

NOVEMBER 2026

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

SUPPORT SERVICES CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 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 12:30-3:30 pm Assistance with Resources	4 10-11 am Gentle Yoga 12-12:45 pm Catholic Mass 12-1 pm Head and Neck Cancer Education and Support Group 1-3 pm HCT Discharge Planning Class for Caregivers	5 9:30-10 am Guided Meditation 10 am – 1:30 pm Assistance with Resources 2-3 pm Qigong for Vitality ~hybrid class 3:30-4:30 pm Let’s Manage the Side Effects of Cancer Treatment: Anxiety, Depression and Fear – Oh My!	6 1-2 pm Islamic/Muslim Jumu’ah Prayers
9	10 10:30-11:30 am Gentle Yoga 11 am-12 pm Patient and Family Orientation 11 am-1 pm AYA Café 12-1 pm Getting Ready for Open Enrollment – Medicare Workshop 12:30-3:30 pm Assistance with Resources	11 10-11 am Gentle Yoga 12-12:45 pm Catholic Mass 12-1 pm What You Need to Know About Scalp Cooling 12-1:30 pm Caregivers Connect	12 9-10 am Look Good Feel Better 9:30-10 am Guided Meditation 10 am – 1:30 pm Assistance with Resources 2-3 pm Qigong for Vitality ~hybrid class	13 1-2 pm Islamic/Muslim Jumu’ah Prayers
16	17 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 12:30-3:30 pm Assistance with Resources	18 10-11 am Gentle Yoga 12-12:45 pm Catholic Mass 1-3 pm HCT Discharge Planning Class for Caregivers	19 9:30-10 am Guided Meditation 10 am – 1:30 pm Assistance with Resources 2-3 pm Look Good Feel Better 2-3 pm Qigong for Vitality ~hybrid class 3:30-4:30 pm Let’s Manage the Side Effects of Cancer Treatment: Herbal Therapy and Integrative Medicine	20 1-2 pm Islamic/Muslim Jumu’ah Prayers
23	24 10:30-11:30 am Gentle Yoga 11 am-12 pm Patient and Family Orientation 11 am-1 pm AYA Café 12:30-3:30 pm Assistance with Resources	25 10-11 am Gentle Yoga 12-12:45 pm Catholic Mass 12-1:30 pm Caregivers Connect 4-5 pm Adolescent and Young Adult (AYA) Support Group	26 	27 1-2 pm Islamic/Muslim Jumu’ah Prayers
30	  = In Person Unless otherwise specified, all classes are open to patients and caregivers ages 18 and over. Biller Resource Center Northwest Building Room 1102 Duarte location 626-218-2273 BillerResourceCenter@coh.org 			

Adolescent and Young Adult (AYA) Program Support Group Join this monthly AYA group to discuss common issues and topics that are relevant to anyone affected by a cancer diagnosis. Who: Patients between the ages of 18-39 When: Last Wednesday of the month from 4-5 pm Zoom link: https://bit.ly/groupaya Questions: 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 3rd Tuesday from 12-1 pm at the Biller Resource Center RSVP: CityofHope.org/PatientProgramsLA Questions: Maiya Spinks 626-218-9105 or PositivelImageCenter@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 Thursdays 10 am – 1:30 pm at Biller Resource Center To make an appointment: 626-218-2273 or ResourceCoordinators@coh.org	AYA Café Stop by and check out our AYA Café. Whether you have spare time between appointments or a full day free, you and the rest of the AYA community are invited to connect and enjoy fun activities together! Who: Patients between the ages of 15-39 When: Every 2nd and 4th Tuesday of the month from 11am - 1pm Where: Starbucks, Duarte campus Questions: Davis Wideman at dwideman@coh.org or aya@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: 2nd and 4th Wednesday of the month 12–1:30 pm RSVP: CityofHope.org/PatientProgramsLA More information at CityofHope.org/Caregivers	Catholic Mass  Weekly mass is open to everyone. Drop-ins welcome. Who: Patients, caregivers, the community, and staff In-Person: Wednesdays from 12-12:45 pm at Blank Interfaith Meditation Center Questions: Contact Spiritual Care services at 626-218-3898 or cityofhope.org/SpiritualCare				
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: 3rd Tuesday of the month 12–1:30 pm Register and Questions: Lynne Thomas at 626-218-8406 or lythomas@coh.org	Getting Ready for Open Enrollment Learn when to enroll in a Part D plan, what benefits are covered by a Part D drug plan, and how your Medicare drug benefits work with Medi-Cal or your retiree drug coverage. Led by the Center for Health Care Rights (CHCR). Who: Open to everyone In-Person: November 10 from 12-1 pm RSVP: CityofHope.org/PatientProgramsLA Questions: 626-218-2273 or BillerResourceCenter@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: 1st and 3rd Wednesday of the month from 1–3 pm Register and Questions Contact: Madeline Santoyo 626-218-2523 or Kristin Garcia 626-218-9020 or email HCTDischargeClass@coh.org	Head and Neck Cancer Education and Support Group A welcoming space for patients and caregivers facing head and neck cancer—from diagnosis through recovery and beyond. Connect with others, share experiences, ask questions, and get practical support. Who: Patients and caregivers When: 1st Wednesday of the month from 12-1 pm RSVP: CityofHope.org/PatientProgramsLA Questions: Taylor Wilde 626-218-2863	Islamic/Muslim Jumu’ah Prayers  Jumu’ah is a weekly congregational prayer observed by Muslims, providing an opportunity for reflection, community, and spiritual connection. All are welcome. Who: Patients, caregivers, the community, and staff In-Person: Fridays from 1-2 pm at Blank Interfaith Meditation Center Questions: Contact Spiritual Care services at 626-218-3898 or cityofhope.org/SpiritualCare	Let’s Manage the Side Effects of Cancer Treatment Each session covers a different topic. Part of the Caring About Patient Education (CAPE) Series. Please see front side for monthly topics. Who: All patients and their caregivers When: Every 1st and 3rd Thursday of the month from 3:30– 4:30 pm Virtual: Connect via Zoom.US Meeting ID: 794 832 2908 No passcode required RSVP: CityofHope.org/PatientProgramsLA				
Look Good Feel Better Workshop An instructor will provide tips for dealing with the visible side effects of cancer treatment. You must sign up two weeks in advance to receive your free beauty kit. Who: Women who are in active treatment When: November 12 and 19; please see times on front of page Register: https://bit.ly/lgfballiance Use Referral Code CI91010 Questions: 626-218-3842 or PositivelImageCenter@coh.org	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 RSVP: CityofHope.org/PatientProgramsLA	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 2nd Wednesday of the month from 12-1 pm RSVP: CityofHope.org/PatientProgramsLA Questions: Maiya Spinks 626-218-9105 or PositivelImageCenter@coh.org	You Lost Your Hair, Now What? Scalp Care Workshop Learn about hair loss, ways to manage it, chemotherapy-induced Alopecia, scalp cooling, post-chemo hair and more. Who: Anyone with a cancer diagnosis When: 1st Tuesday of the month from 12-1 pm RSVP: CityofHope.org/PatientProgramsLA Questions: Maiya Spinks 626-218-9105 or PositivelImageCenter@coh.org	Integrative Oncology Classes <table><tr><td> Gentle Yoga – In-Person Tuesdays from 10:30-11:30 am</td><td>Guided Meditation - Virtual Thursdays from 9:30-10am</td></tr><tr><td>Gentle Yoga - Virtual Wednesdays from 10-11 am</td><td> Qigong for Vitality – Hybrid class Thursdays from 2-3 pm</td></tr></table> To register for the above classes, visit CityofHope.org/PatientProgramsLA or call 626-218-2273		 Gentle Yoga – In-Person Tuesdays from 10:30-11:30 am	Guided Meditation - Virtual Thursdays from 9:30-10am	Gentle Yoga - Virtual Wednesdays from 10-11 am	 Qigong for Vitality – Hybrid class Thursdays from 2-3 pm
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