

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)



BEREAVEMENT SUPPORT GROUP

The loss of a loved one to cancer can feel isolating, but you don't have to navigate grief alone. This supportive group offers a safe space to connect with others, build healthy coping skills, and move towards a path of healing together. ***Open to adults 18 and older. Format: in-person and virtual**

BREAST CANCER SUPPORT GROUP

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

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. *In-person class meets in the NucMed Consult room on the 2nd floor of the Lennar Foundation Cancer Center**

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**

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 PELVIC FLOOR HEALTH EDUCATION

An educational class that explains how pelvic floor muscles support bladder control, core strength, and daily function. Patients learn common causes of urinary incontinence and practical strategies, including exercises, lifestyle tips, and treatment options, to confidently manage symptoms and support long-term pelvic health. **Format: In-person and virtual. *In-person class meets in the Valley Oak conference room on the 3rd floor of the Lennar Foundation Cancer Center.**

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**

In-person classes take place at the Stanley W. Ekstrom Learning Center on the first floor of the Lennar Foundation Cancer Center, unless otherwise noted.



PATIENT EDUCATION AND SUPPORT GROUPS

October 2026

Contact us for more information:

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CityofHope.org/OC/supportivecare

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Mind-Body Medicine 11:00 a.m. - 12:00 p.m. Bereavement Support Group 4:00p.m. - 5:30 p.m.	2 Nutrition Class (Virtual) 1:00 p.m. - 2:00 p.m.
5 Confidence w/ Haircare 1:00p.m. - 1:45p.m. Mind-Body Medicine (Virtual) 3:00p.m. - 3:30p.m.	6	7 Chair Yoga Therapy 10:30a.m. - 11:30a.m. Caregivers Connect 12:00p.m. - 1:00p.m. Qigong 1:30p.m. - 2:30p.m.	8 Mind-Body Medicine 11:00 a.m. - 12:00 p.m. Gynecologic Cancers Support Group 3:00p.m. - 4:00p.m.	9 Yoga Therapy for Wellness 10:30a.m. - 11:30a.m.
12 Mind-Body Medicine (Virtual) 3:00p.m. - 3:30p.m.	13 Metastatic Cancer Support Group (Virtual) 5:00p.m. - 6:30p.m.	14 Chair Yoga Therapy 10:30a.m. - 11:30a.m. Qigong 1:30p.m. - 2:30p.m. Young Adult Support Group 3:30p.m. - 4:30 p.m. Breast Cancer Support Group (Virtual) 5:00p.m. - 6:00p.m.	15 Mind-Body Medicine 11:00a.m. - 12:00p.m. Bereavement Support Group (Virtual) 4:00p.m. - 5:30 p.m.	16 Yoga Therapy for Wellness 10:30a.m. - 11:30a.m.
19 Mind-Body Medicine (Virtual) 3:00p.m. - 3:30p.m.	20	21 Chair Yoga Therapy 10:30a.m. - 11:30a.m. Caregivers Connect 12:00pm - 1:00p.m. Qigong 1:30p.m. - 2:30p.m. Multiple Myeloma Workshop (Virtual) 3:00p.m. - 5:00p.m.	22 Mind-Body Medicine 11:00a.m. - 12:00p.m. Gynecologic Cancers Support Group 3:00p.m. - 4:00p.m.	23 Yoga Therapy for Wellness 10:30a.m. - 11:30a.m.
26 Mind-Body Medicine (Virtual) 3:00p.m. - 3:30p.m.	27 Metastatic Cancer Support Group (Virtual) 5:00p.m. - 6:30p.m.	28 Chair Yoga Therapy 10:30a.m. - 11:30a.m. Qigong - 1:30p.m. - 2:30 p.m.	29 Mind-Body Medicine 11:00a.m. - 12:00p.m.	30 Yoga Therapy for Wellness 10:30a.m. - 11:30a.m.