

SUPPORT SERVICES CALENDAR



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>1 10-11 am Gentle Yoga 12:30-1:30 pm Patient Portal Workshop 4-5 pm Tobacco Cessation</p> | <p>2 9-10 am Look Good Feel Better 10:30-11:30 am Gentle Yoga 11 am-12 pm Patient and Family Orientation 12-1 pm You Lost Your Hair, Now What? Scalp Care Workshop 6-8 pm Tobacco Cessation</p> | <p>3 10:30-11:30 am Chair Yoga 12-12:45 pm Catholic Mass 1-3 pm HCT Discharge Class for Caregivers 1:30-2:30 pm Qigong for Vitality 6-7 pm Tabaco Cesación En español</p> | <p>4 9:30-10 am Guided Meditation 10-11 am Mind-body Medicine</p> | <p>5 10:30-11:30 am Yoga Therapy</p> |
| <p>8 10-11 am Gentle Yoga 12:30-1:30 pm Patient Portal Workshop 4-5 pm Look Good Feel Better 4-5 pm Tobacco Cessation</p> | <p>9 10:30-11:30 am Gentle Yoga 11 am-12 pm Patient and Family Orientation 5-6:30 pm Women's Cancer Support Group 6-8 pm Tobacco Cessation</p> <p>Ramadan ends today. Eid Mubarak!</p> | <p>10 10:30-11:30 am Chair Yoga 12-12:45 pm Catholic Mass 12-1:30 pm Caregivers Connect 1:30-2:30 pm Qigong for Vitality 5:30-7:30 pm Living With Metastatic Breast Cancer Support Group 6-7 pm Tabaco Cesación En español</p> | <p>11 9:30-10 am Guided Meditation 10-11 am Mind-body Medicine</p> | <p>12 10:30-11:30 am Yoga Therapy 12-1 pm Sex, Cancer and Your Body</p> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-top: 10px;"> <p>Saturday April 13 Chinese American Cancer Health Education Network and Support Group</p> </div> |
| <p>15 10-11 am Gentle Yoga 12:30-1:30 pm Patient Portal Workshop 4-5 pm Tobacco Cessation</p> | <p>16 10:30-11:30 am Gentle Yoga 11 am-12 pm Patient and Family Orientation 12-1 pm All about Wigs 12-1:30 pm Couples: Essential Skills for Overcoming the Challenges of Cancer Together 3-5 pm Clase de alta de trasplante para cuidadores 6-8 pm Tobacco Cessation</p> | <p>17 9-10 am Look Good Feel Better 10:30-11:30 am Chair Yoga 12-12:45 pm Catholic Mass 1-3 pm HCT Discharge Class for Caregivers 1:30-2:30 pm Qigong for Vitality 2:30-4 pm Arts Program 6-7 pm Tabaco Cesación En español</p> | <p>18 9:30-10 am Guided Meditation 10-11 am Mind-body Medicine</p> | <p>19 10:30-11:30 am Yoga Therapy</p> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-top: 10px;"> <p>Saturday April 20 Chronic Lymphocytic Leukemia (CLL) Caregiver and Support Group</p> </div> |
| <p>22 10-11 am Gentle Yoga 12:30-1:30 pm Patient Portal Workshop 4-5 pm Tobacco Cessation</p> | <p>23 10:30-11:30 am Gentle Yoga 11 am-12 pm Patient and Family Orientation 6-8 pm Tobacco Cessation</p> | <p>24 10:30-11:30 am Chair Yoga 12-12:45 pm Catholic Mass 12-1 pm Medicare Fraud Workshop 12-1:30 pm Caregivers Connect 1:30-2:30 pm Qigong for Vitality 6-7 pm Tabaco Cesación En español</p> | <p>25 9:30-10 am Guided Meditation 10-11 am Mind-body Medicine 10am-2 pm Patient and Family Advisory Council (PFAC) Recruitment Event EVENTS 10am-2 pm El Concilio evento de reclutamiento 2-3 pm Eat Well & Thrive: Nutrition and Breast Cancer Survivorship 3:30-4:30 pm Caring About Patient Education (CAPE): Nausea, Heartburn, Indigestion, Upset Stomach, Diarrhea</p> | <p>26 10:30-11:30 am Yoga Therapy</p> |
| <p>29 10-11 am Gentle Yoga 12:30-1:30 pm Patient Portal Workshop 4-5 pm Tobacco Cessation</p> | <p>30 10:30-11:30 am Gentle Yoga 11 am-12 pm Patient and Family Orientation 4-5 pm Look Good Feel Better 6-7:30 pm Prostate Cancer Support Group 6-8 pm Tobacco Cessation</p> | <p style="text-align: center;">Integrative Oncology Classes</p> <p> = In Person</p> <p>Unless otherwise specified, all classes are open to patients and caregivers ages 18 and over.</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>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: Learn the French knit technique</p> <p>To register for the above classes, visit www.cityofhope.org/patientprograms or call 626-218-2273</p> </div> <div style="width: 45%;"> <p>Chair Yoga – Wednesdays from 10:30-11:30 am Yoga Therapy–Fridays from 10:30-11:30 am Qigong for Vitality – Wednesdays from 1:30-2:30 pm Mind-Body Medicine –Thursdays from 10-11 am</p> <p>To register for the above classes please call 949-671-4121 or BillerResourceCenterOC@coh.org</p> </div> </div> | | |

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| <p>All About Wigs 🧑</p> <p>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!</p> <p>Who: Anyone with a cancer diagnosis In-Person: Every 3rd Tuesday from 12-1 pm at the Biller Resource Center RSVP: CityofHope.org/PatientPrograms Questions: Maiya Spinks 626-218-9105 or PositivelmageCenter@coh.org</p> | <p>Caring About Patient Education (CAPE)</p> <p>Learn about managing side effects of cancer treatment. Each session covers a different topic.</p> <p>April Topic: Nausea, Heartburn, Indigestion, Upset Stomach, Diarrhea Who: All patients and their caregivers When: Series begins April 25 from 3:30–4:30 pm. Where: Connect via Zoom.US Meeting ID: 794 832 2908 No passcode required Register: CityofHope.org/PatientPrograms</p> | <p>Caregivers Connect</p> <p>Connect with other caregivers, share their stories, reduce stress, and find support.</p> <p>Who: Caregivers of loved one with cancer, community caregivers welcome. When: 2nd and 4th Wednesday of the month 12–1:30 pm Register: CityofHope.org/PatientPrograms More information at CityofHope.org/Caregivers</p> | <p>Chinese American Cancer Health Education Support Network and Group</p> <p>Health education and support in Mandarin.</p> <p>When: Meets 2nd 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</p> | <p>Chronic Lymphocytic Leukemia (CLL) Patient and Caregiver Education and Support Group</p> <p>Sponsored by the CLL Society, this group provides education and support and offers the opportunity to discuss anxieties and concerns with others.</p> <p>Who: Patients and caregivers When: Monthly alternating on the 3rd Monday from 7-9 pm and the 3rd Saturday from 10-noon. To RSVP and for more info: support@CLLSociety.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 medula ósea.</p> <p>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</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 pm Register and Questions: Lynne Thomas at 626-218-8406 or lythomas@coh.org</p> | <p>Eat Well & Thrive: Nutrition and Breast Cancer Survivorship 🧑</p> <p>Discover evidence-based strategies on diet and lifestyle for improving your health. Nourish your body, embrace wellness, and thrive beyond breast cancer.</p> <p>Who: patients, caregivers, and the community When: April 25 from 2–3 pm RSVP: CityofHope.org/PatientPrograms Questions: PatientEducation@coh.org or 626-218-2273</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 from 1–3 pm Register and Questions Contact: Madeline Santoyo 626-218-2523 or Tina Patatanyan 626-218-9938 or email HCTDischargeClass@coh.org</p> | <p>Let's Get Real</p> <p>This is a support group series for young adults who are looking to connect with peers and discuss the difficult emotions that come with cancer diagnosis. Those emotions include anger, sadness, grief, and worry.</p> <p>Who: Adolescent and young adult cancer patients ages 18-39 When: April 17 & 24, May 1 & 8 from 4-5:30pm Register by clicking the link below: forms.office.com/r/dkZgRyxK2d</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 pm Register: Jenny Lu at 626-218-8407 or email jenlu@coh.org</p> | <p>Look Good Feel Better Workshops</p> <p>Live instructions, tips, and tricks for dealing with the visible side effects of cancer treatment.</p> <p>Register: bit.ly/3GpAzDu Code: C191010</p> <p>Note: must register two weeks in advance to receive the kit prior to start of class. Please check front of calendar for time: April 2, 8, 17 and 30 Questions: 626-218-3842 or PositivelmageCenter@coh.org</p> |
| <p>Medicare Fraud Workshop 🧑</p> <p>Join this workshop to learn more about Medicare fraud and how to avoid it. Led by Center for Health Care Rights (CHCR).</p> <p>Who: Open to everyone When: Aril 24, from 12-1 pm Register by visiting the following: CityofHope.org/PatientPrograms Questions call 626-218-2273 or BillerResoruceCenter@coh.org</p> | <p>Patient Portal Workshop</p> <p>Join this class to learn how to navigate your MyCityofHope patient portal. To join, you must have an active MyCityofHope account.</p> <p>Who: patients, caregivers, proxy users When: Mondays from 12:30-1:30 pm Register: CityofHope.org/PatientPrograms</p> | <p>Patient and Family Orientation</p> <p>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.</p> <p>When: Tuesdays 11 am-12 pm Resource Center Register: CityofHope.org/PatientPrograms</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 pm Register and Questions: Contact Kathleen Burns at 626-218-1188 or kaburns@coh.org</p> | <p>Sex, Cancer and Your Body</p> <p>Join City of Hope experts to learn about sexual health during and after cancer treatment. Find tips and strategies on how to manage challenges that may occur. This class is offered quarterly.</p> <p>Who: a virtual class for women. Join via Zoom When: April 12 from 12-1 pm Register: CityofHope.org/PatientPrograms</p> | <p>Tobacco Cessation Support Group Tabaco Cesación en español</p> <p>Learn strategies to overcome withdrawal symptoms and to break habits that link to and trigger tobacco use.</p> <p>When: Mondays 4–5 pm and Tuesdays 6–8 pm En español miércoles 6–7 pm Register: smokingcessation@coh.org or 626-218-9114</p> |
| <p>Women's Cancer Support Group</p> <p>Join us to find support and learn from others.</p> <p>Who: Patients with breast or gynecological cancer, stages 1, 2, and 3. When: Group meets 2nd Tuesday of each month from 5–6:30 pm Register: Lisa Donley-Lanyi 626-218-8049 or Ldonley-Lanyi@coh.org</p> | <p>You Lost Your Hair, Now What? Scalp Care Workshop 🧑</p> <p>Learn about hair loss and ways to manage it. Topics include chemotherapy-induced Alopecia, cold capping, post-chemo hair and more.</p> <p>Who: Anyone with a cancer diagnosis When: April 2 from 12-1 pm RSVP: CityofHope.org/PatientPrograms Questions: Maiya Spinks 626-218-9105 or PositivelmageCenter@coh.org</p> | <p>EVENTS 🧑</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p>Excellence Defined by You – Join the Patient and Family Advisory Council Meet patient and caregiver advisors from PFAC and El Concilio. Learn about their impact at City of Hope and how to you can join. In-Person Recruitment Event: April 25, 10am-2pm at Helford Hospital Patio</p> <p>Excelencia definida por pacientes - Sea parte de El Concilio, consejo de pacientes y familias Conozca los consejos de pacientes y familias de inglés (PFAC) y español (El Concilio). Aprenda sobre su impacto en City of Hope y como ser un miembro. Evento de reclutamiento: Jueves, 25 de abril, 10am-2pm en el patio de Helford Hospital For more information, please contact Becky Andrews at 626-218-5978 or bandrews@coh.org</p> </div> <div style="width: 48%;"> <p>Catholic Mass Weekly mass from 12-12:45 pm is open to everyone at Blank Meditation Center Questions: Contact Spiritual Care services at 626-218-3898 or cityofhope.org/SpiritualCare</p> <p>Produce for Patients If you are experiencing financial hardship, stop by patient-only drive-through to receive a bag of fruits and vegetables. Please bring your patient ID card. April 24 at Parking Lot E. Starts at 9am and ends when supplies run out.</p> </div> </div> | | | |