




PATIENT AND FAMILY SUPPORT SERVICES CALENDAR



May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 10-11 a.m. Gentle Restorative Yoga 11 a.m.-12 p.m. Patient and Family Orientation</p>	<p>3</p>	<p>4 11 a.m.-12 p.m. Patient and Family Orientation 1-3 p.m. HCT Discharge Planning Class for Caregivers</p>	<p>5 9:30-10 a.m. Guided Meditation</p>	<p>6 3-3:45 p.m. Musicians on-call </p> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; margin-top: 10px;"> <p>Saturday May 7 10 a.m.-12 p.m. Chinese Americans Cancer Health Education Virtual Support Group RSVP: 626-535-3983</p> </div>
<p>9 10-11 a.m. Gentle Restorative Yoga 11 a.m.-12 p.m. Patient and Family Orientation</p>	<p>10 1:30-2:30 p.m. Express Yourself Through ART!</p>	<p>11 11 a.m.-12 p.m. Patient and Family Orientation 12-1:30 p.m. Caregivers Connect Virtually 5:30-7:30 p.m. Living with Metastatic Breast Cancer Support Group</p>	<p>12 9:30-10 a.m. Guided Meditation</p>	<p>13 3-3:45 p.m. Musicians on-call </p>
<p>16 10-11 a.m. Yoga Nidra 11 a.m.-12 p.m. Patient and Family Orientation 7-9 p.m. CLL Patient Support Group</p>	<p>17 12-1:30 p.m. Couples: Essential Skills for Overcoming the Challenges of Cancer Together 3-5 p.m. Clase de alta de transplante para cuidadores</p>	<p>18 11 a.m.-12 p.m. Patient and Family Orientation 1-3 p.m. HCT Discharge Planning Class for Caregivers</p>	<p>19 9:30-10 a.m. Guided Meditation</p>	<p>20 3-3:45 p.m. Musicians on-call </p>
<p>23 10-11 a.m. Gentle Restorative Yoga 11 a.m.-12 p.m. Patient and Family Orientation</p>	<p>24 1:30-2:30 p.m. Express Yourself Through ART!</p>	<p>25 11 a.m.-12 p.m. Patient and Family Orientation 12-1:30 p.m. Caregivers Connect Virtually</p>	<p>26 9:30-10 a.m. Guided Meditation</p>	<p>27 3-3:45 p.m. Musicians on-call </p>
<p>30 10-11 a.m. Gentle Restorative Yoga 11 a.m.-12 p.m. Patient and Family Orientation</p>	<p>31 6-7:30 p.m. Prostate Cancer Support Group</p>	<p>Patient and Family Support Services Calendar is sponsored by the Sheri & Les Biller Patient and Family Resource Center, Department of Supportive Care Medicine</p>		

Please note: Unless otherwise specified all classes are open to patients and caregivers, ages 18 and over.

<p>Caregivers Connect</p> <p>Connect with other caregivers, share their stories, reduce stress and find support.</p> <p>Who: Caregivers of cancer patients only When: 2nd and 4th Wednesday of the month, 12-1:30 p.m. Register: Send an email to caregiversconnect@coh.org Questions: Call Patient Education at 626-218-2682 or PatientEducation@coh.org</p>	<p>CLL (Chronic Lymphocytic Leukemia) Patient and Caregiver Support Group</p> <p>Sponsored by the CLL Society, this group provides education, support and the opportunity to discuss anxieties and concerns with others.</p> <p>Who: Patients and caregivers When: Monday May 16, 7 -9 p.m. Note: Group offered monthly, alternating between 3rd Saturday and 3rd Monday of the month. RSVP and Questions: contact Stephen Feldman at sfeldman@cllsociety.org</p>	<p>Couples: Essential Skills for Overcoming the Challenges of Cancer Together</p> <p>Join this group to learn and gain tips and tools on how to strengthen relationships, enhance open and honest communication, problem solving skills and more.</p> <p>Who: Patients and their significant others When: 3rd Tuesday of the month, 12-1:30 p.m. Register and Questions: Contact Lynne Thomas at 626-218-8406 or lythomas@coh.org</p>	<p>Express Yourself Through ART!</p> <p>Dive into the creative process of art. Explore drawing, collage, crafts and more. No previous art experience necessary. Art Therapy can help decrease stress, anxiety and enhance overall well-being.</p> <p>Who: Patients and caregivers When: 2nd and 4th Tuesday of the month, 1:30-2:30 p.m. Register: patientart.eventbrite.com Questions: 626-218-2273 or BillResourceCenter@coh.org</p>
<p>Guided Meditation</p> <p>Start your morning with a rejuvenating meditation to help set the tone for the rest of your day. Meditation can help decrease stress, anxiety and help improve insomnia.</p> <p>Who: Patients, caregivers and the community When: Thursdays, 9:30-10 a.m. patientmeditation.eventbrite.com Questions: 626-218-2273 or BillResourceCenter@coh.org</p>	<p>HCT Discharge Planning Class for Caregivers</p> <p>Learn how to prepare to take your loved one home post-transplant as well as how to care for them and yourself. Led by clinicians.</p> <p>Who: Patients and caregivers When: 1st and 3rd Wednesday of the month, 1-3 p.m. Register and Questions: Contact Nicole D'Souza at 626-218-8400 Class also available in Spanish</p>	<p>Living with Metastatic Breast Cancer Support Group</p> <p>Benefit from the wisdom of patients and get the latest medical updates from our clinical experts. Group is a safe space to share with others.</p> <p>Who: Metastatic breast cancer patients only When: 2nd Wednesday of the month, from 5:30-7:30 p.m. Registration and Questions: Contact Jenny Lu at 626-218-8407</p>	<p>Musicians on Call Live Music</p> <p>Live weekly performances for City of Hope patients and families. New musician every Friday. Join via the web; will need Internet access to catch the show.</p> <p>Who: All patients and their families When: Fridays, 3-3:45 p.m. Join: bit.ly/3m63SQc Code: coh Questions: 626-218-2273 or BillResourceCenter@coh.org </p>
<p>Patient & Family Orientation Class</p> <p>Learn who to call for answers and support, how to maximize your appointment time, discover helpful resources and more.</p> <p>Who: Patients and caregivers When: Mondays and Wednesdays, 11 a.m.–12 p.m. Register: event.CityofHope.org/patientorientation Questions: Call Patient Education at 626-218-2682 or PatientEducation@coh.org</p>	<p>Prostate Cancer Support Group</p> <p>Join to obtain educational information, share experiences and more.</p> <p>Who: Prostate cancer patients and their spouses/partners When: Last Tuesday of the month, 6–7:30 p.m. Register and Questions: Contact Kathleen Burns at 626-218-1188 or kaburns@coh.org</p>	<p>Yoga Classes – Gentle Yoga</p> <p>No previous experience required, class is as strenuous or as gentle as you want it to be. Class has been designed with you, the patient and/or caregiver, in mind.</p> <p>Who: Patients, caregivers and the community When: Mondays, 10-11 a.m. *Note: May 16 class cancelled* Register: patientyoga.eventbrite.com Questions: 626-218-2273 or BillResourceCenter@coh.org</p>	<p>Yoga Nidra</p> <p>Yoga Nidra is a guided meditation that promotes deep rest and relaxation to help restore energy and decrease stress. Instructor led. No previous experience required. Yoga Nidra is for everyone.</p> <p>Who: Patients, caregivers and the community When: Monday May 16, 10-11 a.m. Register: patientyoga.eventbrite.com Questions: 626-218-2273 or BillResourceCenter@coh.org</p>
<p>Clase de alta de trasplante para cuidadores</p> <p>Venga a aprender cómo cuidar a su ser querido en casa después del trasplante de médula ósea.</p> <p>Quien: Para pacientes y sus familias Cuando: 3.er martes del mes de 3 a 5 pm Clase en vivo (virtual): Llama a la oficina de Trabajo Social Clínico a 626-218-2282 o hctdischargeclass@coh.org</p>	<p>Tobacco Cessation Virtual Support Group</p> <p>Mondays 3-5 p.m. En español miércoles 6-7 p.m. Tuesdays 6-8 p.m.</p> <p>Learn strategies to overcome withdrawal symptoms and to break habits that link to and trigger tobacco use.</p> <p>RSVP: Sophia Yeung 626-218-9410 or Brenda Gascon at 714-752-0740 or email smokingcessation@coh.org</p>		<p>All Classes are Virtual</p> <p>To receive a link to join online group, visit the website or reach out to the contact person listed.</p> <p>Have additional questions? Please call Biller Resource Center at 626-218-2273 or email BillResourceCenter@coh.org</p>