

CLASS DIRECTORY

TO REGISTER: SCAN THE QR CODE WITH YOUR SMART PHONE CAMERA & SELECT YOUR CLASS OR VISIT [CITYOFHOPE.ORG/OC/SUPPORTIVECARE/CLASSES-AND-GROUPS](https://cityofhope.org/oc/supportivecare/classes-and-groups)



BREAST CANCER SUPPORT GROUP

Join other women navigating a breast cancer journey and receive feedback and support in a confidential setting.

Format: In-person and virtual

CAREGIVERS CONNECT

This group is for caregivers of cancer patients. Meet other caregivers, reduce stress and support each other.

Format: In-person and virtual

CHAIR YOGA THERAPY

This seated yoga class is ideal for those with balance and mobility issues but benefits all patients. Improve range of motion, flexibility, strength and more. **Format:** In-person and virtual

CONFIDENCE W/ HAIRCARE & MORE

Led by a licensed cosmetology specialist, this class is a great resource to help you feel vibrant throughout your treatment.

Format: In-person and virtual

GENTLE YOGA

Designed for all, this class will help improve flexibility, strength and bone health, while building resilience and mind and body connection.

Format: Virtual

GROUP DRUMMING FOR CONNECTION & EMPOWERMENT

No experience needed. Led by a board-certified music therapist, this group drumming experience for patients and their caregivers provides expressive opportunities to reduce anxiety and stress, feel more connected, and even boost energy.

Format: In-person

GUIDED MEDITATION

Led by a professional, these short sessions will teach techniques to help relieve stress and anxiety, enhance health and improve insomnia.

Format: Virtual

GYNECOLOGIC CANCERS SUPPORT GROUP

Led by an oncology social worker, for those who are currently receiving treatment for a gynecologic and/or reproductive cancer, this group shares personal experiences and helpful resources. **Format:** In-person and virtual

MIND-BODY MEDICINE

Learn to focus on the interactions between your mind and body, and develop a greater awareness of your physical and emotional state.

Format: In-person and virtual

MyCityofHope WORKSHOP

One-on-one technical assistance regarding how to download the app, register for an account, utilize the various features and much more!

Format: In-person and virtual

MULTIPLE MYELOMA WORKSHOP

This workshop for Multiple Myeloma patients, family members and caregivers, provides an overview of Multiple Myeloma as well as an introduction to helpful resources for ongoing patient and caregiver education and support. **Format:** Virtual

NAVIGATING CHANGE

This support group offers a safe space to help patients navigate their cancer journey with resilience and strength, equipping them with valuable tools to help manage the emotional and day-to-day challenges that come with cancer.

Format: In-person

NUTRITION

Join our oncology nutrition expert to learn about diet and nutrition throughout the cancer continuum, and common cancer diet myths.

Format: Virtual

PATIENT & FAMILY ORIENTATION

Get a tour of the City of Hope Orange County Lennar Foundation Cancer Center and learn about our services and amenities.

Format: In-person and virtual

QIGONG

This class includes Qigong set routines and traditional Tai Chi movements to cultivate coordination, mental and emotional stress relief, muscular relaxation and more. **Format:** In-person and virtual

UNDERSTANDING LYMPHEDEMA

This class offers an overview of the lymphatic system to help patients and caregivers understand risk factors, symptoms, tips for prevention and treatment options. **Format:** In-person and virtual

YOGA THERAPY FOR WELLNESS

A gentle yoga class to improve range of motion, flexibility, strength and more. **Format:** In-person and virtual



PATIENT EDUCATION AND SUPPORT GROUPS

March 2025

Contact us for more information:

P 949-671-4121

E BillerResourceCenterOC@coh.org

[CityofHope.org/OC/supportivecare](https://cityofhope.org/oc/supportivecare)

MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Gentle Yoga - 10 - 11 a.m. Patient & Family Orientation - 11 - 12 p.m. Confidence w/ Haircare - 1 - 1:45 p.m. Understanding Lymphedema - 3 - 4 p.m.	4 MyCityofHope Patient Portal Workshop - 10 - 11 a.m.	5 Chair Yoga Therapy - 10:30 - 11:30 a.m. (virtual) Ash Wednesday - 10 - 3 p.m. Caregivers Connect 12 - 1 p.m. (virtual) Qigong - 1:30 - 2:30 p.m. (virtual)	6 Mind-Body Medicine - 11 - 12 p.m. Group Drumming - 6 - 7 p.m.	7 Yoga Therapy for Wellness - 10:30 - 11:30 a.m. Guided Meditation - 12:30 - 1 p.m. Nutrition Class - 1 - 2 p.m.
10 Gentle Yoga - 10 - 11 a.m. Patient & Family Orientation - 11 - 12 p.m.	11 MyCityofHope Patient Portal Workshop - 10 - 11 a.m.	12 Chair Yoga Therapy - 10:30 - 11:30 a.m. Breast Cancer Support Group - 12 - 1 p.m. Qigong - 1:30 - 2:30 p.m.	13 Mind-Body Medicine - 11 - 12 p.m. Gynecologic Cancers Support Group - 3 - 4 p.m. Group Drumming - 6 - 7 p.m.	14 Yoga Therapy for Wellness - 10:30 - 11:30 a.m. Guided Meditation - 12:30 - 1 p.m.
17 Gentle Yoga - 10 - 11 a.m. Patient & Family Orientation - 11 - 12 p.m.	18 MyCityofHope Patient Portal Workshop - 10 - 11 a.m.	19 Chair Yoga Therapy - 10:30 - 11:30 a.m. Caregivers Connect 12 - 1 p.m. Qigong - 1:30 - 2:30 p.m. Multiple Myeloma Workshop - 3 - 5 p.m.	20 Mind-Body Medicine - 11 - 12 p.m. Group Drumming - 6 - 7 p.m.	21 Navigating Change (LFCC) - 9 - 10 a.m. Yoga Therapy for Wellness - 10:30 - 11:30 a.m. Guided Meditation - 12:30 - 1 p.m.
24 Gentle Yoga - 10 - 11 a.m. Patient & Family Orientation - 11 - 12 p.m.	25 MyCityofHope Patient Portal Workshop - 10 - 11 a.m.	26 Chair Yoga Therapy - 10:30 - 11:30 a.m. Breast Cancer Support Group - 12 - 1 p.m. Qigong - 1:30 - 2:30 p.m.	27 Mind-Body Medicine - 11 - 12 p.m. Gynecologic Cancers Support Group - 3 - 4 p.m. Group Drumming - 6 - 7 p.m.	28 Yoga Therapy for Wellness - 10:30 - 11:30 a.m. Guided Meditation - 12:30 - 1 p.m.
31 Gentle Yoga - 10 - 11 a.m. Patient & Family Orientation - 11 - 12 p.m.				