

# SEPTEMBER 2020 WeSPARK PROGRAM CALENDAR

To register for a class or group please email [registration@wespark.org](mailto:registration@wespark.org)  
Please visit [www.wespark.org](http://www.wespark.org) for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>10am *new* Yoga with Victoria</b> →postponed <b>3pm</b> Qi Gong & Meditation for Cancer Support w/Ed <b>6pm</b> Caregiver Support Group	<b>2</b> <b>1:15pm</b> Guided Imagery <b>2:30pm</b> In Treatment Support Group <b>4pm *new*</b> The Real Talk - A Support Group for Teens with Cancer <b>5:30pm</b> Partner Grief Support <b>6pm</b> Family Grief Support	<b>3</b> <b>10:15am</b> Ongoing/Metastatic Support Group <b>1:30pm</b> Men's Support <b>5pm</b> Doing Cancer Solo	<b>4</b> <b>11am</b> Spanish Speaking Support Group <b>2pm</b> Breast Cancer Support Group	<b>5</b> <b>1:15pm</b> Yoga with Yovanni
<b>7</b> <b>10am</b> Zoom Qi Gong with Michael (3rd party resource--visit <a href="http://wespark.org">wespark.org</a> for link)	<b>8</b> <b>10am *new* Yoga with Victoria</b> <b>3pm</b> Qi Gong & Meditation for Cancer Support w/Ed <b>6pm</b> Caregiver Support Group	<b>9</b> <b>1:15pm</b> Guided Imagery <b>2:30pm</b> In Treatment Support Group <b>4pm *new*</b> The Real Talk - A Support Group for Teens with Cancer <b>5:30pm</b> Partner Grief Support <b>6pm</b> Family Grief Support	<b>10</b> <b>10:15am</b> Ongoing/Metastatic Support Group <b>1:30pm</b> Men's Support <b>4pm</b> Yoga with Victoria <b>5pm</b> Doing Cancer Solo	<b>11</b> <b>11am</b> Spanish Speaking Support Group <b>2pm</b> Breast Cancer Support Group	<b>12</b> <b>1:15pm</b> Yoga with Yovanni
<b>14</b> <b>10am</b> Zoom Qi Gong with Michael (3rd party resource--visit <a href="http://wespark.org">wespark.org</a> for link) <b>10am *new*</b> Mindfulness and Self Care During Challenging Times w/ Diane	<b>15</b> <b>10am *new* Yoga with Victoria</b> <b>3pm</b> Qi Gong & Meditation for Cancer Support w/Ed <b>6pm</b> Caregiver Support Group	<b>16</b> <b>1:15pm</b> Guided Imagery <b>2:30pm</b> In Treatment Support Group <b>4pm *new*</b> The Real Talk - A Support Group for Teens with Cancer <b>5:30pm</b> Partner Grief Support <b>6pm</b> Family Grief Support	<b>17</b> <b>10:15am</b> Ongoing/Metastatic Support Group <b>1:30pm</b> Men's Support <b>5pm</b> Doing Cancer Solo	<b>18</b> <b>11am</b> Spanish Speaking Support Group <b>2pm</b> Breast Cancer Support Group	<b>19</b> <b>*new* 11am Children's Support Group with Jaime</b> <b>1:15pm</b> Yoga with Yovanni
<b>21</b> <b>10am</b> Zoom Qi Gong with Michael (3rd party resource--visit <a href="http://wespark.org">wespark.org</a> for link) <b>10am *new*</b> Mindfulness and Self Care During Challenging Times w/ Diane	<b>22</b> <b>10am *new* Yoga with Victoria</b> <b>3pm</b> Qi Gong & Meditation for Cancer Support w/Ed <b>6pm</b> Caregiver Support Group	<b>23</b> <b>1:15pm</b> Guided Imagery <b>2:30pm</b> In Treatment Support Group <b>4pm *new*</b> The Real Talk - A Support Group for Teens with Cancer <b>5:30pm</b> Partner Grief Support <b>6pm</b> Family Grief Support	<b>24</b> <b>10:15am</b> Ongoing/Metastatic Support Group <b>1:30pm</b> Men's Support <b>5pm</b> Doing Cancer Solo	<b>25</b> <b>11am</b> Spanish Speaking Support Group <b>2pm</b> Breast Cancer Support Group <b>5pm</b> GAME NIGHT!!!	<b>26</b> <b>*new* 11am Children's Support Group with Jaime</b> <b>1:15pm</b> Yoga with Yovanni
<b>28</b> <b>10am</b> Zoom Qi Gong with Michael (3rd party Resource--visit <a href="http://wespark.org">wespark.org</a> for link) <b>10am *new*</b> Mindfulness and Self Care During Challenging Times w/ Diane	<b>29</b> <b>3pm</b> Qi Gong & Meditation for Cancer Support w/Ed (tentative) <b>*new*4pm</b> Stress and Anxiety Toolkit Workshop with Lauren <b>6pm</b> Caregiver Support Group	<b>30</b> <b>1:15pm</b> Guided Imagery <b>2:30pm</b> In Treatment Support Group <b>4pm *new*</b> The Real Talk - A Support Group for Teens with Cancer <b>5:30pm</b> Partner Grief Support <b>6pm</b> Family Grief Support	 <p>The logo for We SPARK Cancer Support Center features the word "We" in a teal font, followed by "SPARK" in a larger, bold, teal font. To the right of "We" is a colorful graphic of a person with arms raised, and below "SPARK" is the text "Cancer Support Center" in a smaller teal font.</p>		

