



CALENDAR OF EVENTS

FREE CANCER SUPPORT

ARE YOU NEW TO THE WELLNESS COMMUNITY?

We provide free programs of education, emotional support, and hope for adults with cancer and their loved ones. Use this calendar to find out about our programs. **Learn more about our services by attending an Orientation Meeting, held Tuesday evenings at 7pm and Friday mornings at 10am.** A cancer survivor will introduce you to The Wellness Community programs and services. Adults with cancer, family members and friends meet with members of The Wellness Community, get valuable information about coping with cancer, and learn they are not alone.

THE HEART OF OUR PROGRAM: WEEKLY SUPPORT GROUPS

On-going, professionally facilitated support groups for people with cancer and/or support persons are the heart of The Wellness Community. Adult group members of all ages and different types of cancer come together each week to support and learn from each other. Family members or significant others can explore new ways to support a loved one and healthy self-care. **Attendance at an Orientation Meeting and a brief preparation interview is necessary before joining a weekly Participant or Family support group.**

PARTICIPANT GROUPS

(for person with cancer)

Tuesday, 10am

Joyce Boucher, LCSW, MFT

Tuesday, 1pm

Joyce Boucher, LCSW, MFT, in Oxnard, women only. Sponsored by the Cancer Center of Ventura County. No orientation or interview required.

Tuesday, 6pm

Joyce Boucher, LCSW, MFT

Wednesday, 10am

Jodi McIntosh, MFT, in Chatsworth

Wednesday, 6:30pm

Marty Nason, R.N., M.N.

Wednesday, 6pm

Maryana Palmer, MFT, in Camarillo, for family & cancer patients

Thursday, 10am

Anne Gessert, MFT

Thursday, 10am

Maryana Palmer, MFT

Thursday, 1:30pm

Maryana Palmer, MFT, at Ventura satellite, for women with breast cancer only

FAMILY AND FRIENDS GROUP

(orientation meeting and interview required)

Wednesday, 6:30pm

Peggy Johnston, MA, MFT

DROP-IN FAMILY AND FRIENDS GROUP

(no orientation or interview required)

Thursday, 10am

Jodi McIntosh, MFT

PROGRAMS

MIND/BODY PROGRAMS, RELAXATION AND STRESS MANAGEMENT

Yoga

These popular yoga classes utilize gentle stretching, movement, awareness, and breath to increase flexibility, aid in stress reduction, and promote a sense of well being. No previous yoga experience required. Please wear comfortable clothing and bring a mat, towel, or blanket to lie on.

Yoga for Stress Management

Mondays, 11:30am

Dave Kite, Registered Yoga Teacher, Certified Yoga Therapist

Beginning Yoga

Wednesdays, 4:30pm

Maggie Mellor, Certified Yoga Instructor

Gentle Yoga & Relaxation

Wednesdays, 7pm

Beth Cook & Linda Minoo, Certified Yoga Instructors

Gentle Yoga (Chatsworth)

Thursdays, 11am

Facilitated by Wendy Banks, Registered Yoga Teacher (RYT 500). Located at the **Jennifer Diamond Cancer Foundation**, 9410 Owensmouth Ave, Chatsworth. To RSVP call 818.407.1695.

Simple Guided Imagery Movement

Thursdays, 9:30am

Anne Gessert, MA, MFT. This simple practice combines beautiful music, gentle movement, and a simple guided imagery to help you feel connected to your inner strength. A peaceful and relaxing way to start the day.

Relaxation & Guided Imagery

Fridays, 12pm

Paula Getty-Shearer, Certified Hypnotherapist and former participant. Learn to take an active role in your healing process using imagery and relaxation techniques. Benefits may include reduced anxiety, enhanced immune system, more effective management of surgery and treatment side effects.

Qigong

Saturdays, 9am

Jerry Durr; Victoria Cobb. Qi Gong is an ancient Chinese form of exercise that helps to "rebalance" the body's healing capacities by activating energetic currents that flow through the body using mental focus, breath, and gentle movements.

Pictured above: Sally Mellman, a three-time cancer survivor and a Wellness Community participant.

Opposite masthead: Colin Goodwin, a survivor of lymphoma.

CALENDAR OF EVENTS



NETWORKING GROUPS

These cancer-specific groups are an opportunity to connect with others facing similar challenges. Each meeting is a drop-in forum to share solutions, experiences, and inspiration. Family and friends welcome. No interview or RSVP required.

Brain Tumor

1st Thursday: 6:30pm

Facilitators: Rebecca Dekker, MFT & Jodi McIntosh, MFT. Co-sponsored by National Brain Tumor Foundation.

Colorectal Cancer

2nd and 4th Tuesdays: 6pm

Facilitator: Maryana Palmer, MFT. At the Cancer Center of Ventura County, 700 N. Rose Ave., Ste. 145, Oxnard. Sponsored by St. John's Regional Medical Center.

Westlake ABC (After Breast Cancer) Group

2nd Thursday: 7pm

Peer Facilitators: Sue Benvenuto & Irene Burns. Open to women who have or had breast cancer, newly diagnosed through long-term survival. Call Sue 805.750.4655 or Irene 805.495.5293.

Multiple Myeloma

2nd Saturday: 11:30am

Call Marty Nason at 805.379.4777 for details. Sponsored by International Myeloma Foundation.

Gynecological Cancer (for women only)

1st and 3rd Mondays: 6:30pm

Facilitator: Maryana Palmer, MFT. For women who have or had gynecological cancer.

Prostate Cancer

3rd Saturday: 10:30am (Meeting 2nd Sat in Feb)

Facilitator: Kevin Axelrad, PhD.

Leukemia and Lymphoma Society Group

3rd Thursday: 6:30pm (All blood cancers)

Facilitator: Barbara Harris, LCSW. Sponsored by the Leukemia and Lymphoma Society and Los Robles Regional Medical Center.

INFORMATION

"Buddy Book"

Connect with someone with your type of cancer who has "been there."

The Jennifer Diamond Cancer Research Library

Features books, pamphlets, and state of the art computers. Open Mon-Fri, 9am-5pm; Tues, Wed, Thurs, 6-8pm; Saturdays by appt.

SPECIAL CONCERNS GROUPS

Transition Group

Thursdays: 6:30pm

For those who have experienced the loss of someone from cancer. Call Anne Gessert at 805.379.4777 prior to attending.

CREATIVE EXPRESSIONS AND SOCIAL EVENTS

Watercolor Class (Chatsworth)

Six-week watercolor classes offered on Tuesdays. Choose from morning class (10 am – 12:30 pm) or afternoon class (1:30 – 3:30 pm). Next session: March 2 – April 6. Located at the **Jennifer Diamond Cancer Foundation**, 9410 Owensmouth Ave, Chatsworth. No experience needed. Enrollment is limited and pre-registration is required, 818.407.1695.

NEW Quilt Therapy: A Woman's Circle (Chatsworth)

Tuesdays: 1-3pm (Begins Feb. 9)

A drop-in women's group honoring 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. Located at the **Jennifer Diamond Cancer Foundation**, 9410 Owensmouth Ave, Chatsworth. For more information call 818.407.1695.

Knitting Club - "Knotty Knitters"

Tuesdays: 1pm Facilitator: Sherry Stern. Open to all levels of ability. Bring your yarn and needles or borrow ours!

Kids Circle - Jump into Art and other Creative Activities

Tuesdays: 4pm

Facilitated by Joyce Boucher, LCSW, MFT and Peggy Johnston, MA, MFT. For children 5-11 who have a parent or grandparent with cancer. Children are encouraged to express feelings through creative activities; parents are welcome to stay and chat. Call Joyce at 310.455.1779 or Peggy at 805.449-8318.

Quilting Club

1st and 3rd Wednesdays: 1pm

(Call for meeting location 805.379.4777)

A dynamite group honoring the art of quilting. Express yourself and connect with others. Experience not necessary.

Watercolor Art Class

2nd and 4th Tuesdays: 1pm

Instructor: Smadar Knobler. Explore your imagination through the use of watercolors. No experience necessary.

OFF-SITE PROGRAMS

Camarillo Support Group

Wednesdays: 6pm

For people with cancer and their family and friends. Camarillo Health Care District, 3639 E. Las Posas Rd., Suite 117, Camarillo. For information call Marty Nason at 805.379.4777.

Chatsworth Support Group

Wednesdays: 10am

At the **Jennifer Diamond Cancer Foundation**, 9410 Owensmouth Ave, Chatsworth. Facilitated by Jodi McIntosh, MFT. Call 818.407.1695.

Oxnard-Women's Support Group

Tuesdays: 1pm

At The Cancer Center of Ventura County, 1700 N. Rose Ave., Ste 145, Oxnard. Sponsored by The Cancer Center of Ventura County, St. John's Regional Medical Center; facilitated by Wellness Community facilitator. Call 805.988.2641.

SATELLITES

Chatsworth Satellite

Located at the Jennifer Diamond Cancer Foundation, 9410 Owensmouth Ave, Chatsworth, CA 91311. Call Jodi McIntosh at 818.407.1695 for information or visit the Program Calendar page at www.TwcVv.org.

San Fernando Valley Satellite

19725 Sherman Way, Suite 270, Winnetka, CA 91306. Call 805.379.4777 for information or visit our website at www.TwcVv.org.

Ventura Satellite

Temporary location: Community Memorial Hospital Center for Family Health, 120 N. Ashwood Ave., Ventura, CA 93003. Call Marty Nason at 805.652.5612 or 805.379.4777 for information or visit our website at www.TwcVv.org.

PROGRAMS IN SPANISH

West San Fernando Valley

"Bienvenidos A Wellness," a cancer support group, Tuesdays, 7pm, and Viernes Social, social activities, 3rd Fri, 7pm at 19725 Sherman Way, Ste. 270, Winnetka, CA 91306. Yoga, Kids Circle, and workshops also offered; call 805.379.4777 for details or visit www.TwcVv.org.

Oxnard

"Bienvenidos A Wellness," a cancer support group, 4th Friday, 6:30pm, at The Cancer Center of Ventura County, St. John's Regional Medical Center, 1700 N. Rose Avenue, #145, Oxnard. Call 805.379.4777 for information.

Spanish Language Resources

Help line: 888.707.WELL (9355)

<http://espanol.thewellnesscommunity.org>

FEBRUARY 2010 CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 11:30am Yoga for Stress Management 6:30pm Gynecological Cancer Networking Group	2 10am Watercolor Class (Chatsworth) 1pm Knitting Club 1:30pm Watercolor Class (Chatsworth) 4pm Kids Circle 6:30-8:30pm CAREing & COPEing 7pm Orientation	3 1pm Quilting Club (not here) 4:30pm Beginning Yoga 7pm Gentle Yoga	4 9:30am Guided Imagery Movement 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group 6:30pm Brain Tumor Networking Grp	5 10am Orientation 12pm Relaxation & Guided Imagery	6 9am Qigong
7	8 11:30am Yoga for Stress Management 7-8pm COMEDY NIGHT	9 10am Watercolor Class (Chatsworth) 1pm Quilt Circle (Chatsworth) 1pm Knitting Club 1pm Watercolor Class 1:30pm Watercolor Class (Chatsworth) 4pm Kids Circle 6pm Colorectal Networking Group 7pm Orientation	10 4:30pm Beginning Yoga 7pm Gentle Yoga	11 9:30am Guided Imagery Movement 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group 7pm Westlake ABC Group	12 10am Orientation 12pm Relaxation & Guided Imagery	13 9am Qigong 10:30am Prostate Cancer Networking Group 11:30am Multiple Myeloma Networking Group
14	15 11:30am Yoga for Stress Management 6:30pm Gynecological Cancer Networking Group 6:30-8:30pm SUCCESS OVER STRESS	16 10am Watercolor Class (Chatsworth) 1pm Quilt Circle (Chatsworth) 1pm Knitting Club 1:30pm Watercolor Class (Chatsworth) 4pm Kids Circle 7pm Orientation	17 1pm Quilting Club (not here) 4:30pm Beginning Yoga 7pm Gentle Yoga	18 9:30am Guided Imagery Movement 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6-8pm LOOK GOOD, FEEL BETTER 6:30pm Transition Group 6:30pm Leukemia & Lymphoma Networking Group	19 10am Orientation 12pm Relaxation & Guided Imagery	20 9am Qigong
21	22 11:30am Yoga for Stress Management	23 10am Watercolor Class (Chatsworth) 1pm Quilt Circle (Chatsworth) 1pm Knitting Club 1pm Watercolor Class 1:30pm Watercolor Class (Chatsworth) 4pm Kids Circle 6pm Colorectal Networking Group 7pm Orientation	24 4:30pm Beginning Yoga 7pm Gentle Yoga	25 9:30am Guided Imagery Movement 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group 7-8:30pm BREAST CANCER RECONSTRUCTION OPTIONS	26 10am Orientation 12pm Relaxation & Guided Imagery	27 9am Qigong
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MARCH 2010 CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 11:30am Yoga for Stress Management 6:30pm Gynecological Cancer Networking Group	2 10am Watercolor Class (Chatsworth) 1pm Quilt Circle (Chatsworth) 1pm Knitting Club 1:30pm Watercolor Class (Chatsworth) 4pm Kids Circle 7pm Orientation	3 4:30pm Beginning Yoga 6:30pm Quilting Club (not here) 7pm Gentle Yoga	4 9:30am Guided Imagery Movement 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group 6:30pm Brain Tumor Networking Grp	5 10am Orientation 12pm Relaxation & Guided Imagery	6 9am Qigong
7 2-4pm DANIEL'S DAY OF MAGIC 	8 11:30am Yoga for Stress Management 7-8pm COMEDY NIGHT	9 10am Watercolor Class (Chatsworth) 1pm Quilt Circle (Chatsworth) 1pm Knitting Club 1pm Watercolor Class 1:30pm Watercolor Class (Chatsworth) 4pm Kids Circle 6pm Colorectal Networking Group 7pm Orientation	10 4:30pm Beginning Yoga 7pm Gentle Yoga	11 9:30am Guided Imagery Movement 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group 7pm Westlake ABC Group	12 10am Orientation 12pm Relaxation & Guided Imagery	13 9am Qigong 11:30am Multiple Myeloma Networking Group
14	15 NO Yoga for Stress Management 6:30pm Gynecological Cancer Networking Group	16 10am Watercolor Class (Chatsworth) 1pm Quilt Circle (Chatsworth) 1pm Knitting Club 1:30pm Watercolor Class (Chatsworth) 4pm Kids Circle 7pm Orientation	17 4:30pm Beginning Yoga 6:30pm Quilting Club (not here) 7pm Gentle Yoga	18 9:30am Guided Imagery Movement 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Leukemia & Lymphoma Networking Group 6:30pm Transition Group	19 10am Orientation 12pm Relaxation & Guided Imagery	20 9am Qigong 10:30am Prostate Cancer Networking Group LA Marathon *FUNDRAISING EVENT*
21	22 11:30am Yoga for Stress Management	23 10am Watercolor Class (Chatsworth) 1pm Quilt Circle (Chatsworth) 1pm Knitting Club 1:30pm Watercolor Class (Chatsworth) 1pm Watercolor Class 4pm Kids Circle 6pm Colorectal Networking Group 7pm Orientation	24 4:30pm Beginning Yoga 7pm Gentle Yoga	25 9:30am Guided Imagery Movement 10am Family & Friends Drop-In Group 11am Gentle Yoga (Chatsworth) 6:30pm Transition Group 6:30-8:30pm MAINTAINING ORAL HEALTH	26 10am Orientation 12pm Relaxation & Guided Imagery	27 9am Qigong
28	29 11:30am Yoga for Stress Management	30 10am Watercolor Class (Chatsworth) 1pm Quilt Circle (Chatsworth) 1pm Knitting Club 1:30pm Watercolor Class (Chatsworth) 4pm Kids Circle 7pm Orientation	31 4:30pm Beginning Yoga 7pm Gentle Yoga			

WHAT'S HAPPENING IN FEBRUARY & MARCH...

Comedy Night: Laughter IS the Best Medicine!

Monday, February 8 and March 8, 7:00 – 8:00 pm

Laugh the night away as a stand-up comedian entertains you and your friends at The Wellness Community Valley/Ventura. Stephanie Blum is the featured comedian in February. A former psychologist, Stephanie is the funny “mom next door” who is sarcastic, irreverent and universally adored by audiences at the Stardust in Las Vegas, on Country Music Television's *Funniest Videos*, HBO's *Comedy Minutes* and more. She is the winner of New York's Funniest Teacher Contest, Ladies of Laughter Funniest Female Competition at Madison Square Garden, and CBS's *Star Search*. March Performer TBA. Please RSVP 805.379.4777.

Success Over Stress with Ed Rockey, Ph.D.

Monday, February 15, 6:30 – 8:30 pm

Having Cancer Can Be Stressful! This seminar offers an eclectic approach to managing stress through discussion, hands-on work, take-home activities, and life-style suggestions. Ed Rockey, a two-time cancer survivor and professor of Applied Behavioral Science at Pepperdine University in Westlake Village, is back by popular demand! He has conducted “Success Over Stress” seminars for Prudential Insurance and many other large organizations. Please RSVP 805.379.4777.

Look Good, Feel Better

Thursday, February 18, 6:00 – 8:00 pm

Look Good, Feel Better helps women in active cancer treatment learn techniques to restore their self-image and cope with appearance-related effects. This program sponsored by the American Cancer Society. Please RSVP 800.227.2345.

Breast Cancer Connection: Breast Cancer Reconstruction Options

with Jay Granzow, MD, MPH, FACS

Thursday, February 25, 7:00-8:30pm

Learn about the different types of breast reconstruction procedures available, as well as the pros and cons of each type. The myths surrounding each procedure, typical recovery times, and insurance coverage will be discussed. Dr. Granzow is the Assistant Professor of Surgery, Division of Plastic Surgery at UCLA David Geffen School of Medicine and Assistant Chief of Plastic Surgery at Harbor UCLA Medical Center. He has trained extensively in breast reconstruction techniques, including the most up-to-date DIEP Flap. His specialties are in the aesthetic/cosmetic surgery of the breast, body and face, rhinoplasty, breast reconstruction, and microsurgery. Light dinner will be served. Please RSVP 805.379.4777.

Daniel's Day of Magic

Sunday, March 7, 2-4 pm

As a tribute to Wellness Community participant and past Board Chair Daniel Jacoby's fun-loving adventurous spirit and love of magic, the Board of Directors created Daniel's Day of Magic for our participants and their families. Join us for a magical afternoon starring a professional magician. Light refreshments provided, seating is limited. RSVP 805.379.4777.

Run for Hope: The LA Marathon 5K * FUNDRAISING EVENT *

Saturday, March 20

Join Team Wellness to run or walk the LA Marathon 5K while raising money for TWC V/V! Participate in honor of someone you know who has been touched by cancer, celebrate your survivorship, or just show your support, all while meeting new people and making a difference in the lives of people affected by cancer. Details and registration available at www.TwcVv.org.

Maintaining Oral Health During Cancer Treatment with Flora Stay, DDS

Thursday, March 25, 6:30-8:30 pm

Aggressive cancer therapy can have a powerful effect on normal cells, as well as cancer cells. The mouth is especially prone to damage from cancer treatments. Flora Stay, D.D.S. will discuss the importance of oral health for cancer patients, managing side effects, and preventing painful oral complications during cancer treatment. Dr. Stay earned her Doctor of Dentistry degree from UC San Francisco; she is a professor in the Department of Diagnostic Sciences at USC and clinical instructor in the Department of Periodontology at UCLA. Please RSVP 805.379.4777.

SAVE THE DATE!

19th Anniversary Gala * FUNDRAISING EVENT *

Friday, May 7, 6:30pm-midnight

Help us celebrate our 19th anniversary Gala at the Four Seasons Hotel in Westlake Village! Look for details in the April/May calendar and at www.TwcVv.org.

17th Annual Revlon Run/Walk for Women

Los Angeles Memorial Coliseum at Exposition Park

Saturday, May 8