

NOVEMBER 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
2 10am Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link) 10am *closed* Mindfulness and Self Care During Challenging Times w/ Diane	3 10am Yoga with Victoria 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	4 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	5 10:15am Ongoing/Metastatic Support Group 2:30pm Men's Support 5pm Doing Cancer Solo	6 *NEW* 10am Post Treatment Support Group 2pm Breast Cancer Support Group	7 *new* 11am Children's Support Group with Jaime 1:15pm Yoga with Yovanni
9 10am Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link) 10am *closed* Mindfulness and Self Care During Challenging Times w/ Diane	10 10am Yoga with Victoria 3pm Qi Gong & Meditation for Cancer Support w/Ed **6pm Caregiver Support Group--Special Guided Meditation with Bird	11 5pm The Real Talk - A Support Group for Teens with Cancer 5:30pm Partner Grief Support	12 10:15am Ongoing/Metastatic Support Group 2:30pm Men's Support 5pm Doing Cancer Solo	13 *NEW* 10am Post Treatment Support Group 2pm Breast Cancer Support Group	14 *new* 11am Children's Support Group with Jaime 1:15pm Yoga with Yovanni
16 10am Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link) 10am *closed* Mindfulness and Self Care During Challenging Times w/ Diane	17 10am Yoga with Victoria 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	18 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	19 10:15am Ongoing/Metastatic Support Group 2:30pm Men's Support 5pm Doing Cancer Solo ***6pm Jewelry Making Workshop with Holly	20 *NEW* 10am Post Treatment Support Group 2pm Breast Cancer Support Group	21 *new* 11am Children's Support Group with Jaime 1:15pm Yoga with Yovanni
23 10am Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link)	24 10am Yoga with Victoria 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	25 OFFICE CLOSED	26 OFFICE CLOSED !	27 OFFICE CLOSED	28 *new* 11am Children's Support Group with Jaime 1:15pm Yoga with Yovanni
30 10am Zoom Qi Gong with Michael (3rd party Resource--visit wespark.org for link) Deadline to submit your Recipes for WeSPARK Holiday Family Cookbook.					