

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