



## CHATSWORTH CALENDAR OF EVENTS

We are pleased to announce the following programs taking place in March at the **Jennifer Diamond Cancer Foundation, 9410 Owensmouth Ave, Chatsworth**. All programs are free of charge. Advance registration is required for all programs.

### Quilt Therapy: A Woman's Circle

Tuesdays, 1:00 – 4:00 pm

This drop-in women's group honors the traditional art of hand sewing and quilting. Group leader Virginia Dare has been quilting for over 40 years. All levels of skill welcome; no quilting experience or special equipment needed. For more information please call 818.407.1695.

### Cancer Support Group

Wednesdays, 10:00 - 11:30am

This weekly group is open to people with any type of cancer who are newly diagnosed, in treatment, or up to 18 months post-treatment. The group offers a safe place to share thoughts, feelings, and concerns with other cancer survivors, to exchange information about coping with cancer, and to learn that no one has to fight cancer alone. Facilitator Jodi McIntosh, MS, MFT, is a licensed marriage and family therapist, The Wellness Community Valley/Ventura associate program director, clinical supervisor at the Mitchell Family Counseling Clinic in Northridge, and faculty in the Department of Educational Psychology and Counseling at California State University, Northridge. She is also a long-term cancer survivor. Advance registration is required. For more information or to register please call 818.407.1695.

### Watercolor Classes

Six-week series held Tuesdays, 10:00 am – 12:30 pm or 1:30-3:30 pm

Explore the world of watercolor in a friendly and supportive environment. No experience (or talent) necessary. For more information and to register please call 818.407.1695.

### Gentle Yoga

Thursdays, 11:00 am

Open to cancer patients, survivors and their families. Led by Wendy Banks, Registered Yoga Teacher (RYT 500). For more information please call 818.407.1695.

