



WEEKLY SUPPORT GROUPS

Requires New Members Orientation prior to joining a group. Ongoing support groups are facilitated by licensed mental health professionals for cancer patients & their loved ones. Family groups are for spouses, significant others, parents, children, or close friends. One or more support persons may join a family group.

Tuesdays

Breast Cancer (San Pedro Grp) • 5:30pm – 7:30pm
Breast Cancer • 6pm - 8pm
Cancer Patient • 6pm - 8pm
Family/Partners • 6pm - 8pm

Wednesdays

Women's Cancer • 10:30am - 12:30pm
Cancer Patient • 6pm - 8pm
Newly Diagnosed Breast Cancer • 6pm - 8pm

Thursdays

Cancer Patient Group • 2pm - 4pm
Cancer Patient Group • 6pm - 8pm
Family/Partners • 6pm - 8pm
Newly Diagnosed Breast Cancer • 6pm - 8pm

Bereavement Group

(Drop-in meeting - Welcome meeting **NOT** required)
Meets on Monday, March 1, 15, 29 • 5pm - 7pm and
Tuesday, March 9, 23 • 3pm - 5pm

New Members Orientation

If you are new to CSCRB and would like to join a support group or attend a healthy lifestyle class, please attend Welcome Orientation. Orientation is every Monday and Friday at 11am.

Contact info@cscrb.org or register online at <https://cscrb.gnosishosting.net/Events/Calendar> for Zoom information.

*Cancer Support Community Redondo Beach does not discriminate on the basis of race, color, creed, national origin, gender, sexual orientation, gender expression, religion, age, disability or other legally protected status to admit

Celebrating 33 years of serving cancer patients and their families, completely free of charge.

March 2021

Virtual Programs Calendar

NETWORKING GROUPS

Drop-in groups for patients & their loved ones are facilitated by licensed mental health professionals. These groups are for sharing and learning from others who are going through similar experiences.

Blood Cancers

2nd Thursday, March 11 • 1pm - 3pm

Carcinoid & Neuroendocrine Tumor

Saturday, March 6 • 10:30am - 12:30pm

Gynecological Cancers

1st & 3rd Wednesday, March 3 & 17 • 12pm - 2pm

Life After Cancer

1st Monday, March 1 • 6pm - 8pm

Living Well with Metastatic Cancer

Monday, March 1 & 15 • 10:30am - 12:30pm

Lung Cancer

Saturday, March 20 • 10:30am - 12:30pm

Lymphedema Networking Group (Meets Quarterly)

March 13, June 12, Sep 11, Dec 11 • 11am - 1pm

Oral, Head & Neck Cancer

1st Thursday, March 4 • 2pm - 4pm

Prostate Cancer

1st & 3rd Wednesday, March 3 & 17 • 4:30pm - 6:30pm

Prostate Cancer (Kaiser Group)

2nd Wednesday, March 10 • 5pm - 7pm

Sarcoma Alliance

2nd Saturday, March 13 • 11am - 1pm

Spousal Bereavement

2nd & 4th Monday, March 8 & 22 • 5pm-7pm

Thyroid Cancer

1st Saturday, March 6 • 10am - 12pm

Young Cancer Survivorship *

Every Monday • 6pm - 8pm

Young Cancer Survivorship (Long Beach Group) *

3rd Tuesday, March 16 • 6:30pm - 8pm

*Young adults diagnosed with cancer before their early 40's regardless of current age.

March 2021

* Please check the online calendar for the most up to date additions and cancellations.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Bereavement 5pm Metastatic Cancer 10:30am Life After Cancer 6pm Young Cancer Survivorship 6pm Mellow Yoga 10am Strong & Steady 11:30am Tai Chi 4pm Restorative Yoga 7pm Hanna Somatic 2:30pm Welcome Orientation 11am	2 Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm Barre Class 9:30am You & Yoga Flow 11:30am Strengthen & Soften Yoga 5pm	3 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Gynecological 12pm Prostate Cancer 4:30pm Gentle Yoga 10am Sound Healing 1pm Guided Meditation 4pm	4 Cancer Patient 2pm Cancer Patient ** 5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Oral, Head and Neck 2pm Kids Snack & Support 4pm Qi Gong 9:30am Gentle Yoga & Sound 4pm Dancing for Fitness 5:30pm	5 Celebrando La Vida 5pm Gentle Yoga 9:30am Strength & Balance 1:30pm Brain Resilience 11:30am Welcome Orientation 11am	6 Thyroid Cancer 10am Carcinoid & NET 10:30am
8 Spousal Bereavement 5pm Young Cancer Survivorship 6pm Mellow Yoga 10am Strong & Steady 11:30am Tai Chi 4pm Welcome Orientation 11am	9 Bereavement 3pm Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm You & Yoga Flow 11:30am Strengthen & Soften Yoga 5pm You & Yoga Flow 11:30am Art for Adults 6:30pm	10 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Prostate (Kaiser Grp) 5pm Gentle Yoga 10am Guided Meditation 4pm	11 Cancer Patient 2pm Cancer Patient ** 5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Blood Cancers 1pm Kids Grief Snack & Support 4pm Qi Gong 9:30am Gentle Yoga & Sound 4pm Dancing for Fitness 5:30pm	12 Gentle Yoga 9:30am Welcome Orientation 11am	13 Lymphedema 11am Sarcoma 11am
15 Bereavement 5pm Metastatic Cancer 10:30am Young Cancer Survivorship 6pm Mellow Yoga 10am Strong & Steady 11:30am Tai Chi 4pm Welcome Orientation 11am	16 Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm LB Young Cancer **6:30pm Barre Class 9:30am You & Yoga Flow 11:30am Strengthen & Soften Yoga 5pm Kids in the Kitchen 3:30pm	17 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Gynecological 12pm Prostate Cancer 4:30pm Gentle Yoga 10am Sound Healing 1pm Guided Meditation 4pm Acupressure & Cancer 11:30am Colon Cancer Screening and Prevention 5:30pm	18 Cancer Patient 2pm Cancer Patient ** 5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Kids Snack & Support 4pm Qi Gong 9:30am Gentle Yoga & Sound 4pm Dancing for Fitness 5:30pm	19 Celebrando La Vida 5pm Gentle Yoga 9:30am Superfoods & Spring Planting for Vital Health 11:30am Welcome Orientation 11am	20 Lung Cancer 10:30am Writing for Wellness 9am
22 Spousal Bereavement 5pm Young Cancer Survivorship 6pm Mellow Yoga 10am Strong & Steady 11:30am Tai Chi 4pm Welcome Orientation 11am	23 Bereavement 3pm Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm Barre Class 9:30am You & Yoga Flow 11:30am Strengthen & Soften Yoga 5pm	24 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Gentle Yoga 10am Guided Meditation 4pm Grow Your Own Easy Organic Garden 5:30pm (TMMC)	25 Cancer Patient 2pm Cancer Patient ** 5pm Cancer Patient 6pm Family/Partners 6pm ND Breast ***6pm Kids Grief Snack & Support 4pm Qi Gong 9:30am Gentle Yoga & Sound 4pm Dancing for Fitness 5:30pm	26 Gentle Yoga 9:30am Eating Well During Cancer Treatment 11:30am Welcome Orientation 11am	27
29 Bereavement 5pm Young Cancer Survivorship 6pm Mellow Yoga 10am Strong & Steady 11:30am Tai Chi 4pm Welcome Orientation 11am	30 Breast Cancer *5:30pm Breast Cancer 6pm Cancer Patient 6pm Family/Partners 6pm Barre Class 9:30am You & Yoga Flow 11:30am Strengthen & Soften Yoga 5pm	31 Women's Cancer 10:30am Cancer Patient 6pm ND Breast ***6pm Gentle Yoga 10am Guided Meditation 4pm	Brain Resilience with Drs. Dean and Ayesha Sherzai Friday, March 5 - 11:30am - 12:30pm Brain health is central to our general health as it influences all other aspects of health, and because we can have so much influence over this amazing organ. The individuals and families that can benefit the most from a personalized brain health intervention are the ones that have gone through this incredibly challenging journey with cancer. Join us as we, together, empower our community of fighters toward better brain health, growth, and resilience. In collaboration with Beach Cities Health District.		

Celebrando La Vida

For our Spanish Support Group, please call Mateo Leonardo at (310) 363-5154.
 Para nuestro grupo de apoyo español, por favor Mateo Leonardo at (310) 363-5154.

- * San Pedro Grp
- ** Long Beach Grp
- *** Newly Diagnosed

Weekly Support Group
Networking Group
Healthy Lifestyle
Workshop
Social Event
Kids & Teens

If you are new to CSCRB and would like to join a support group or attend a healthy lifestyle class, please attend Welcome Orientation meeting. Register at <https://cscrb.gnosishosting.net/Events/Calendar>. Email questions to info@cscrb.org.

WORKSHOPS

Monday, March 1, 2:30pm - 3:30pm • Hanna Somatic with Farzaneh Jafari, PhD

Developed by Thomas Hanna, somatic movements can: release and reverse chronic and acute neuromuscular pain, improve mobility, strength & coordination, improve posture and appearance.

Friday, March 5, 11:30am - 12:30pm • Brain Resilience with Drs. Dean and Ayesha Sherzai, Part 1 of 2

See description on page 2. Drs. Dean and Ayesha Sherzai are acclaimed neurologists from Loma Linda University Medical Center. In collaboration with Beach Cities Health District.

Tuesday, March 9, 6:30pm - 8:30pm • Art for Adults with Angie Ladabouche

Join in the fun and boost your creativity in the comfort of your home in this monthly art class taught by Angie Ladabouche, of Reach heART. This month's project is inspired by Brazilian born, Miami made, Romero Britto, founder of the Happy Art Movement. Supplies list provided online at registration.

Tuesday, March 16, 3:30pm - 4:30pm • Kids in the Kitchen

Celebrate St. Patrick's with this fun family activity of making Lucky Charms Rice Krispie Treats. Information on supplies and ingredients, provided online when registering for the activity.

Wednesday, March 17, 11:30am - 12:30pm • Acupressure and Cancer with Ana Paula Duarte, LAc

Learn how to give yourself an acupressure massage with specific points to relieve some of the most common side effects of cancer treatment such as nausea, chemo brain, lymphedema, hot flashes, dry mouth, joint pain and neuropathy. Ana Paula Duarte received her Master of Science in Traditional Oriental Medicine from Pacific College of Health and Science in San Diego.

Wednesday, March 17, 5:30pm - 7pm • Colorectal Cancer Prevention with Didi Mwendela, MD

Didi Mwendela, MD, UCLA gastroenterologist, will give an overview on colorectal cancer, how and when to screen, screening options and simple steps one can take to reduce risk factors for colon cancer.

Friday, March 19, 11:30am - 1pm • Superfoods and Spring Planting for Vital Health with Jeanne Peters, RD

Come Celebrate Good Nutrition Month with Jeanne Peters RD and discover her 10 Favorite Superfoods plus 5 super easy herbs/plants to grow in pots or your garden to increase your vitality and connection to Mother Nature. Recipes, Meal Ideas & Spring Garden Tips provided!

Saturday, March 20 • 9am - 12pm • Writing for Wellness with Barbara Force

This monthly program offers everyone affected by cancer, ways to express themselves through writing.

Wednesday, March 24, 5:30pm - 6:30pm • Grow Your Own Easy Organic Gardening and Healthy Eating with Judy Gerber

Learn what to plant, when to plant and the benefits of growing and eating organically. In collaboration with South Bay Survivorship Consortium. Register by calling (310) 517-4660 or www.TorranceMemorial.org/sbsc

Friday, March 26, 11:30am - 12:30pm • Eating Well During Cancer Treatment with Marissa Martorana, RD

Join us to learn how to eat well during cancer treatment to address some of the most common concerns treatment can trigger such as fatigue, nausea, loss of appetite, and loss of taste buds. Practical tips to support proper nutrition and hydration will be discussed as well. Marissa Martorana is a Registered Dietitian, Nutritionist and has a private practice in Rolling Hills Estates.

HEALTHY LIFESTYLE CLASSES

Barre Class with Tarra Rose Laperdon - Tuesdays • 9:30am

Barre is a full body workout that hits all muscle groups while incorporating ballet and different aspects of dance!

Dancing for Fitness with Shanie Siracusa - Thursdays • 5:30pm

This class will have aspects of basic dance moves to learn such as grapevines, box steps, and step touches in different directions to get your heart pumping. Weekly theme such as Latin, Disco, Hip Hop, Musicals, and more.

Gentle Yoga with Maureen O'Connor - Wednesdays 10am and Fridays 9:30am

Using a gentle approach and pose modification, we will practice stretching, breathing techniques, and meditation to achieve flexibility, strength and balance.

Gentle Yoga and Sound Bath with Sound Zoe - Thursdays • 4pm

The class begins with gentle yoga movements designed to release tension and stagnant energy in the body. The class ends to the healing vibrations of Crystal Alchemy Sound bowls.

Guided Meditation - Wednesdays • 4pm

Mindfulness can help us experience our lives more fully. We will meditate together to achieve some of these benefits: relieving stress and adding balance and compassion to our lives. Led by Christine Campisi or Farzaneh Jafari.

Mellow Yoga with Yoshiko Nishioka - Mondays • 10am

Come relax and rejuvenate your body, mind & spirit. Explore breathing techniques, simple stretches & guided relaxation.

Qi Gong & Meditation with Gayla Gabriel - Thursdays • 9:30am

This practice is appropriate for people of all ages and levels of well-being. Qi Gong has been shown to produce positive effects on one's physical, psychosocial, and total quality of life.

Sound Healing with Heather Louks – 1st & 3rd Wednesday • 1pm

This class will help you to connect to the light and joy by, grounding in true energetic balance for you to take with you for the rest of the day. Relax and surrender into the healing sounds and frequencies of crystal alchemy bowls.

Strength & Balance with Mudaser Hakami – 1st Friday of the month • 1:30pm

A fun and energetic group exercise class that promotes the improvement of functional strength, balance, and stability. There are many weights and exercises that can be changed and modified to fit your specific fitness level.

Strengthen & Soften Yoga with Ashley Smaldino - Tuesdays • 5pm

In this hatha/restorative blend yoga class, we will focus on building strength and resilience in the body and mind while also making space for softness.

Strong and Steady with Lorraine Goldman - Mondays • 11:30am

This class will begin with a gentle warm-up, progress to stretching exercises and ultimately focus on static and dynamic balance challenges.

Restorative Yoga & Reiki with Christine Tran – 1st Monday • 7pm

Restorative yoga & Reiki for Self-Care integrates the two practices to restore, rejuvenate, and balance the body, mind, energy, and spirit, and aid our response to stress.

Tai Chi with Ann Pitts - Mondays • 4pm

This low-impact, graceful exercise is good for the body and mind and has now been proven to reduce stress and tension, improve balance and flexibility, and soothe the mind of distractions.

You & Yoga Morning Flow with Chinatsu Kambayashi - Tues • 9:30am

The class begins with easy breathing practice and moving towards opening space inside your body and mind feeling calmer the rest of the day.



Teens Connect - 1st & 3rd Thursday, 4:30pm-6pm
Teens Connect is a support group for teens ages 13-17 who have a family member battling cancer.

Teens Grief - 2nd & 4th Thursday, 4:30pm-6pm
This group is for teens ages 13-17 who are grieving the loss of a parent, grandparent, sibling, or any other family member with



Kids Snack & Support - 1st & 3rd Thursday, 4pm-4:30pm
Kids Community is a free support program for children ages 5-12 who have a family member with cancer.

Kids Grief Snack & Support - 2nd & 4th Thursday, 4pm-4:30pm
This group is for children ages 5-12 who are grieving the loss of a parent, grandparent, sibling, or any other member to cancer.

For more information and/or register your child or teen, email Amil Suthar, MFT Trainee, Kids and Teens Coordinator Ami@cscrb.org.

So that no one faces cancer alone.

Peer to Peer

Patients are matched with peer support volunteers based on diagnosis, cancer stage, age, gender or by preference of the person seeking support. Talking with someone who has lived with cancer can be comforting and reduce the sense of anxiety and isolation that a cancer diagnosis brings. Peer support volunteers are a devoted group of individuals who can provide support, comfort, and practical information, but not medical advice, to those with cancer. For more information contact Allison Adamovic, Cancer Support Navigator at Allison@cscrb.org.

Individual, Couples and Family Counseling

Cancer Support Community Redondo Beach offers free short-term counseling to Community members, to couples and family members. Joining a weekly support group is also strongly encouraged. The counseling is short-term and provided under the supervision of our licensed clinical staff. For more information, please contact Nancy Lomibao, MS, LMFT at Nancy@cscrb.org.

Administrative Staff

Joey Shanahan • Executive Director
Nancy Lomibao, MS, LMFT, LMFT36645
• Program Director/CCO
Judith Opdahl • Director Emerita, Planned Giving & Legacy Gifts
Theresa Plakos • Public Relations Director
Jackie Suiter • Development Director
Nida Padilla • Program Manager
Kelly Zamarripa - DeTate • Events Manager
Alex Lasso De La Vega • Office Manager
Allison Adamovic, Associate MFT #111620
• Cancer Support Navigator
Pamela Martis • Accountant/Development Coordinator
Ami Suthar, MFT Trainee • Kids and Teens Coordinator

Licensed Mental Health Professionals

Ann Clary, LMFT, LMFT23879
Jill Gray, MA, LMFT, LMFT99995
Stephen Lottenberg, MD, PsyD, G41490
Anne Karin Nelson, MS, LMFT, LMFT97367
Jo Ann Panitch, LMFT, LMFT444284
Ruth Schriebman, PsyD, LMFT, LMFT39901
Jackie Smuckler, MA, LMFT, LMFT117016
Christine Winkler, PhD, LMFT, LMFT9011

Graduate Interns

Brittany Anvari, Associate MFT #90362
Allison Adamovic, Associate MFT #111620
Nadine Shoukry, Associate MFT #109437
Linda Shrader, Associate MFT #109891
Jessica Dulin, Associate MFT #118726
Mateo Leonardo, MFT Trainee
Kristen Brown, MFT Trainee
Ami Suthar, MFT Trainee
Kari Wendt, LPCC Trainee

* Please note, all Associate MFT and MFT/MSW Trainees are supervised by Nancy Lomibao, LMFT, LMFT36645



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