support Community Valley Ventura Santa Barbara

530 Hampshire Rd. Westlake Village, CA 91361 | 805.379.4777



## WESTLAKE VILLAGE – February 2019

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### Orientation Meetings Tuesdays 7:00pm & Fridays 10:00am

First step for utilizing CSC's programs. No RSVP is necessary. Just come!

### Support Groups for People with Cancer

An orientation attendance & a brief interview are required prior to starting a support group EXCEPT for drop-in Group.

Please call 805.379.4777 to schedule an interview.

### Support Groups for Family/Friends

An orientation attendance & a brief interview are required prior to starting a support group EXCEPT for drop-in Group.

Please call 805.379.4777 to schedule an interview.

### Networking Groups for People with Cancer & Family/Friends

For people with cancer AND families & friends. Orientation attendance is encouraged. No interview is necessary.

### Mind/Body Classes

Please first REGISTER before attending classes. Orientation attendance is encouraged. No interview is necessary.

### Kids & Family Program

Please call 805.379.4777 for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Networking Group</u> HEREDITARY BREAST, OVARIAN and RELATED CANCERS SUPPORT MEETING for Survivors and Preivors (4 Sundays/year) 10:30am-2:00pm</p> <p><b>Meeting on 2/24</b> For details, contact Amy Yoffe 818.439.4560 amy@facingourrisk.org</p>	<p><b>Closed on 2/18</b></p> <p><u>Support Group for People w/ Cancer</u> BREAST CANCER* STAGES III-IV 11:30am-1:00pm</p> <p>BREAST CANCER* STAGES 0-II 5:00pm-6:30pm</p> <p><u>Mind/Body WALKING</u> 9:30am-10:30am Call Jodi 818.917.7547</p> <p>GENTLE YOGA 9:45am-11:00am</p> <p>ZUMBA 11:15am-12:15pm</p>	<p><u>Orientation Meeting</u> 7:00pm-8:00pm</p> <p><u>Support Group for People w/ Cancer</u> ALL CANCER* 10:00am-11:30am</p> <p>ALL CANCER* 6:30pm-8:00pm</p> <p><u>Support Group for Family/Friends</u> FAMILY/FRIENDS* 6:30pm-8:00pm</p> <p><u>Mind/Body Class</u> GENTLE YOGA 10:00am-11:00am</p> <p>WATERCOLOR (2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesday) 1:00pm-3:00pm</p> <p>"KNOTTY KNITTERS" 1:30pm-3:30pm</p> <p><u>Kids &amp; Family</u> KIDS &amp; TEENS CIRCLE 4:00pm-5:30pm</p>	<p><u>Support Group for People w/ Cancer</u> ALL CANCER* 6:30pm-8:00pm</p> <p>PROSTATE CANCER (2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday) 6:30pm-8:00pm</p> <p><u>Support Group for Family/Friends</u> FAMILY/FRIENDS* 6:30pm-8:00pm <b>NEW!</b></p> <p><u>Mind/Body Class</u> WALKING 9:00am-10:00am Call Jodi 818.917.7547</p> <p>ZUMBA 10:30am-11:15am</p> <p>GENTLE YOGA 4:30pm-5:30pm</p>	<p><u>Support Group for People w/ Cancer</u> ALL CANCER* 10:00am-11:30am</p> <p>YOUNG ADULT* (2<sup>nd</sup> &amp; 4<sup>th</sup> Thursday) 7:00pm-8:30pm</p> <p><u>Support Group for Family/Friends</u> DROP-IN FAMILY/FRIENDS 10:00am-11:30am</p> <p>BEREAVEMENT 6:30pm-8:00pm</p> <p><u>Networking Groups</u> BRAIN CANCER (1<sup>st</sup> Thursday) 6:30pm-8:30pm</p> <p>AFTER BREAST CANCER (2<sup>nd</sup> Thursday) 7:00pm-9:00pm For details, call Sue 805.750.4655</p> <p><u>Mind/Body Class</u> REIKI (2<sup>nd</sup> Thursday) 12:00pm-3:00pm</p> <p>GENTLE YOGA 4:30pm-5:30pm</p> <p>GENTLE YOGA (Except 1<sup>st</sup> Thursday) 6:00pm-7:00pm <b>No Class on 2/14</b></p>	<p><u>Orientation Meeting</u> 10:00am-11:00am</p> <p><u>Networking Group</u> GYNECOLOGICAL CANCER (1<sup>st</sup> &amp; 3<sup>rd</sup> Friday) 11:00am-12:00pm First, call 805.379.4777 to register</p> <p><u>Mind/Body Class</u> WALKING 9:30am-10:30am Call Jodi 818.917.7547</p> <p>GENTLE YOGA 10:30am-11:30am</p> <p>GUIDED IMAGERY 12:00pm-1:00pm</p>	<p><u>Networking Group</u> MULTIPLE MYELOMA (2<sup>nd</sup> Saturday) 11:00am-1:00pm For details, westlakemyeloma@yahoo.com</p> <p>PROSTATE CANCER (3<sup>rd</sup> Saturday) 10:30am-12:30pm</p>
<div style="border: 1px solid black; padding: 10px;"> <p><b>Support Groups</b> An orientation meeting and a brief interview are required prior to attending a support group with *.</p> </div>						