



Dear friends of Cancer Support Community Valley/Ventura/Santa Barbara,

Last week I shared the news that, following guidance of health professionals, we ended all in-person support groups and other programs. Like many other businesses, our facility is closed and the team is working remotely from home. However, we have remained "open" to support families and cancer patients, just through other means.

I am very pleased to share with you that **starting Monday, March 23rd, all CSCVVS support groups will be operational via Zoom conferencing technology.** We will provide 20 different Zoom based, professionally led, support groups which had previously been provided in-person at our locations in Westlake Village, St. John's Hospital in Oxnard, and Pleasant Valley Hospital in Camarillo. **Support groups are offered in both English and Spanish.**

All current support group members are receiving details for them to participate in their regular support group from the comfort of their home. If you or someone you know would like to join a group, we are conducting program orientations via Zoom or over the phone. Contact information is noted below.

Starting this week we will also post links to workshops and healthy lifestyle programs that can be viewed from home by all participants.

We are grateful for your ongoing support so we can continue to deliver much-needed programs to cancer patients and their families at this unique and challenging time. Although we are experiencing changes to our lifestyles due to the Coronavirus, the challenges of cancer do not end. Especially at this time, we are here so *No One Faces Cancer Alone.*

Some important contact information for you, your friends and families:

- 1) CSC's national Helpline is now available 7 days a week at 888-879-9355. There is also a live Web Chat feature that can be accessed via the national CSC website by [clicking here](#).
- 2) Many families and individuals are now using technology to stay connected. Visit MyLifeLine.org and build an online community of family and friends, enjoy discussion boards and moderated content related to cancer.
- 3) The CSCVVS staff is available to you. For any questions or concerns, the need for an individual support session, or to learn about our programs and join a support group, please email us at info@cancersupportvvsb.org or leave a message at 805-379-4777. You will receive a response promptly.

Best Regards,

Steve Dwyer
Executive Director
Cancer Support Community Valley/Ventura/Santa Barbara