


Mon	Tue	Wed	Thu	Fri
	<b>1</b> 2:00-3:30pm Cancer Support Group 2:00-3:30pm Cancer Caregiver Support	<b>2</b> 11:00-12:00pm Gentle Zumba 3:00-4:00pm Preparing For Radiation Therapy Education Class 4:00-5:30pm CLL Education Group 6:00-8:00pm Cooking Demonstration: "Eat the Rainbow."	<b>3</b> 11:30-1:30pm Cooking Demonstration: "Eat the Rainbow."	<b>4</b>
<b>7</b> 10:00am-11:00am Tai Chi 11:00am-12:00pm Yoga for Wellness 1:00-2:00pm Head and Neck Educational Class 4:00-6:00pm Expressive Arts Workshop	<b>8</b> 11:00am-11:45am Tour of MCC 6:30-8:30 Brain Tumor Support Group	<b>9</b> 10:00-12:00pm Grupo Esperanza 11:00-12:00pm Gentle Zumba 12:00-2:00pm Nutrition Seminar 3:00-4:00pm Preparing For Radiation Therapy Education Class 4:00-5:00pm Chemo/Immunotherapy Education Class	<b>10</b> 10:00-12:00pm Integrated Meditation Technique Instruction Course	<b>11</b>
<b>14</b> 4:00-6:00pm Expressive Arts Workshop 5:00-6:30pm Autologous BMT Patient and Caregiver Class	<b>15</b> 2:00-3:30pm Cancer Support Group 2:00-3:30pm Cancer Caregiver Support	<b>16</b> 11:00-12:00pm Gentle Zumba 12:00-2:00pm Nutrition Seminar 2-3:30pm Breast Cancer Support Group	<b>17</b>	<b>18</b>
<b>21</b> 4:00-6:00pm Expressive Arts Workshop	<b>22</b> 11:00am-11:45am Tour of MCC	<b>23</b> 11:00-12:00pm Gentle Zumba  3:00-4:00pm Preparing For Radiation Therapy Education Class 4:00-5:00pm Chemo/Immunotherapy Education Class	<b>24</b>	<b>25</b>
<b>28</b> 4:00-6:00pm Expressive Arts Workshop 5:00-6:30pm Allogeneic BMT Patient and Caregiver Class 5:30-7:00pm Kids Konnected Education and Support Group	<b>29</b>	<b>30</b> 3:00-4:00pm Preparing For Radiation Therapy Education Class	<b>31</b>	

**Patient and Family Resource Center Phone:** (858) 822-6152, 1st Floor  
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

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)

**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 and third Tuesday of every month/**Time:** 2:00- 3:30pm  
**Location:** Meditation Room, 1st Floor  
**CANCER CAREGIVER EDUCATION AND SUPPORT GRP**  
Meet other caregivers, receive emotional support, and learn information relevant to the needs of caregivers.  
**Registration:** Not required  
**Facilitator:** Helen Tighe  
**Date:** First and third Tuesday of every month/**Time:** 2:00-3:30pm  
**Location:** Room Change- Room 3106, 3rd Floor

**BREAST CANCER SUPPORT GROUP**

For patients who are facing the challenges of breast cancer.  
**Date:** Wednesday August 16th **Time:** 2:00-3:30pm  
**Location:** Goldberg Auditorium, 2nd Floor, Moores Cancer Center. Follow signage.  
This group will include gentle movement, please wear comfortable clothes.  
**Facilitator:** Laurie Knight, LCSW  
**Registration:** No fee. You must register by calling (858) 657-8784 to RSVP. Please include your name and medical record number.

**GRUPO ESPERANZA**

Todas las pláticas son en español. Tambien ofrecemos sesiones de relajación y le asistimos a expresar por escrito temas de interés.  
**Registro:** Preferido. Por favor llame (858) 822-6201.  
**Facilitadora:** Sara Fainstein  
**Fecha:** Aug 9th/ **Horario:** 10:00am- 12:00pm  
**Ubicación:** Cuarto 3079, 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

**KIDS KONNECTED EDUCATION AND SUPPORT GROUP**

When a cancer touches a parent you know, it can be challenging to know what you can 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-6:45pm (Kids Group) 7:00pm-8:15pm (Teens group)  
**Location:** Facilitator to meet group in the Lobby.  
**\*Classes may cancel occasionally for unforeseen university business. We encourage you to call prior to confirm if class is being held (858) 246-0223**

**MIND/BODY WORKSHOPS \***

**EXPRESSIVE ARTS WORKSHOP**

A) The Artful Book of Wonder  
Old books are transformed into personal visual journals using various processes & art media.  
Continuation of the 8-week series that started July 3rd, through Aug 21st.  
B) You Rock! Healing Mile-Stones, Heart Rocks, & Whimsical Paper-weights  
Simple drawings, painting, words, and symbols to help you express your experience, thoughts, encouraging reminders, challenges, while acknowledging your healing journey. It is a playful and satisfying process. Bring your own special rock or find one among those provided.  
Monday, August 28, 4 pm to 6 pm – Room 2250  
**Dates:** Mondays/**Time:** 4:00-6:00pm/ **Location:** Room 2250  
**Facilitator:** Alessandra Colfi, PhD **Registration is required.**  
Please call (858) 735-5708 or email [alessandra@alessandracolfi.com](mailto:alessandra@alessandracolfi.com)

**ZUMBA® 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.  
**Dates:** Most Wednesdays/ **Time:** 11:00 - 12:00pm  
**Location:** Goldberg Auditorium Foyer  
**Facilitator:** Alessandra Colfi, PhD, Zumba Instructor  
\*Please email [alessandra@alessandracolfi.com](mailto: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).  
**Dates:** Monday Aug 7th / **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, caregivers and families**  
Wear socks, sneakers & bring your water. Drop-ins welcome.  
**Dates:** Monday Aug 7th /**Time:** 10:00am-11:00am  
**Facilitator:** Dan Halpain, Holistic Health Practitioner and Certified Asian Bodywork Therapist **Location:** Goldberg Auditorium Foyer

**INTEGRATED AMRITA MEDITATION TECHNIQUE INSTRUCTIONAL COURSE**

Powerful way to reconnect with our inner self. It brings about a natural integration of body, mind and spirit. Open to patients, family members, caregivers and staff.  
**Facilitator:** Christina Jones, HHP, CMT, RYT  
**Date:** 2nd Thursday of each month / **Time:** 10:00-12:00pm  
**Location:** Goldberg Auditorium and Foyer  
**Registration Preferred:** Please call 619-246-6339 and leave your name, email and phone number

**TREATMENT EDUCATION CLASSES**

**CHEMO-IMMUNOTHERAPY EDUCATION CLASS**

For patients who are/will be receiving chemo-immune therapy.  
**Registration:** Not required.  
**Dates:** Wednesday August 9th and 23rd/**Time:** 4:00-5:00pm  
**Location:** Comer Commons on the second floor  
**AUTOLOGOUS BMT PATIENT AND CAREGIVER CLASS**  
**Registration is required.** Please call (858) 822-6600.  
**Date:** Aug 14th/**Time:** 5:00-6:30pm  
**Location:** Comer Commons, 2nd Floor  
**ALLOGENEIC BMT PATIENT AND CAREGIVER CLASS**  
**Registration is required.** Please call (858) 822-6600.  
**Date:** August 28th/**Time:** 5:00-6:30pm  
**Location:** Comer Commons, 2nd Floor  
**PREPARING FOR RADIATION THERAPY CLASS**  
Recommended for patients and families preparing for radiation therapy.  
**Registration is required.** Register at the Radiation Oncology front desk or call (858) 822-6040.

**Dates:** Wednesday, August 2nd, 9th, 23rd and 30th/**Time:** 3:00 - 4:00pm  
**Location:** Radiation Oncology Conference Room 1411

**CLL EDUCATION GROUP**

For patients with chronic lymphocytic leukemia.  
**Registration:** Not required. **Facilitator:** Sheila Hoff  
**Date:** August 2nd/**Time:** 4:00pm-5:30 pm  
**Location:** Comer Commons, 2nd floor

**HEAD AND NECK CANCER EDUCATIONAL CLASS**

For patients and families preparing for treatment.  
**Program Administrator:** Jayna Athas  
**Registration:** Not required.  
**Dates:** First Monday of the month/**Time:** 1:00-2:00pm  
**Location:** MCC Third floor, Room #3079 **Registration:** Not required

**HEALTHY EATING**

**NUTRITION SEMINAR**

This seminar provides an opportunity to learn evidence based nutrition information and obtain accurate information from nutrition professionals. Different topics offered.  
**Registration is required.** Please sign up at [healthyeating.ucsd.edu](http://healthyeating.ucsd.edu)  
**COOKING DEMONSTRATION**  
Learn how to nourish and heal the body from the time of diagnosis, through treatment and as a cancer survivor.  
**Facilitator:** Christine Zoumas, MS, RD  
**Dates/Times:** August 2nd 6:00-8:00pm August 3rd 11:30-1:30pm  
**Location:** Room 2007, 2nd Floor **Registration is required.**  
Please sign up at [healthyeating.ucsd.edu](http://healthyeating.ucsd.edu) Or call (858) 822-2237

**SPECIAL EVENTS**

**MOORES CANCER CENTER (MCC) TOURS**

Designed to help patients and their families better navigate our facilities and services.  
**Coordinator:** Suzanne Agarwal, MS, RN  
**Dates:** August 8th and 22nd/**Time:** 11:00—11:45 am  
**Location:** Meet in the Patient & Family Resource Center