

# OCTOBER 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>We SPARK</b> Cancer Support Center	<b>30</b> <b>5pm</b> Doing Cancer Solo *THIS WEEK ONLY*	<b>1</b> <b>10:15am</b> Ongoing/Metastatic Support Group <b>2:30pm</b> Men's Support	<b>2</b> <b>2pm</b> Breast Cancer Support Group
<b>5</b> <b>10am</b> Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link) <b>10am *new*</b> Mindfulness and Self Care During Challenging Times w/ Diane	<b>6</b> <b>10am</b> Yoga with Victoria <b>3pm</b> Qi Gong & Meditation for Cancer Support w/Ed <b>6pm</b> Caregiver Support Group	<b>7</b> <b>1:15pm</b> Guided Imagery <b>2:30pm</b> In Treatment Support Group <b>4pm</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>8</b> <b>10:15am</b> Ongoing/Metastatic Support Group <b>2:30pm</b> Men's Support <b>5pm</b> Doing Cancer Solo	<b>9</b> <b>*NEW* 10am</b> Post Treatment Support Group <b>2pm</b> Breast Cancer Support Group	<b>3</b> <b>*new* 11am</b> Children's Support Group with Jaime <b>1:15pm</b> Yoga with Yovanni
<b>12</b> <b>10am</b> Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link) <b>10am *new*</b> Mindfulness and Self Care During Challenging Times w/ Diane	<b>13</b> <b>10am</b> Yoga with Victoria <b>3pm</b> Qi Gong & Meditation for Cancer Support w/Ed <b>6pm</b> Caregiver Support Group	<b>14</b> <b>1:15pm</b> Guided Imagery <b>2:30pm</b> In Treatment Support Group <b>4pm</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>15</b> <b>10:15am</b> Ongoing/Metastatic Support Group <b>2:30pm</b> Men's Support <b>5pm</b> Doing Cancer Solo	<b>16</b> <b>*NEW* 10am</b> Post Treatment Support Group <b>2pm</b> Breast Cancer Support Group	<b>17</b> <b>*new* 11am</b> Children's Support Group with Jaime <b>1:15pm</b> Yoga with Yovanni
<b>19</b> <b>10am</b> Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link) <b>10am *new*</b> Mindfulness and Self Care During Challenging Times w/ Diane	<b>20</b> <b>10am</b> Yoga with Victoria <b>3pm</b> Qi Gong & Meditation for Cancer Support w/Ed <b>6pm</b> Caregiver Support Group	<b>21</b> <b>1:15pm</b> Guided Imagery <b>2:30pm</b> In Treatment Support Group <b>4pm</b> The Real Talk - A Support Group for Teens with Cancer <b>**5:00pm</b> "Taller De Concientización Sobre El Cáncer de Mama" En Español <b>5:30pm</b> Partner Grief Support <b>6pm</b> Family Grief Support	<b>22</b> <b>10:15am</b> Ongoing/Metastatic Support Group <b>2:30pm</b> Men's Support <b>5pm</b> Doing Cancer Solo <b>**5pm</b> Breast Cancer Awareness Workshop	<b>23</b> <b>*NEW* 10am</b> Post Treatment Support Group <b>2pm</b> Breast Cancer Support Group	<b>24</b> <b>*new* 11am</b> Children's Support Group with Jaime <b>1:15pm</b> Yoga with Yovanni
<b>26</b> <b>10am</b> Zoom Qi Gong with Michael (3rd party Resource--visit wespark.org for link) <b>10am *new*</b> Mindfulness and Self Care During Challenging Times w/ Diane	<b>27</b> <b>10am</b> Yoga with Victoria <b>3pm</b> Qi Gong & Meditation for Cancer Support w/Ed (tentative) <b>6pm</b> Caregiver Support Group	<b>28</b> <b>1:15pm</b> Guided Imagery <b>2:30pm</b> In Treatment Support Group <b>4pm</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>29</b> <b>10:15am</b> Ongoing/Metastatic Support Group <b>2:30pm</b> Men's Support <b>5pm</b> Doing Cancer Solo <b>7pm</b> Sound Bath Workshop with Pamela Robins	<b>30</b> <b>*NEW* 10am</b> Post Treatment Support Group <b>2pm</b> Breast Cancer Support Group	<b>31</b> <b>*new* 11am</b> Children's Support Group with Jaime <b>1:15pm</b> Yoga with Yovanni