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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**
- **Please note:** NO SUPPORT GROUP MONTH OF JUNE

**CANCER CAREGIVER 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 / **Time:** 2:00-3:00pm
- **Location:** Goldberg auditorium, 2nd Floor, Moores Cancer Center
- **Follow signage.** This group will include gentle movement, please wear comfortable clothes.
- **Registration:** Not required.

**BRAIN TUMOR SUPPORT GROUP**
- Open to patients, family members and caregivers.
- **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

**YOUNG ADULT LEUKEMIA AND LYMPHOMA ALLIANCE (YALLA) CANCER SUPPORT GROUP**
- Open to patients AGES 18-35. Different topics to be discussed.
- **Facilitator:** Mandy Schlichthoz
- **Date:** Fourth Thursday of the month / **Time:** 6:00-8:00pm
- **Location:** Comer Commons and 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:** 3:30pm-4:30pm(Kids Group) / **Time:** 7:00pm-8:15pm(Teens Group)
- **Location:** Meet in the Lobby

**EXPRESSIVE ARTS WORKSHOP**
- **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.
- **Dates:** Mondays in June / **Time:** 4:00-6:00pm
- **Location:** Room 2290, 2nd Floor  **Facilitator:** Alessandra Colfi, PhD
- **Email:** 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:** 6:00-7:00pm
- **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.
- **Wearable comfortable clothing (room is chilly bring a sweater).**
- **Dates:** Most Mondays / **Time:** 11:00 am-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.
- **Dates:** Most Mondays / **Time:** 10:00 am-11:00 am
- **Location:** Goldberg Auditorium Foyer  **Facilitator:** Dan Halpain, Holistic Health Practitioner and Certified Asian Bodywork Therapist

**INTEGRATED AMBRA 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 858-246-6339 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

**MIND/BODY WORKSHOPS**

**EXPRESSIVE ARTS WORKSHOP**

**CHemo-Immunotherapy Education Class**
- For patients who are/will be receiving chemo-immune therapy.
- **Registration:** Not required.  **Time:** 4:00pm-5:00pm
- **Dates:** June 11th / **Time:** 5:00-6:30pm
- **Location:** Comer Commons 3rd Floor

**ALLOGENEIC BMT PATIENT AND CAREGIVER CLASS**
- **NO Registration required.**
- **Date:** June 11th / **Time:** 5:00-6:30pm
- **Location:** Comer Commons 3rd 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:** 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:** June 4th / **Time:** 4:00pm-5:30 pm  **Location:** Comer Commons, Room 2007, 2nd Floor

**HEAD AND NECK EDUCATION CLASS**
- Recommended for patients and families preparing for treatment.
- **Registration:** Not required  **Location:** Room 3079, 3rd Floor

**HEALING FOODS PROGRAM**
- **Nutrition Seminar**
- This seminar provides an opportunity to learn evidence based nutrition information and obtain accurate information from nutrition professionals.
- **June 16th:** "Preparing for the Journey."
- **June 13th:** "Fighting Cancer with Food and Physical Activity."
- **June 20th:** "Moving More to Fight Cancer."
- **June 21st:** "Decoding Nutrition Myths."
- **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.
- **June 2nd/6th:** "NEW! Specialty Produce Tour."
- **June 7th:** "Fighting Cancer in the Kitchen."
- **June 13th/14th:** "Easy, Quick and Nutritious."
- **Facilitator:** Christine Zoumas, MS, RD  **Location:** Room 2007, 2nd Floor  **Registration is required.** Please sign up at healthyeating.ucsd.edu Or call (858) 822-2337

**COMING IN JULY**

**WRITING AT MOORES**
- Come and share the journey, build community, express yourself, your hopes and worries. Writing is a powerful tool for healing and available to anyone with a pen and a paper in hand. No Experience Necessary!
- **Dates/Times:** Mondays in July 1:00 to 2:30pm
- Please go to www.health.ucsd.edu/cancersupport or call 858-246-0223 to reserve your space.

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**TREATMENT EDUCATION CLASSES**

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**Patient & Family Programs**

UC San Diego Moores Cancer Center
3855 Health Sciences Drive . La Jolla. CA 92039