



Community is Stronger than Cancer

Cancer Support Community VVSB – Online Program (Updated Nov 2021)

To get started, please attend Orientation/Newcomer Meeting

Email: Programs@cancersupportvvsb.org

Call: (805) 379-4777

Website: www.cancersupportvvsb.org

Orientation/Newcomer Meeting

Monday (Weekly), 12-1pm & One-on-One Orientation upon request

Support Groups

For People Living with Cancer

Life After Cancer Survivorship Support Group

2nd Monday (Monthly), 11:00am-12:30 pm

Early Stage Breast Cancer Survivorship Group

2nd & 4th Monday, 5-6:30pm

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 Cancers Support Groups

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

Latinas con Cancer: Un Grupo de Apoyo

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

Latinas con Cancer de Seno Grupo

3rd Wednesday (Monthly), 5-6:30pm

Prostate Cancer Support Group

2nd & 4th Wednesday, 6:30-8:00pm

Young Adult Support Group

2nd & 4th Thursday, 7-8:30pm

Early Stage Breast Cancer Support Group

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

For Caregivers (Family & Friends)

Friends & Family Support Group

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

Bereavement Support Group

2nd & 4th Wednesday, 12-1:30pm (Bi-Monthly); Thursday 6-7:30pm (Weekly)

Parents of Pediatric Cancer Survivors Support Group

3rd Thursday, 4-5:30pm (Monthly)



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Networking Groups

For People with Cancer and Caregivers (Family & Friends)

Blood Cancer Networking Group

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

Prostate Cancer Networking Group

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

Brain Tumor Networking Group *on hiatus

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

Short-term Individual Counseling

Short-term Individual Counseling is now available. For more information please contact Programs@cancersupportvvsb.org or call us at (805) 379-4777

Healthy Lifestyle Classes & Social Groups

GiGong Class

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

Guided Imagery Class

Tuesday (Weekly), 1:30 – 2:30pm

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

CancerSupportSource® Distress Screening

Individual Counseling

Open to Options®

Cancer Support Helpline

Community Resources/Information