

Calendar of Events **WESTLAKE VILLAGE** – April 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@cancersupportvvsb.org or www.cancersupportvvsb.org unless indicated otherwise.

Alexander Technique Workshop: 2 Part Series with Shulamit Sendowski

Thursdays, April 4th & 11th, 12:00pm-1:30pm

Workshop leader, Shulamit Sendowski, will demonstrate how to transform physical stress and tension into ease, balance and coordination. Awareness of tension habits in simple daily movements like sitting, standing, walking and bending will be explored.

Merv’s Comedy Night with Jason Love & Special Guests

Monday, April 8th, 7:00pm-8:00pm

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

iRest Yoga with Jim Gilley, Level 1 iRest Teacher

Wednesday, April 17th, 6:00pm-7:30pm

Based on the ancient teachings of meditation, iRest is an evidence-based transformative practice that leads to psychological, physical, and spiritual healing and well-being.

Caregiver’s Concerns with Martha Shapiro, LCSW

Thursday, April 25th, 12:00pm-1:30pm

In this interactive presentation you will learn to examine your own stress level and understand when to seek help. A discussion of relaxation techniques and tools will be included. Let’s work together to reduce your stress and increase your daily joy so that you can continue providing the most important support and care for your loved one.

Gala: An Evening of Hope – Fundraising event

Saturday, April 27th, 6:00pm

Save the Date! Cancer Survivors Day Picnic & Butterfly release

Saturday, June 1st, 1:00pm-3:00pm

APRIL 2019						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 Alexander Technique Workshop Session 1 12:00pm-1:30pm	5	6
7	8 Merv’s Comedy Night 7:00pm-8:00pm	9	10	11 Alexander Technique Workshop Session 2 12:00pm-1:30pm	12	13
14 Essay Awards Ceremony 1:00pm-3:00pm	15	16	17 iRest Yoga 6:00pm-7:30pm	18	19	20
21	22	23	24	25 Caregiver’s Concerns 12:00pm-1:30pm	26	27 Gala Evening of Hope 6:00pm Four Seasons Hotel
28	29	30				

Cancer Support Community Valley/Ventura/Santa Barbara

530 Hampshire Rd. Westlake Village, CA 91361 | 805.379.4777



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Orientation Meetings Tuesday 7:00pm & Friday 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 Previvors (4 Sundays/year) 10:30am-2:00pm Next Meeting on 6/2 For details, contact Amy Yoffe 818.439.4560 amy@facingourrisk.org</p>	<p><u>Support Group for People w/ Cancer</u> BREAST CANCER* STAGES III-IV 11:30am-1:00pm BREAST CANCER* STAGES 0-II 5:00pm-6:30pm <u>Mind/Body WALKING</u> 9:30am-10:30am Call Marilyn Way 818.404.3029 GENTLE YOGA 9:45am-11:00am</p>	<p><u>Orientation Meeting</u> 7:00pm-8:00pm <u>Support Group for People w/ Cancer</u> ALL CANCER* 10:00am-11:30am ALL CANCER* 6:30pm-8:00pm <u>Support Group for Family/Friends</u> FAMILY/FRIENDS* 6:30pm-8:00pm <u>Mind/Body Class</u> GENTLE YOGA 10:00am-11:00am WATERCOLOR (2nd & 4th Tuesday) 1:00pm-3:00pm "KNOTTY KNITTERS" 1:30pm-3:30pm <u>Kids & Family</u> KIDS & TEENS CIRCLE 4:00pm-5:30pm</p>	<p><u>Support Group for People w/ Cancer</u> ALL CANCER* 6:30pm-8:00pm PROSTATE CANCER (2nd & 4th Wednesday) 6:30pm-8:00pm <u>Support Group for Family/Friends</u> DROP-IN BEREAVEMENT NEW!! 10:00am-11:30am FAMILY/FRIENDS* 6:30pm-8:00pm <u>Mind/Body Class</u> WALKING 9:00am-10:00am Call Marilyn Way 818.404.3029 ZUMBA 10:30am-11:20am EXPLORE PERSONAL PEACE (1st & 3rd Wednesday) 2:30pm-4:00pm GENTLE YOGA 4:30pm-5:30pm</p>	<p><u>Support Group for People w/ Cancer</u> ALL CANCER* 10:00am-11:30am YOUNG ADULT* (2nd & 4th Thursday) 7:00pm-9:00pm <u>Support Group for Family/Friends</u> DROP-IN FAMILY/FRIENDS 10:00am-11:30am DROP-IN BEREAVEMENT 6:30pm-8:00pm <u>Networking Groups</u> BRAIN CANCER (1st Thursday) 6:30pm-8:30pm AFTER BREAST CANCER (2nd Thursday) 7:00pm-9:00pm For details, call Sue 805.750.4655 <u>Mind/Body Class</u> REIKI (2nd Thursday) 12:00pm-3:00pm GENTLE YOGA 4:30pm-5:30pm GENTLE YOGA (Except 1st Thursday) 6:00pm-7:00pm</p>	<p><u>Orientation Meeting</u> 10:00am-11:00am <u>Networking Group</u> PARENTS of CHILDREN with PEDIATRIC CANCER (1st Friday) 10:00am-11:00am First, call 805.379.4777 to register GYNECOLOGICAL CANCER (1st & 3rd Friday) 11:00am-12:00pm First, call 805.379.4777 to register <u>Mind/Body Class</u> GENTLE YOGA 10:30am-11:30am GUIDED IMAGERY 12:00pm-1:00pm</p>	<p><u>Networking Group</u> MULTIPLE MYELOMA (2nd Saturday) 11:00am-1:00pm For details, westlakemyeloma@yahoo.com PROSTATE CANCER Special schedule 4/13 (2nd Sat) 2:00-4:00pm (the rest of the year 3rd Saturday 10:30am-12:30pm)</p>
<div style="border: 1px solid blue; padding: 10px; width: fit-content;"> <p>Support Groups An orientation meeting and a brief interview are required prior to attending a support group with *.</p> </div>						