

As of September 2022, all our programs are provided virtually.

For questions, please contact us:

Email: [Programs@cancersupportvvsb.org](mailto:Programs@cancersupportvvsb.org)

Website: [www.cancersupportvvsb.org](http://www.cancersupportvvsb.org)

Call: (805) 379-4777

## Orientation/Newcomer Meeting (Online)

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

## Support Groups

### **For People with/had Cancer**

**Life after Breast Cancer (all stages) - Survivorship Support Group (Online)**

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

**Gynecological Cancer Support Group (Online)**

1st & 3rd Tuesday, 10-11:30am

**Advanced Stage Breast Cancer Support Group (Online)**

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

**Newly Diagnosed Early-Stage Breast Cancer Support Group (Online)**

Tuesday (Weekly), 5-6:30pm

**All Cancers Support Groups (Online)**

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

**Latinas con Cancer de Seno Grupo (Online) Spanish Language**

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

**Prostate Cancer Support Group (Online)**

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

**Young Adult Support Group (Online)**

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

**Early-Stage Breast Cancer Support Group (Online)**

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

### **For Caregivers (Family & Friends)**

**Caregivers (Family & Friends) Support Groups (Online)**

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

**Bereavement Support Groups (Online)**

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

**Parents of Pediatric Cancer Survivors Support Group (Online) Spanish Language**

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

## Networking Groups

### **For People with Cancer and Caregivers (Family & Friends)**

#### **Blood Cancer Networking Group (Online)**

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

#### **Prostate Cancer Networking Group (Online)**

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](mailto:Programs@cancersupportvvsb.org) or call us at (805) 379-4777

## Healthy Lifestyle Classes & Social Groups

#### **Qigong Class (Online)**

1st & 3rd Tuesday

10:30-11:30am

#### **Weekly Guided Imagery Class (Online)**

Tuesdays

1:30 – 2:30pm

#### **Reiki Class (Online)**

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**

**Cancer Support Helpline**

**Community Resources/Information**