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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).

**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 such as lap blankets, pillows, hats and wigs. **We’re always looking for volunteers too!**
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 306, 3rd Floor

**BREAST CANCER SUPPORT GROUP**
For patients who are facing the challenges of breast cancer.

- **Date:** Wednesday March 21st / Time: 2:00-3:00pm
- **Location:** Goldberg auditorium, 2nd Floor, Moores Cancer Center Fol- ler signage. This group will include gentle movement, please wear comfortable clothes.
- **Facilitator:** Laurie Knight, LCSW
- **Registration:** No Fee. To register: Please call (858) 822-6202.

**GRUPO ESPERANZA**
Todas las semanas en español. También ofrecemos sesiones de rela- jación y le asistimos a expresar por escrito temas de interés.

- **Registro:** Preferido. Por favor llame (858) 822-6202.
- **Facilitadora:** Sara Fainstein
- **Fecha:** March 14th / Horario: 10:00am-12:00pm

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

- **Registration:** Not required.
- **Date:** and 2nd Tuesday of each month / Time: 6:30-8:30pm
- **Location:** Room #306, 3rd Floor

**HEAD AND NECK SUPPORT GROUP**
For patients facing Head and Neck cancer.

- **Registration:** Not required
- **Facilitator:** Liza Blumenfeld
- **Date:** First Wednesday of the month / Time: 11:00am-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 you can do to help. This group provides the support, education, comfort and community to all children who have a parent with cancer or have a parent that has died from cancer.

- **Registration:** Not required / Facilitator: Kiever Rich, LMFT
- **Date:** Fourth Monday of every month / Time: 5:30pm-6:45pm (Kids Group) 7:00pm-8:15pm (Teens Group)
- **Location:** Meet in the Lobby Goldberg Auditorium Foyer

**TOGETHER AGAINST CANCER-HOLD ME TIGHT**
Open for couples facing cancer.

- **Dates/Time:** April 26-28: 9:00 am to 1:00pm
- **Location:** Comer Commons, 2nd floor

**MIND/BODY WORKSHOPS**

**EXPRESSION ARTS WORKSHOP**
HOPE MADE VISIBLE
Traditionally flags have been used as symbolic means to promote peace, compassion, healing, strength and wisdom. You will be guid- ed to use various mixed media techniques to create flags as symbolic representation of your cancer experience. People affected by cancer have been answering our call from around the world to join in mak- ing flags as living journals of hope, sharing dreams, victories, losses and concerns.

- **Registration is required.** Attendance to all sessions is recom- mended to enjoy the full process and its benefits.
- **Dates:** March 26th Only / Time: 4:00-6:00pm
- **Location:** Room 246* Facilitator: Alessandra Colfi, PhD

**ZUMBA® GENTLE DANCE FITNESS CLASS FOR CANCER RE- COVERY AND PROGRESSION**
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:** March 26th Only / Time: 6:00-7:00pm
- **Location:** Goldberg Auditorium Foyer
- **Facilitator:** Alessandra Colfi, PhD

**YOGA FOR WELLNESS**
Yoga class for cancer patients, survivors and family members. Modi- fied to individual abilities. Bring or borrow a mat or sit in a chair.

- **Wear comfortable clothing** (room is chilly bring a sweater).
- **Dates:** Mondays / Time: 11:00am-12:00pm
- **Location:** Goldberg Auditorium Foyer

**TAI CHI**
Gentle, moving meditation, calms the mind, strengthens the body and energized the spirit.

- **Wear socks, sneakers & bring your water. Drop-ins welcome.**
- **Dates:** Mondays/Time: 10:00am-11:00am
- **Facilitator:** Dan Halpain, Holistic Health Practitioner and Certified Asian Bodywork Therapist
- **Registration:** Not required.

**EXPRESSIVE ARTS WORKSHOP**
HEALING FOODS PROGRAM

**HEALING FOODS PROGRAM**

- **HEALING FOODS PROGRAM**
- **CU San Diego Moores Cancer Center**
- **3855 Health Sciences Drive . La Jolla. CA 92039**
- **Patient & Family Programs**
- **SUPPORT GROUPS**
- **MIND/BODY WORKSHOPS**
- **TREATMENT EDUCATION CLASSES**

**CHEMO-IMMUNOTHERAPY EDUCATION CLASS**
For patients who are/will be receiving chemo-immune therapy.

- **Registration:** Not required. Time: 4:00pm-5:00pm
- **Dates:** March 14/28 Location: Second floor, Comers Commons

**AUTOLOGO NS BM T PATIENT AND CAREGIVER CLASS**

- **Registration is required.**
- **Date:** March 26th / Time: 5:00-6:30pm
- **Location:** Comer Commons

**ALLOGENIC BMT PATIENT AND CAREGIVER CLASS**

- **Registration is required.**
- **Date:** March 26th / Time: 5:00-6:30pm
- **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) 822-6600.**
- **Dates:** Most Wednesdays/Time: 3:00 - 4:00pm

**CLL EDUCATION GROUP**
For patients with chronic lymphocytic leukemia.

- **Registration:** Not required.
- **Facilitator:** Sheila Hoff
- **Date:** March 7th / Time: 4:00pm-5:30 pm Location: Comer Commons, Room 2007

**HEAD AND NECK EDUCATION CLASS**

- **Registration is required.**
- **Location:** Room 3079, 3rd Floor
- **Date:** First Monday of the month / Time: 1:00-2:00pm

**NUTRITION SEMINAR**
This seminar provides an opportunity to learn evidence based nutrition information and obtain accurate information from nutrition professionals.

- **March 5th/19th:** “Fighting Cancer with Food.”
- **March 7th:** “Preparing for the Journey.”
- **March 20th:** “Decoding Nutrition Myths.”
- **March 21st:** “Move, More.”

**FOOD DEMONSTRATION**
Learn how to nourish and heal the body from the time of diagnosis, through treatment and as a cancer survivor.

- **March 8th:** “Fighting Cancer in the Kitchen.”
- **March 14th/15th:** Whole Grain Goodness.

**SPECIAL EVENTS**

**AMERICAN CANCER SOCIETY S: LOOK GOOD, FEEL BETTER PROGRAM**
The program is free to patients.

- **Date:** March 14th / Time: 10:00am-12:00pm
- **Location:** Room 2007

**WRITING AT MOORES**
New Series started February 28th 2018.

- **Registration is required.**
- **Date:** Mondays / Time: 1:00-2:30pm
- **Register:** call (858) 246-0223 or go to health.ucsd.edu/cancersupport