

Cancer Support Community Valley Ventura Santa Barbara - Online Programs

Orientation/Newcomer Meeting

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Monday (Weekly), 12-1pm & One-one-one Orientation by request

Support Groups

for People living with Cancer

Survivorship Networking Group for All Cancer *on hiatus

1st Monday (Monthly), 10:30am-12pm

Early Stage Breast Cancer Survivorship Group

2nd Monday (Monthly), 5-6:30 pm

Gynecological Cancer Support Group

1st & 3rd Tuesday, 10-11:15am

Advanced Stage Breast Cancer Support Group

Tuesday (Weekly), 11:30am-1pm

Newly Diagnosed Early Stage Breast Cancer Support Group

Tuesday (Weekly), 5-6:30pm

All Cancer Support Groups

Tuesday, 5-6:30pm; Wednesday, 10-11:30am; Wednesday, 6:30-8pm; Thursday, 10-11:30am (All Weekly)

Latinas with Cancer Support Group (Spanish Language)

1st Wednesday (Monthly), 4-5:30pm

Prostate Cancer Support Group

2nd & 4th Wednesday, 6:30-8pm

Young Adult Support Group

2nd & 4th Thursday, 8-9:30pm

Early Stage Breast Cancer Support Group

2nd & 4th Friday, 12-1:30pm

For Caregivers (Families & Friends)

Friends & Family Support Group

Tuesdays, 7-8:30pm; Thursday, 10-11:30am (Both Weekly)

Bereavement Support Group

Wednesday, 12-1:30pm; Thursday 6-7:30pm (Both Weekly)

Networking Groups

for People with Cancer AND Caregivers (Families & Friends)

Blood Cancer Networking Group

1st Monday (Monthly), 7-8:30pm

Prostate Cancer Networking Group

3rd Saturday (Monthly), 10:30am-12:30pm

Brain Tumor Networking Group *on hiatus

1st Thursday (Monthly), 6:30-8pm

Healthy Lifestyle Classes & Social Groups

QiGong Class

Tuesday (Weekly), 10:30-11:30am

Guided Imagery Class

Tuesday (Weekly), 1:30 – 2:30pm

“Knotty Knitters” Knitting Group

Tuesday (Weekly), 3:00 – 4:00pm

Yoga Class

Thursday (Weekly), 12-1pm

Reiki Class

2nd Thursday (Monthly), 12-2pm

Educational Workshops & Social Events

Educational Workshops

Nutrition workshop & cooking demonstration

Breast Cancer and Covid19

Immunotherapy

Side Effect Management, etc.

Social Programs

Comedy Nights

Holiday Parties

Other Programs/Services

“Cancer Support Source” Distress Screening

Individual Counseling

“Open to Options”

Cancer Helpline

Community Resources/Information

To get started, please attend Orientation/Newcomer Meeting

Email: Programs@cancersupportvvsb.org

Call: (805) 379-4777

Website: www.cancersupportvvsb.org