

SEPTEMBER 2026

SUPPORT SERVICES CALENDAR

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



Monday	Tuesday	Wednesday	Thursday	Friday
	1 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 3:30-4:30 pm Look Good Feel Better	2 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 4:30-5:30 pm Young Adult Couples: Essential Skills for Overcoming the Challenges of Cancer Together	3 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: Understanding Blood Counts and Immunosuppression	4 1-2 pm Islamic/Muslim Jumu’ah Prayers
7 	8 8-9 am Look Good Feel Better 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	9 12-12:45 pm Catholic Mass 12-1 pm Sex, Cancer and Your Body 12-1 pm What You Need to Know About Scalp Cooling 12-1:30 pm Caregivers Connect 4:30-5:30 pm Young Adult Couples: Essential Skills for Overcoming the Challenges of Cancer Together 5:30-7:30 pm Living with Metastatic Breast Cancer Support Group	10 9:30-10 am Guided Meditation 10 am – 1:30 pm Assistance with Resources 2-3 pm Qigong for Vitality ~hybrid class	11 1-2 pm Islamic/Muslim Jumu’ah Prayers
14 10-11 am Gentle Yoga	15 10:30-11:30 am Gentle Yoga 11 am-12 pm Patient and Family Orientation 12-1 pm All about Wigs 12:30-3:30 pm Assistance with Resources 3-5 pm Clase de alta de trasplante para cuidadores	16 12-12:45 pm Catholic Mass 1-3 pm HCT Discharge Planning Class for Caregivers 2-3 pm Look Good Feel Better 2:30-4 pm Arts Program 4:30-5:30 pm Young Adult Couples: Essential Skills for Overcoming the Challenges of Cancer Together	17 9:30-10 am Guided Meditation 10 am – 1:30 pm Assistance with Resources 12-1 pm Is a Medicare Advantage Plan Right for you? What You Need to Know 2-3 pm Nutrition for Breast Cancer Prevention 2-3 pm Qigong for Vitality ~hybrid class 3:30-4:30 pm Let’s Manage the Side Effects of Cancer Treatment: Nutrition During Treatment	18 1-2 pm Islamic/Muslim Jumu’ah Prayers
21 10-11 am Gentle Yoga	22 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	23 12-12:45 pm Catholic Mass 12-1:30 pm Caregivers Connect 4:30-5:30 pm Young Adult Couples: Essential Skills for Overcoming the Challenges of Cancer Together	24 9:30-10 am Guided Meditation 10 am – 1:30 pm Assistance with Resources 10-11 am Got Curls After Chemo? 2-3 pm Qigong for Vitality ~hybrid class 4-5 pm Look Good Feel Better	25 1-2 pm Islamic/Muslim Jumu’ah Prayers
28 10-11 am Gentle Yoga	29 11 am-12 pm Patient and Family Orientation 12:30-3:30 pm Assistance with Resources	30 9-10 am Look Good Feel Better 12-12:45 pm Catholic Mass 4-5 pm Adolescent and Young Adult (AYA) Support Group	= 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/PatientPrograms 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 Register: CityofHope.org/PatientPrograms 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
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: El 3er 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	Got Curls After Chemo?  Join City of Hope’s oncology cosmetologist in this hands-on workshop to address “new” curly hair, how to manage the curls, and more. Who: Anyone finished with chemo In-Person: Last Thursday of the month from 10-11 am at the Biller Resource Center RSVP: CityofHope.org/PatientPrograms Questions: Maiya Spinks 626-218-9105 or PositivelImageCenter@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 Tina Patatanyan 626-218-9938 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 Register: CityofHope.org/PatientPrograms Questions: Taylor Wilde 626-218-2863	Is Medicare Advantage Plan Right for You? What You Need to Know Learn how Medi-Cal works when someone has a Share of Cost and explore options that may help reduce or eliminate it. Led by the Ce nter for Health Care Rights (CHCR). Who: Open to everyone When: September 17 from 12-1 pm RSVP: CityofHope.org/PatientPrograms Questions: 626-218-2273 or BillerResourceCenter@coh.org	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 Register: CityofHope.org/PatientPrograms	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: 2nd 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 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: September 1, 8, 16, 24, and 30; please see times on front of page Register: https://bit.ly/lgfballiance Use Referral Code CI91010 Questions: 626-218-3842 or PositivelImageCenter@coh.org	Nutrition for Breast Cancer Prevention  Join our nutrition classes to support you before, during and after treatment. Part of The Power of Healthy Eating series. Who: Patients, caregivers and the community In-Person: September 17 from 2- 3 pm at Biller Resource Center Register: CityofHope.org/PatientPrograms Questions: patienteducation@coh.org or 626-218-2273	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	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: Virtual class for women. When: Every second Wednesday of the month, 12-1 pm Virtual: Connect via Zoom.US Meeting ID: 6262183326 No passcode required Visit: CityofHope.org/PatientPrograms
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/PatientPrograms 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/PatientPrograms Questions: Maiya Spinks 626-218-9105 or PositivelImageCenter@coh.org Young Adult Couples Group: 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, gain problem solving skills and more. Who: Patients and their significant others When: September 2, 9, 16, and 23 from 4:30-5:30 pm Register and Questions: Lynne Thomas at 626-218-8406 or couplesprogram@coh.org Integrative Oncology Classes  Arts Program September 16, 2:30-4 pm Topic: Decorate your own canvas bag  Qigong for Vitality Thursdays, from 2-3 pm ~hybrid class To register for the above classes, visit CityofHope.org/PatientPrograms or call 626-218-2273 Gentle Yoga Mondays from 10-11 am Guided Meditation Thursdays from 9:30-10 am  Gentle Yoga – In-Person Tuesdays from 10:30-11:30 am Note: Sept. 29 class cancelled					