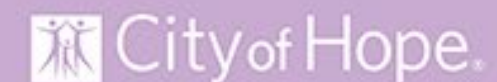









December 2023

SUPPORT SERVICES CALENDAR


Sheri & Les Biller Patient and Family Resource Center





Monday	Tuesday	Wednesday	Thursday	Friday
<p> = In Person</p> <p>Unless otherwise specified, all classes are open to patients and caregivers ages 18 and over.</p>				<p>1</p> <p>10:30-11:30 am Mat Yoga</p> <p>11 am-12 pm Patient and Family Orientation </p> <p>12:30-1:30 pm Patient Portal Workshop </p>
<p>4</p> <p>10-11 am Gentle Yoga</p> <p>12:30-1:30 pm Patient Portal Workshop</p> <p>4-5 pm Tobacco Cessation</p>	<p>5</p> <p>10:30-11:30 am Gentle Yoga </p> <p>11 am-12 pm Patient and Family Orientation</p> <p>12:30-3:30 pm Assistance with Resources </p> <p>6-8 pm Tobacco Cessation</p>	<p>6</p> <p>8 am – 12 pm Assistance with Resources </p> <p>10-11 am Look Good Feel Better</p> <p>10:30-11:30 am Chair Yoga</p> <p>12-12:45 pm Catholic Mass </p> <p>1-3 pm HCT Discharge Class for Caregivers</p> <p>1:30-2:30 pm Qigong for Vitality</p> <p>6-7 pm Tabaco Cesación En español</p>	<p>7</p> <p>9:30-10 am Guided Meditation</p> <p>10-11 am Mind-body Medicine</p> <p>11 am-12 pm You Lost Your Hair, Now What? Scalp Care Workshop </p>	<p>8</p> <p>10:30-11:30 am Mat Yoga</p> <p>11 am-12 pm Patient and Family Orientation </p> <p>12:30-1:30 pm Patient Portal Workshop </p> <div>Saturday December 9 Chinese American Cancer Health Education Network and Support Group</div>
<p>11</p> <p>10-11 am Gentle Yoga</p> <p>12:30-1:30 pm Patient Portal Workshop</p> <p>4-5 pm Tobacco Cessation</p>	<p>12</p> <p>9:30-10:30 am Look Good Feel Better</p> <p>10:30-11:30 am Gentle Yoga </p> <p>11 am-12 pm Patient and Family Orientation</p> <p>12:30-3:30 pm Assistance with Resources </p> <p>5-6:30 pm Women's Cancer Support Group</p> <p>6-8 pm Tobacco Cessation</p>	<p>13</p> <p>8 am – 12 pm Assistance with Resources </p> <p>10:30-11:30 am Chair Yoga</p> <p>12-12:45 pm Catholic Mass </p> <p>12-1:30 pm Caregivers Connect</p> <p>1:30-2:30 pm Qigong for Vitality</p> <p>5:30-7:30 pm Living With Metastatic Breast Cancer Support Group</p> <p>6-7 pm Tabaco Cesación En español</p>	<p>14</p> <p>9:30-10 am Guided Meditation</p> <p>10-11 am Mind-body Medicine</p> <p>12-1 pm Hanukkah Menorah Lighting </p> <p>EVENT</p>	<p>15</p> <p>10:30-11:30 am Mat Yoga</p> <p>11 am-12 pm Patient and Family Orientation </p> <p>12:30-1:30 pm Patient Portal Workshop </p> <div>Saturday December 16 CLL Patient and Caregiver Support Group</div>
<p>18</p> <p>10-11 am Gentle Yoga</p> <p>12:30-1:30 pm Patient Portal Workshop</p> <p>4-5 pm Tobacco Cessation</p>	<p>19</p> <p>10:30-11:30 am Gentle Yoga </p> <p>11 am-12 pm Patient and Family Orientation</p> <p>12-1 pm All about Wigs </p> <p>12-1:30 pm Couples: Essential Skills for Overcoming the Challenges of Cancer Together</p> <p>12:30-3:30 pm Assistance with Resources </p> <p>3-5 pm Clase de alta de trasplante para cuidadores</p> <p>6-8 pm Tobacco Cessation</p>	<p>20</p> <p>8 am – 12 pm Assistance with Resources </p> <p>10:30-11:30 am Chair Yoga</p> <p>12-1 pm Christmas Mass EVENT</p> <p>1-3 pm HCT Discharge Class for Caregivers</p> <p>1:30-2:30 pm Qigong for Vitality</p> <p>2:30-4 pm Arts Program </p> <p>6-7 pm Tabaco Cesación En español</p>	<p>21</p> <p>9:30-10 am Guided Meditation</p> <p>12-1 pm Christmas Carols with Western University Singers EVENT</p>	<p>22</p> <p>10:30-11:30 am Mat Yoga</p> <p>11 am-12 pm Patient and Family Orientation </p> <p>12:30-1:30 pm Patient Portal Workshop </p>
<p>25</p> <div><p>Closed for the Christmas Holiday</p></div>	<p>26</p> <p>11 am-12 pm Patient and Family Orientation</p> <p>12:30-3:30 pm Assistance with Resources </p> <p>4-5 pm Look Good Feel Better</p> <p>6-7:30 pm Prostate Cancer Support Group</p> <p>6-8 pm Tobacco Cessation</p>	<p>27</p> <p>8 am – 12 pm Assistance with Resources </p> <p>12-12:45 pm Catholic Mass </p> <p>12-1:30 pm Caregivers Connect</p> <p>1:30-2:30 pm Qigong for Vitality</p> <p>6-7 pm Tabaco Cesación En español</p>	<p>28</p> <p>9:30-10 am Guided Meditation</p>	<p>29</p> <p>11 am-12 pm Patient and Family Orientation </p> <p>12:30-1:30 pm Patient Portal Workshop </p>

All About Wigs  Join us to learn about the many different wig options, how to style and care for your wig, different wig options to choose from, how to properly put on and remove your wig, and more! Who: Anyone with a cancer diagnosis In-Person: Every 3 rd Tuesday from 12-1 pm at the Biller Resource Center RSVP: cityofhope.org/PatientPrograms Questions: Maiya Spinks 626-218-9105 or PositivImageCenter@coh.org	Assistance with Resources  Our Patient Resources Coordinators are here to meet with you and your family one-on-one to assist with your resource needs. Who: Patients, caregivers and the community In-Person: Tuesdays 12:30-3:30 pm and Wednesdays 8am – 12 pm at Biller Resource Center To make an appointment: Contact Cece Huynh at 626-218-7937 or ResourceCoordinators@coh.org	Caregivers Connect Connect with other caregivers, share their stories, reduce stress, and find support. Who: Caregivers of loved one with cancer, community caregivers welcome. When: 2 nd and 4 th Wednesday of the month 12–1:30 pm Register: CityofHope.org/PatientPrograms More information at cityofhope.org/Caregivers	Catholic Mass  Weekly mass is open to everyone. Drop-ins welcome. Who: Patients, caregivers, the community and staff When: Every Wednesday from 12-12:45 pm Location: Blank Meditation Center Questions: Contact Spiritual Care services at 626-218-3898 or cityofhope.org/SpiritualCare	Chinese American Cancer Health Education Support Network and Group Health education and support in Mandarin. When: Meets 2 nd Saturday of the month from 10 am-12 pm To RSVP call: 626-535-3983 Connect via Zoom.US Meeting ID: 945 1715 7292 Passcode: 906281	Chronic Lymphocytic Leukemia (CLL) Patient and Caregiver Education and Support Group Sponsored by the CLL Society, this group provides education and support and offers the opportunity to discuss anxieties and concerns with others. Who: Patients and caregivers When: Monthly alternating on the 3 rd Monday from 7-9 pm and the 3 rd Saturday from 10-noon. To RSVP and for more info: support@CLLSociety.org
Clase de alta de Trasplante para Cuidadores Venga a aprender cómo cuidar a su ser querido en casa después del trasplante de médula ósea. Quien: Para pacientes y sus familias Cuando: 3 el 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	Couples: Essential Skills for Overcoming the Challenges of Cancer Together 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. Who: Patients and their significant others When: 3 rd Tuesday of the month 12–1:30 pm Register and Questions: Lynne Thomas at 626-218-8406 or lythomas@coh.org	HCT Discharge Planning Class for Caregivers 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. Who: Patients and caregivers When: 1 st and 3 rd Wednesday of the month from 1–3 pm Register and Questions Contact: Madeline Santoyo 626-218-2523 or Tina Patatanyan 626-218-9938 or email HCTDischargeClass@coh.org	Living with Metastatic Breast Cancer Support Group 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. Who: Metastatic breast cancer patients only When: 2 nd Wednesday of the month from 5:30–7:30 pm Register: Jenny Lu at 626-218-8407 or email jenlu@coh.org	Look Good Feel Better Workshops Live instructions, tips, and tricks for dealing with the visible side effects of cancer treatment. Register: bit.ly/3GpAzDu Code: Cl91010 Note: must register two weeks in advance to receive the kit prior to start of class. Questions: 626-218-3842 or PositivImageCenter@coh.org	Patient Portal Workshop  Virtual and In-Person Join this class to learn how to navigate your MyCityofHope patient portal. To join, you must have an active MyCityofHope account. Who: patients, caregivers, proxy users Virtual: Mondays from 12:30-1:30 pm In-Person: Fridays from 12:30–1:30 pm at Biller Resource Center Register: CityofHope.org/PatientPrograms
Patient and Family Orientation Virtual and In-Person  Learn who to call for answers and support, how to maximize your appointment time, discover helpful resources and more. Open to patients, families, and caregivers. Virtual: Tuesdays 11 am-12 pm In Person: Fridays 11 am –12 pm at Biller Resource Center Register: CityofHope.org/PatientPrograms	Prostate Cancer Support Group Join to obtain educational information, share experiences and more. Who: Prostate cancer patients and their spouses/partners When: Last Tuesday of the month 6–7:30 pm Register and Questions: Contact Kathleen Burns at 626-218-1188 or kaburns@coh.org	Tobacco Cessation Support Group Tabaco Cesación en español Learn strategies to overcome withdrawal symptoms and to break habits that link to and trigger tobacco use. When: Mondays 4–5 pm and Tuesdays 6–8 pm En español miércoles 6–7 pm Register: smokingcessation@coh.org or 626-218-9114	Women’s Cancer Support Group Join us to find support and learn from others. Who: Patients with breast or gynecological cancer, stages 1, 2, and 3. When: Group meets 2 nd Tuesday of each month from 5–6:30 pm Register: Lisa Donley-Lanyi 626-218-8049 or Ldonley-Lanyi@coh.org	You Lost Your Hair, Now What? Scalp Care Workshop  Learn about hair loss and ways to manage it. Topics include chemotherapy-induced Alopecia, cold capping, post-chemo hair and more. Who: Anyone with a cancer diagnosis In-Person: December 7 from 11am–12pm. Call for location. RSVP: CityofHope.org/PatientPrograms Questions: Maiya Spinks 626-218-9105 or PositivImageCenter@coh.org	

EVENTS


 Christmas Mass - December 20, 12-1 pm at Helford Hospital Lobby


 Christmas Carols with Western University Singers - December 21 , 12 -1 pm Helford Hospital Lobby

 Hanukkah Menorah Lighting- December 14, 12-1 pm at Helford Hospital Lobby


For more information on the above events please call 626-218-3898 or SpiritualCareServices@coh.org

Integrative Medicine Offerings

 Gentle Yoga – Mondays from 10-11 am

 Gentle Yoga – Tuesdays from 10:30-11:30 am

Guided Meditation – Thursdays from 9:30-10 am

 Arts Program - 3rd Wednesday of every month, 2:30-4 pm. Topic: Make Your Own Holiday Cards!

To register for the above classes, visit www.cityofhope.org/patientprograms or call 626-218-2273

Chair Yoga – Wednesdays from 10:30-11:30 am

Mat Yoga –Fridays from 10:30-11:30 am

Mind-Body Medicine – Thursdays from 10-11 am

Qigong for Vitality – Wednesdays from 1:30-2:30 pm

To register for the above classes please call 949-671-4121 or BillerResourceCenterOC@coh.org

