

DECEMBER 2020 WeSPARK PROGRAM CALENDAR

To register for a class or group please email registration@wespark.org
Please visit www.wespark.org for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 *OFFICE CLOSED* 10am Post Treatment Support Group 2pm Breast Cancer Support Group	2 *OFFICE CLOSED* 11am Children's Support Group with Jaime 2:15pm Yoga with Yovanni
4 10am Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link)	5 10am Yoga with Victoria 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	6 1:15pm Guided Imagery 2:30pm In Treatment Support Group 5pm The Real Talk - A Support Group for Teens with Cancer 5:30pm Partner Grief Support 6pm Family Grief Support	7 10:15am Ongoing/Metastatic Support Group 2:30pm Men's Support 5pm Doing Cancer Solo	8 10am Post Treatment Support Group 2pm Breast Cancer Support Group	9 11am Children's Support Group with Jaime 2:15pm Yoga with Yovanni
11 ***NEW 10am Mindfulness and Self Care--Weekly Updates with Diane 10am Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link)	12 10am Yoga with Victoria 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	13 1:15pm Guided Imagery 2:30pm In Treatment Support Group 5pm The Real Talk - A Support Group for Teens with Cancer 5:30pm Partner Grief Support 6pm Family Grief Support	14 10:15am Ongoing/Metastatic Support Group 2:30pm Men's Support 5pm Doing Cancer Solo	15 10am Post Treatment Support Group 2pm Breast Cancer Support Group	16 11am Children's Support Group with Jaime 2:15pm Yoga with Yovanni
18 ***NEW 10am Mindfulness and Self Care--Weekly Updates with Diane 10am Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link)	19 10am Yoga with Victoria 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	20 1:15pm Guided Imagery 2:30pm In Treatment Support Group 5pm The Real Talk - A Support Group for Teens with Cancer 5:30pm Partner Grief Support 6pm Family Grief Support	21 10:15am Ongoing/Metastatic Support Group 2:30pm Men's Support 5pm Doing Cancer Solo	22 10am Post Treatment Support Group 2pm Breast Cancer Support Group	23 11am Children's Support Group with Jaime 2:15pm Yoga with Yovanni
25 ***NEW 10am Mindfulness and Self Care--Weekly Updates with Diane 10am Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link)	26 10am Yoga with Victoria 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	27 1:15pm Guided Imagery 2:30pm In Treatment Support Group 5pm The Real Talk - A Support Group for Teens with Cancer 5:30pm Partner Grief Support 6pm Family Grief Support	28 10:15am Ongoing/Metastatic Support Group 2:30pm Men's Support 5pm Doing Cancer Solo **6pm Cervical Cancer Awareness Presentation	29 10am Post Treatment Support Group 2pm Breast Cancer Support Group	30 11am Children's Support Group with Jaime 2:15pm Yoga with Yovanni