

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 10am Yoga with Victoria 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	2 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	3 10:15am Ongoing/Metastatic Support Group 2:30pm Men's Support 5pm Doing Cancer Solo	4 10am Post Treatment Support Group 2pm Breast Cancer Support Group	5 *new* 11am Children's Support Group with Jaime 1:15pm Yoga with Yovanni
	7 10am Mindfulness and Self Care--Weekly Updates with Diane 10am Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link)	8 10am Yoga with Victoria 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	9 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	10 *First Day of Hanukkah  10:15am Ongoing/Metastatic Support Group 2:30pm Men's Support 5pm Doing Cancer Solo	11 10am Post Treatment Support Group 2pm Breast Cancer Support Group
14 10am Mindfulness and Self Care--Weekly Updates with Diane 10am Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link) ***6:30pm Jewelry Workshop with Holly (must register by 12/10)	15 10am Yoga with Victoria 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	16 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	17 10:15am Ongoing/Metastatic Support Group 2:30pm Men's Support 5pm Doing Cancer Solo ***6pm WeSPARK's Holiday Zoom Party	18 *Last Day of Hanukkah 10am Post Treatment Support Group 2pm Breast Cancer Support Group ***6pm Art Therapy Workshop with Jessica	19 *new* 11am Children's Support Group with Jaime 1:15pm Yoga with Yovanni
21 10am Mindfulness and Self Care--Weekly Updates with Diane 10am Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link)	22 10am Yoga with Victoria 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	23 OFFICE CLOSED	24 Christmas Eve OFFICE CLOSED	25 Christmas Day OFFICE CLOSED 	26 Kwanzaa Begins 
28 OFFICE CLOSED	29 OFFICE CLOSED	30 OFFICE CLOSED	31 New Year's Eve OFFICE CLOSED		