Please visit our center for books and brochures to help you learn about your cancer diagnosis, treatment types, side effects, clinical trials, nutrition and coping. We also offer various comfort items such as lap blankets, pillows, hats and wigs. **We're always looking for volunteers too!**

Please see the reverse side for additional information on our support groups, therapeutic groups, mind/body workshops and healthy eating classes. Additional information can be found online at [www.cancer.ucsd.edu](http://www.cancer.ucsd.edu).
The Moores Cancer Center offers a variety of programs to provide support and education to cancer patients and families in our community. For more information on the services we offer, please visit our website at www.cancer.ucsd.edu.

SUPPORT GROUPS

GENERAL CANCER SUPPORT GROUP
Life is messy and cancer is hard. Our group is a time for patients to come together for emotional support and to share coping strategies.
Facilitator: Monika Lingle, LCSW
Date: First/Third Tuesday of the month/Time: 2:00-3:30pm
Location: Meditation Room, 1st Floor

CANCER CAREGIVER EDUCATION AND SUPPORT GROUP
Meet other caregivers, receive emotional support, and learn information relevant to the needs of caregivers.
Registration: Not required Facilitator: Helen Tigue
Date: First/Third Tuesday of the month/Time: 2:00-3:30pm
Location: Room 3066, 3rd Floor

BREAST CANCER SUPPORT GROUP
For patients who are facing the challenges of breast cancer.
Date: Wednesday April, 18th/Time: 2:00-3:00pm
Location: Goldberg auditorium, 2nd Floor, Moores Cancer Center Foyer
Room signage. This group will include gentle movement, please wear comfortable clothes.
Facilitator: Laurie Knight, LCSW
Registration: No Fee. To register: Please call (858) 822-8620.

GROUPO ESPERANZA
Todas las semanas en espanol. Tambien ofrecemos sesiones de relajacion y le asistimos a expresar por escrito temas de interes.
Registro: Preferido. Por favor llame (858) 822-6202.
Facilitadora: Sara Fainstein
Fecha: April 10th/ Horario: 10:00am-12:00pm
Ubicacion: Room 309, Moores Cancer Center 3er Piso

BRAIN TUMOR SUPPORT GROUP
Open to patients, family members and caregivers.
Registration: Not required.
Date: 2nd Tuesday of each month / Time: 6:30-8:30pm
Location: Comer Commons 2nd Floor

HEAD AND NECK SUPPORT GROUP
Designed for patients facing Head and Neck cancer
Registration: Not required Facilitator: Liza Blumenfeld
Date: First Wednesday of the month/Time: 11:00-12:30pm
Location: Room 3079, 3rd Floor

KIDS KONNECTED EDUCATION AND SUPPORT GROUP
When a cancer touches a parent you know, it can be challenging to know what to do to help. This group provides the support, education, community and understanding to children who have a parent with cancer or have a parent that has died from cancer.
Registration: Not required / Facilitator: Kiefer Rich, LMFT
Date: Fourth Monday of every month/ Time: 5:30pm-6:30pm(Kids Group) 7:00pm-8:30pm(Teens Group) Location: Meet in the Lobby

EXPRESSIVE ARTS WORKSHOP
A. Meditation Bracelets (MALA): A Mala is a string of beads that was developed to keep the mind focused, helping you keep your mind focused on your breath, facilitating meditation. Each participant will make their own unique bracelet.
Date: Monday April 2nd and Time: 4:00-6:00pm.
B. 3D ART EXPLORATIONS~ We will use safe, non-toxic clay, plaster, molds, paint, and a wide variety of decorative items to explore and create three-dimensional models, masks, and abstract forms.
Date: Monday April 9th/16th/23rd and 30th Time: 4:00-6:00pm
Location: Room 2350, 2nd Floor. Facilitator: Alessandra Colfi, PhD
*8-week series. Attendance to all sessions is recommended to enjoy the full process and its benefits.
Registration is required. Please call (858) 735-5708 or email alessandra@alessandracolfi.com

TUMBA & GENTLE DANCE FITNESS CLASS FOR CANCER RECOVERY & PREVENTION
Playful, easy, good-for-body-mind-spirit class for patients caregivers, adapted to each participants abilities and limitations
Wear socks, sneakers & bring your water. Drop-ins welcome.
Date: Most Wednesdays/Time: 10:00-7:00pm
Location: Goldberg Auditorium Foyer;
Facilitator: Alessandra Colfi, PhD
*Email alessandra@alessandracolfi.com or call (858) 735-5708

YOGA FOR WELLNESS
Yoga class for cancer patients, survivors and family members. Modified to individual abilities. Bring or borrow a mat or sit in a chair.
Wear comfortable clothing (room is chilly bring a sweater).
Date: Most Mondays/Time: 11:00am-12:00pm
Location: Goldberg Auditorium Foyer
Registration: Not required.

TAI CHI
Gentle, moving meditation, calms the mind, strengthens the body and energized the spirit.
FREE for patients and caregivers.
Wear socks, sneakers & bring your water. Drop-ins welcome.
Date: Most Mondays/Time: 11:00am-12:00am
Facilitator: Dan Halpain, Holistic Health Practitioner and Certified Asian Bodywork Therapist
Location: Goldberg Auditorium
INTEGRATED AMRITA MEDITATION TECHNIQUE
Powerful way to reconnect with our inner self. It brings about a natural integration of body, mind and spirit. Open to patients, families, members, caregivers and staff.
Facilitator: Christina Jones, HHP, CMT, RYT
Date: 2nd Thursday of each month / Time: 10:30-12:00pm
Location: Goldberg Auditorium and Foyer
Registration Preferred: Please call 619-246-6339 and leave your name, email and phone number
*Classes may cancel occasionally for unforeseen university business. We encourage you to call prior to confirm if class is being held (858) 246-0223

CHEMO-IMMUNOTHERAPY EDUCATION CLASS
For patients who are/will be receiving chemo-immune therapy.
Registration: Not required. Time: 4:00pm-5:00pm
Dates: April 10th/ April 25th Location: Second Floor, Comer Commons

AUTOLOGOUS BMT PATIENT AND CAREGIVER CLASS
NO Registration is required.
Date: April 9th/Time: 5:00-6:30pm Location: Comer Commons 2nd Floor

ALLOGENEIC BMT PATIENT AND CAREGIVER CLASS
NO Registration is required.
Date: April 2nd Time: 5:30-6:30pm
Location: Comer Commons 2nd Floor

PREPARING FOR RADIATION THERAPY CLASS
Recommended for patients preparing for radiation therapy.
Registration is required. Register at the Radiation Oncology front desk or call (858) 822-6040.
Dates: Most Wednesdays/Time: 5:30 - 6:00pm
Location: Radiation Oncology Conference Room 141

CLL EDUCATION GROUP
For patients with chronic lymphocytic leukemia.
Registration: Not required. Facilitator: Sheila Hoff
Date: April 4th/Time: 4:00pm-5:30 pm Location: Comer Commons, 2nd Floor

HEAD AND NECK EDUCATION CLASS
Registration is not required.
Location: Room 3079, 3rd Floor
Date: First Monday of the month/Time: 1:00-2:00pm

HEALING FOODS PROGRAM

NUTRITION SEMINAR
This seminar provides an opportunity to learn evidence based nutrition information and obtain accurate information from nutrition professionals.
April 10th: "Move More."
April 18th: "Preparing for the Journey."
April 23rd: "Decoding Nutrition Myths."
April 29th: "Fighting Cancer with Food."
Registration is suggested. Please sign up at healthyeating.ucsd.edu

FOOD DEMONSTRATION
Learn how to nourish and heal the body from the time of diagnosis, through treatment and as a cancer survivor.
April 5th: "Fighting Cancer in the Kitchen."
April 11th/12th/19th: "Seasonal Foods."
Facilitator: Christine Zoumas, MS, RD Location: Room 2007, 2nd Floor
Registration is required. Please sign up at healthyeating.ucsd.edu Or call (858) 822-2237

SPECIAL EVENTS

WRITING AT MOORES
New Series Started February 12th 2018.
Location: Conference room 2007
Dates: Monday April 2nd/4th Time: 1:00-2:30pm
Register: call (858) 246-0223 or go to health.ucsd.edu/cancersupport

TOGETHER AGAINST CANCER: HOLD ME TIGHT
Open for couples facing cancer.
Dates/Times: April 26th to 5:00pm/April 28: 9:00 am to 11:00pm
Location: Comer Commons, 2nd floor
Registration: Is required: Please go to www.holdmetightevents.com or call 858-246-0223 to reserve your space.