

Cancer Support Community Valley/Ventura/Santa Barbara Programs offered via Zoom

Please contact at Programs@cancersupportvvsb.org or (805) 379-4777

Orientation/Newcomer Meeting

Website: <https://www.cancersupportvvsb.org/programs/orientation-and-newcomer-meetings/>
Orientation/Newcomer Meeting, 12-1pm & One-one-one Orientation by request

Support Groups

Website: <https://www.cancersupportvvsb.org/programs/support-groups/>

Monday

Survivorship Networking Group for All Cancer (monthly, 1st Mon), 10:30am-12pm
Early Stage Breast Cancer Survivorship Networking Group (Monthly, 2nd Mon), 5-6:30 pm
Blood Cancer Networking Group (monthly, 1st Monday), 7-8:30pm

Tuesday

Gynecological Cancer Support Group (1st & 3rd Tues), 10-11:15am
Advanced Stage Breast Cancer Support Group (weekly), 11:30am-1pm
All Cancer Support Group (weekly), 5-6:30pm
Newly Diagnosed Early Stage Breast Cancer Support Group (weekly), 5-6:30pm
Friends & Family Support Group (weekly), 7-8:30pm

Wednesday

All Cancer Support Group (weekly), 10-11:30am
Bereavement Support Group (weekly), 12-1:30pm
Latinas' with Cancer Support Group (Spanish Language) (Monthly, 1st Wed), 4-5:30pm
All Cancer Support Group (weekly), 6:30-8pm
Prostate Cancer Support Group (2nd & 4th Weds), 7-8:30pm

Thursday

All Cancer Support Group (weekly), 10-11:30am
Friends & Family Support Group (weekly), 10-11:30am
Brain Tumor Networking Group (monthly, 1st Thurs), 6:30-8pm **On Hiatus**
Bereavement Support Group (weekly), 6-7:30pm
Young Adult Support Group (2nd & 4th Thurs), 8-9:30pm

Friday

All Cancer Support Group (4th Fri), 10-11:30 am
Early Stage Breast Cancer Support Group (2nd & 4th Fri), 12-1:30pm

Saturday

Prostate Cancer Networking Group (monthly, 3rd Sat), 10:30am-12:30pm

Healthy Lifestyle Classes & Social Groups

Website: <https://www.cancersupportvvsb.org/programs/healthy-lifestyle-classes/>

Tuesday

QiGong Class (Weekly), 10:30-11:30am
Guided Imagery Class (Weekly), 1:30 – 2:30pm
“Knotty Knitters” Knitting Group (Weekly), 2:30 – 4:00pm

Thursday

Yoga Class (Weekly), 12-1pm
Reiki Class (Monthly, 2nd Thursday), 12-2pm

Educational Workshops & Social Events

Website: <https://www.cancersupportvvsb.org/programs/educational-workshops/>

Educational Workshops

Nutrition workshop & cooking demonstration
Breast Cancer and Covid19
Immunotherapy
etc.

Social Programs

Comedy Nights

Other Programs/Services

Website: <https://www.cancersupportvvsb.org/programs/other-services/>

“Cancer Support Source” Distress Screening

Individual Counseling

“Open to Options”

Cancer Helpline

Community resources/information