









April 2025

Sheri & Les Biller Patient and Family Resource Center
Department of Supportive Care Medicine

SUPPORT SERVICES CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday
<div> = In Person</div> <div>Unless otherwise specified, all classes are open to patients and caregivers ages 18 and over.</div>	<div>1</div> <div>10:30-11:30 am Gentle Yoga </div> <div>11 am-12 pm Patient and Family Orientation</div> <div>12-1 pm You Lost Your Hair, Now What? Scalp Care Workshop</div> <div>12:30-3:30 pm Assistance with Resources </div> <div>6-8 pm Tobacco Cessation </div>	<div>2</div> <div>8 am – 12 pm Assistance with Resources </div> <div>10:30-11:30 am Chair Yoga</div> <div>12-12:45 pm Catholic Mass </div> <div>1-3 pm HCT Discharge Class for Caregivers</div> <div>1:30-2:30 pm Qigong for Vitality</div> <div>6-7 pm Tabaco Cesación En español</div>	<div>3</div> <div>11 am-12 pm Mind-body Medicine</div>	<div>4</div> <div>10:30-11:30 am Yoga Therapy</div> <div>12:30-1 pm Guided Meditation</div>
<div>7</div> <div>10-11 am Gentle Yoga</div> <div>12:30-1:30 pm Patient Portal Workshop</div> <div>2:30-3:30 pm Drumming for Connection and Empowerment Group</div> <div>4-5 pm Tobacco Cessation</div>	<div>8</div> <div>10:30-11:30 am Gentle Yoga </div> <div>11 am-12 pm Patient and Family Orientation</div> <div>12:30-3:30 pm Assistance with Resources </div> <div>6-8 pm Tobacco Cessation</div>	<div>9</div> <div>8 am – 12 pm Assistance with Resources </div> <div>10:30-11:30 am Chair Yoga</div> <div>12-12:45 pm Catholic Mass </div> <div>12-1 pm What You Need to Know About Scalp Cooling</div> <div>12-1:30 pm Caregivers Connect</div> <div>1:30-2:30 pm Qigong for Vitality</div> <div>5:30-7:30 pm Living with Metastatic Breast Cancer Support Group</div> <div>6-7 pm Tabaco Cesación En español</div>	<div>10</div> <div>11 am-12 pm Mind-body Medicine</div> <div>1:30-2:30 pm Qigong for Vitality </div> <div>3:30-4:30 pm Caring About Patient Education (CAPE): Nutrition During Treatment</div>	<div>11</div> <div>10:30-11:30 am Yoga Therapy</div> <div>12-1 pm Sex, Cancer and Your Body</div> <div>12:30-1 pm Guided Meditation</div> <div>Saturday April 12 Chinese American Cancer Health Education Network and Support Group</div>
<div>14</div> <div>10-11 am Gentle Yoga</div> <div>12:30-1:30 pm Patient Portal Workshop</div> <div>2:30-3:30 pm Drumming for Connection and Empowerment Group</div> <div>4-5 pm Tobacco Cessation</div>	<div>15</div> <div>10:30-11:30 am Gentle Yoga </div> <div>11 am-12 pm Patient and Family Orientation</div> <div>12-1 pm All about Wigs </div> <div>12-1:30 pm Couples: Essential Skills for Overcoming the Challenges of Cancer Together</div> <div>12:30-3:30 pm Assistance with Resources </div> <div>3-5 pm Clase de alta de trasplante para cuidadores</div> <div>6-8 pm Tobacco Cessation</div>	<div>16</div> <div>8 am – 12 pm Assistance with Resources </div> <div>10 am-12 pm Look Good Feel Better Workshop</div> <div>10:30-11:30 am Chair Yoga</div> <div>12-12:45 pm Catholic Mass </div> <div>1-3 pm HCT Discharge Class for Caregivers</div> <div>1:30-2:30 pm Qigong for Vitality</div> <div>2:30-4 pm Arts Program </div> <div>6-7 pm Tabaco Cesación En español</div>	<div>17</div> <div>11 am-12 pm Mind-body Medicine</div> <div>12-1 pm Medicare Overview</div> <div>1:30-2:30 pm Qigong for Vitality </div>	<div>18</div> <div>10:30-11:30 am Yoga Therapy</div> <div>12:30-1 pm Guided Meditation</div> <div>Saturday April 19 Chronic Lymphocytic Leukemia (CLL) Patient and Caregiver Support Group</div>
<div>21</div> <div>10-11 am Gentle Yoga</div> <div>12:30-1:30 pm Patient Portal Workshop</div> <div>2:30-3:30 pm Drumming for Connection and Empowerment Group</div> <div>4-5 pm Tobacco Cessation</div>	<div>22</div> <div>10:30-11:30 am Gentle Yoga </div> <div>11 am-12 pm Patient and Family Orientation</div> <div>12:30-3:30 pm Assistance with Resources </div> <div>6-8 pm Tobacco Cessation</div>	<div>23</div> <div>8 am – 12 pm Assistance with Resources </div> <div>10:30-11:30 am Chair Yoga</div> <div>12-12:45 pm Catholic Mass </div> <div>12-1:30 pm Caregivers Connect</div> <div>1:30-2:30 pm Qigong for Vitality</div> <div>6-7 pm Tabaco Cesación En español</div>	<div>24</div> <div>11 am-12 pm Mind-body Medicine</div> <div>1:30-2:30 pm Qigong for Vitality </div> <div>3:30-4:30 pm Caring About Patient Education (CAPE): Sexuality and Cancer</div>	<div>25</div> <div>10:30-11:30 am Yoga Therapy</div> <div>12:30-1 pm Guided Meditation</div>
<div>28</div> <div>10-11 am Gentle Yoga</div> <div>12:30-1:30 pm Patient Portal Workshop</div> <div>2:30-3:30 pm Drumming for Connection and Empowerment Group</div> <div>4-5 pm Tobacco Cessation</div>	<div>29</div> <div>10:30-11:30 am Gentle Yoga</div> <div>11 am-12 pm Patient and Family Orientation</div> <div>12:30-3:30 pm Assistance with Resources </div> <div>6-7:30 pm Prostate Cancer Support Group</div> <div>6-8 pm Tobacco Cessation</div>	<div>30</div> <div>8 am – 12 pm Assistance with Resources </div> <div>9 am – until food runs out Produce for Patients EVENT </div> <div>10:30-11:30 am Chair Yoga</div> <div>12-12:45 pm Catholic Mass </div> <div>1:30-2:30 pm Qigong for Vitality</div> <div>4-5 pm AYA Program Support Group</div> <div>6-7 pm Tabaco Cesación En español</div>	<div>EVENT</div> <div>Produce for Patients</div> <div>Patients can stop by to receive a bag of fruits and vegetables. Please bring your patient ID card. Event is at Parking Lot E. Event starts at 9 am and ends when supplies run out.</div> <div>For more information, please contact Nancy Clifton-Hawkins at 626-218-4053</div>	

Adolescent and Young Adult (AYA) Program Support Group Come join the City of Hope AYA group! This group meets virtually every month to discuss common topics that apply to anyone with a cancer diagnosis. Who: Patients between the ages of 18-39 When: Last Wednesday of every month from 4-5 pm To RSVP and for more info: aya@coh.org	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: 626-218-2273 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	Caring About Patient Education (CAPE) Learn about managing side effects of cancer treatment. Each session covers a different topic. Please see front side for monthly topics. Who: All patients and their caregivers When: 2 nd and 4 th Thursday of the month from 3:30– 4:30 pm Virtual: Connect via Zoom.US Meeting ID: 794 832 2908 No passcode required Register: CityofHope.org/PatientPrograms	Catholic Mass  Weekly mass is open to everyone. Drop-ins welcome. Who: Patients, caregivers, the community, and staff In-Person: Every Wednesday from 12-12:45 pm at 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 medula 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 Workshop  Live instructions, tips, and tricks for dealing with the visible side effects of cancer treatment. Who: Open to women who are in active treatment In Person April 16 from 10am-12pm at Biller Resource Center Register: www.lookgoodfeelbetter.org Questions: 626-218-3842 or PositivImageCenter@coh.org	Medicare Overview Learn more Medicare and Medi-Cal coverage options. Led by Center for Health Care Rights (CHCR). Who: Open to everyone When: April 17, from 12-1 pm Register by visiting the following: CityofHope.org/PatientPrograms Questions call 626-218-2273 or BillerResourceCenter@coh.org	Patient Portal Workshop 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 When: Mondays from 12:30-1:30 pm Register: CityofHope.org/PatientPrograms	Patient and Family Orientation 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. Who: Patients, families, and caregivers When: Tuesdays 11 am-12 pm 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	Sex, Cancer and Your Body 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. Who: a virtual class for women. Join via Zoom When: April 11, from 12-1 pm Register: CityofHope.org/PatientPrograms
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	What You Need to Know About Scalp Cooling Join us to learn about what scalp cooling is all about, your scalp cooling options, how to receive insurance reimbursement, and more. Who: Anyone with a cancer diagnosis When: Every 2 nd Wednesday of the month from 12-1 pm RSVP: CityofHope.org/PatientPrograms Questions: Maiya Spinks 626-218-9105 or PositivImageCenter@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 When: 1st Tuesday of the month from 12-1 pm RSVP: CityofHope.org/PatientPrograms Questions: Maiya Spinks 626-218-9105 or PositivImageCenter@coh.org	Integrative Oncology Classes <div><div> Qigong for Vitality–Thursdays from 1:30-2:30 pm  Gentle Yoga–Tuesdays from 10:30-11:30 am Gentle Yoga–Mondays from 10-11 am Guided Meditation–Fridays from 12:30-1 pm  Drumming Group–Mondays from 2:30-3:30 pm  Arts Program –Wed April 16, 2:30-4 pm Topic: Watercolor class: panoramic landscapes</div><div>To register for the above classes, visit CityofHope.org/PatientPrograms or call 626-218-2273</div></div> <div><div>Chair Yoga–Wednesdays from 10:30-11:30 am Mind-Body Medicine –Thursdays from 11 am-12pm Qigong for Vitality–Wednesdays from 1:30-2:30 pm Yoga Therapy–Fridays from 10:30-11:30 am</div><div>To register for the above classes please call 949-671-4121 or BillerResourceCenterOC@coh.org</div></div>		