

## OUR MISSION

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

## OUR SERVICES

All Offered in English & Spanish

SUPPORT GROUPS

COUNSELING

FAMILY PROGRAMS

PATIENT NAVIGATION

WELLNESS CLASSES

EDUCATIONAL WORKSHOPS

SPECIAL EVENTS

CANCER SUPPORT  
HELPLINE

1-888-793-9355 Se habla Español

**FOR MORE  
INFORMATION  
& TO GET  
STARTED:**



(805) 379-4777  
(805) 988-2641 Se habla Español  
cancersupportvvsb.org  
programs@cancersupportvvsb.org

4195 E Thousand Oaks Blvd., #107  
Westlake Village, CA 91362

## SUPPORT GROUPS

### FOR PEOPLE WITH CANCER

#### Life after Breast Cancer (all stages)

##### -Survivorship

- **Online** 2nd & 4th Monday, 5-6:30pm

#### Life After Cancer- All Cancer Survivorship

- **In-Person** 2nd & 4th Monday, 10-11:30am

#### Gynecological Cancer

- **Online** 1st & 3rd Tuesday, 9:30-11am

#### Advanced Breast Cancer

- **Online** Tuesday Weekly, 11:30am-1pm

#### Women's All Cancer

- **In-Person** 2nd & 4th Tuesday, 11am-12:30pm

\*\*This group is at St. Johns Hospital Camarillo  
2309 Antonio Avenue, Camarillo 93010

#### Newly Diagnosed Early-Stage Breast Cancer

- **Online** Tuesday Weekly, 5-6:30pm

#### All Cancer- Online

- **Online** Tuesday Weekly, 5-6:30pm
- **Online** Wednesday Weekly, 10-11:30am
- **Online** Thursday Weekly, 10-11:30am

#### All Cancer- In-Person **NEW! Starts 2/4**

- **In-Person** Tuesday Weekly, 10-11:30am

\*\*This group is at Rancho Simi Activity Center  
4201 Guardian Street, Simi Valley 93063

#### Prostate Cancer

- **Online** 2nd & 4th Wednesday, 6:30-8pm

#### Young Adult

- **Online** 2nd & 4th Thursday, 7-8:30pm

### THEMED SUPPORT GROUP **2/13-4/3**

#### Mindfulness-Based Cancer Recovery

- **Online** Info Session, 2/6 11am-12pm
- **In-Person** Thursday, 11am-1pm
- **In-Person** Morning of Mindfulness, 4/3 11am-1pm

### FOR FAMILY & FRIENDS

#### Caregivers- Family & Friends

- **Online** Tuesday Weekly, 6:30-8pm
- **In-Person** Wednesday Weekly, 10-11:30am

#### Bereavement

- **Online** Thursday Weekly, 6-7:30pm

#### Bereavement: Moving Ahead Together

- **Online** 1st & 3rd Wednesday, 6-7:30pm

### FOR PEOPLE WITH CANCER & FAMILY/FRIENDS

#### Blood Cancer Networking Group

- **Online** 1st Monday, 6-7:30pm

#### Prostate Cancer Networking Group

- **In-Person/Online** 3rd Sunday, 10:30-12:30pm

### MULTILINGUAL GROUPS

#### Grupo de Apoyo para Latinas con Cáncer

- **En persona/En línea** 1er y 3er martes, 11am-12:30pm

\*\*\*La dirección de este grupo está en St. Johns Cancer Center, 1700 Rose Ave, STE 300 Oxnard, 93030

#### Grupo de Apoyo para Padres de Niños con Cáncer

- **En línea** 3er Jueves, 5-6:30pm

#### Japanese All Cancer Support Group

- **Online** 1st Thursday, 6-7:30pm

## WELLNESS CLASSES

#### Chakra Healing Sound

- **Online** Monday Weekly, 12-1:45pm

#### Guided Imagery

- **Online** Tuesday Weekly, 1:30-2:30pm

#### Knotty Knitters: Knitting Group

- **In-Person** Tuesday Weekly, 1:30-3:30pm

#### Gentle & Chair Yoga

- **In-Person** Wednesday Weekly, 4-5pm

#### Reiki

- **Online** 2nd Wednesday, 10:30am-12:30pm
- **In-Person** 3rd Wednesday, 10:30am-12:30pm

#### Breath & Balance- 12 Weeks **1/16-4/17**

- **In-Person** Thursday Weekly, 10-11am

**All of our services  
come at NO COST!**

CHECK THE ONLINE CALENDAR FOR  
THE MOST UPDATED INFORMATION