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<td>2:00pm-3:30pm Cancer Caregiver Support Group&lt;br&gt;NOTE: NO GENERAL SUPPORT GROUP TODAY</td>
<td>CLINIC HOLIDAY</td>
<td>10:00am-12:00pm Grupo Esperanza&lt;br&gt;12:00pm-1:00pm Nutrition Seminar: “Preparing for the Journey”&lt;br&gt;3:00pm-4:00pm Preparing For Radiation Therapy Education Class&lt;br&gt;4:00-5:00pm Chemo/Immunotherapy Education Class&lt;br&gt;6:00-7:00pm Gentle Zumba</td>
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**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!**

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 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 July 18th  
**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.  
**Facilitator:** Laurie Knight, LCSW  
**Registration:**  
**Fee:** No Fee.  
**To register:** Please call (858) 249-3116 and leave your name, phone number and medical record number.

**GROUP ESPERANZA**

Para pacientes de todo tipo de Cancer. Todas las pláticas son en español.  
**Registro:** Preferido. Por favor llame (888) 822-6201.

**Facilitadora:** Sara Fainstein

**Fecha:** Julio 11 / **Horario:** 10:00am- 12:00pm

**Ubicación:** Room y09, Moores Cancer Center 3er Piso

**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

**Registration:** Not required

**Facilitator:** Liza Blumenfeld

**Date:** First Wednesday of the month  
**TIME:** 11:00-12:30pm  
**Location:** Room 3079, 3rd Floor

**YOUNG ADULT CANCER SUPPORT GROUP**

Open to patients AGES 18-35. Different topics to be discussed.

**Facilitator:** Mandy Schlichtholz  
**Date:** Third Thursday of the month  
**TIME:** 6:00-8:00pm  
**Location:** Comer Commons and Floor

**KIDS CONNECTED 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:** Meet in the Lobby

**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  
**Location:** Room 2250, Second Floor  
**Facilitator:** Kadee Winters, MD

Please go to www.health.ucsd.edu/cancersupport or call 858-246-0223 to reserve your space.

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**MIND/BODY WORKSHOPS**

**EXPRESSIVE ARTS WORKSHOP**

‘The Artful Book of Wonder’ You’ll alter used books and transform them into personal visual journals, by adding simple drawing, painting, writing, stamping and collage with pictures, images, quotes and found objects to help you explore and express your experience, thoughts, ideas, challenges, as well as cherished moments. It is a playful and satisfying process, a great way to tell your own story.

**Date:** Mondays in July  
**Time:** 4:00-6:00pm  
**Location:** Room 2250  
**Facilitator:** Alessandra Colfi, PhD

**8-week series starting July 9th. Attendance to all sessions is recommended to enjoy the full process and its benefits.**

**Registration is required.** Please call (888) 735-5708 or 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 (888) 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:** 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.**

**Dates:** Most Mondays  
**Time:** 10:00am-11:00am  
**Facilitator:** Dan Halpain, Holistic Health Practitioner and Certified Asian Bodywork Therapist  
**Location:** Goldberg Auditorium

**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, CRT, RYT

**Date:** 2nd Thursday of each month  
**Time:** 10:00-12:00pm  
**Location:** Goldberg Auditorium and Foyer

**Registration Preferred:** Please call 858-246-6359 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 (888) 246-0223*

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**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:** July 11th/July 25th  
**Location:** Second floor, Comer Commons

**AUTOLOGOUS BMT PATIENT AND CAREGIVER CLASS**

NO Registration required.

**Date:** TBD  
**Time:** 5:00-6:30pm  
**Location:** Comer Commons

**ALLOGENEIC BMT PATIENT AND CAREGIVER CLASS**

NO Registration is required.

**Date:** TBD  
**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) 822-6640.

**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:** NO CLASS IN JULY

**HEAD AND NECK EDUCATION CLASS**

Recommended for patients and families preparing for treatment.

**Registration:** Not required.  
**Location:** Room 3079, 3rd Floor  
**Date:** First Monday of the month  
**Time:** 1:00-2:00pm

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**HEALTHY LIVING PROGRAMS**

**NUTRITION SEMINAR**

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

**Dates:** July 11th, “Preparing for the Journey.”  
**July 12th: “Decoding Nutrition Myths”**  
**July 17th: “Fighting Cancer with Food and Physical Activity”**

**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.

**July 18th/19th: “Calories in the Kitchen.”**

**Facilitator:** Christine Zoumas, MS, RD  
**Location:** Room 2007, 2nd Floor  
**Registration is required.** Please sign up at healthyeating.ucsd.edu Or call (888) 822-2373

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**SPECIAL EVENT**

**AMERICAN CANCER SOCIETY’S : LOOK GOOD FEEL BETTER**

Free of charge for Moores Cancer Center Patients.

**Registration:** Patients can register at 800-227-2345.  
**Registration is required.**

**Date:** July 9th  
**Time:** 10:00am-12:00pm  
**Location:** Room 2242, 2nd Floor