

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. For patients and caregivers to reduce anxiety and stress.

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**

METASTATIC CANCER SUPPORT GROUP

For individuals living with stage IV cancer to connect with others, find emotional support and gain helpful insights and information.

Format: 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**

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**

YOUNG ADULT THRIVE SUPPORT GROUP

A monthly support group designed for young adolescents, ages 18-39. Build social connections with others as we discuss relevant topics, coping strategies, and practical resources to support you during your cancer journey. **Format: In-person and virtual**



PATIENT EDUCATION AND SUPPORT GROUPS

August 2025

Contact us for more information:

P 949-671-4121

E BillerResourceCenterOC@coh.org

CityofHope.org/OC/supportivecare

AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Yoga Therapy for Wellness - 10:30 - 11:30 a.m. Guided Meditation - 12:30 - 1 p.m.
4 Gentle Yoga - 10 - 11 a.m. Confidence w/ Haircare - 1 - 1:45 p.m. Understanding Lymphedema - 3 - 4 p.m.	5	6 Chair Yoga Therapy - 10:30 - 11:30 a.m. Caregivers Connect 12 - 1 p.m. Qigong - 1:30 - 2:30 p.m.	7 Mind-Body Medicine - 11 - 12 p.m. Group Drumming - 6 - 7 p.m.	8 Yoga Therapy for Wellness - 10:30 - 11:30 a.m. Guided Meditation - 12:30 - 1 p.m.
11 Gentle Yoga - 10 - 11 a.m.	12 Metastatic Cancer Support Group - 5 - 6:30 p.m.	13 Chair Yoga Therapy - 10:30 - 11:30 a.m. Qigong - 1:30 - 2:30 p.m. Young Adult Support Group - 3:30 - 4:30 p.m.	14 Mind-Body Medicine - 11 - 12 p.m. Gynecologic Cancers Support Group - 3 - 4 p.m. Group Drumming - 6 - 7 p.m.	15 Yoga Therapy for Wellness - 10:30 - 11:30 a.m. Guided Meditation - 12:30 - 1 p.m.
18 Gentle Yoga - 10 - 11 a.m.	19	20 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.	21 Mind-Body Medicine - 11 - 12 p.m. Group Drumming - 6 - 7 p.m.	22 Yoga Therapy for Wellness - 10:30 - 11:30 a.m. Guided Meditation - 12:30 - 1 p.m.
25 Gentle Yoga - 10 - 11 a.m.	26 Metastatic Cancer Support Group - 5 - 6:30 p.m.	27 Chair Yoga Therapy - 10:30 - 11:30 a.m. Qigong - 1:30 - 2:30 p.m.	28 Mind-Body Medicine - 11 - 12 p.m. Gynecologic Cancers Support Group - 3 - 4 p.m. Group Drumming - 6 - 7 p.m.	29 Yoga Therapy for Wellness - 10:30 - 11:30 a.m. Guided Meditation - 12:30 - 1 p.m.