

# OCTOBER

## Support Groups & Workshops



COMPREHENSIVE  
CANCER CENTER

DESERT REGIONAL MEDICAL CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Classes Meet in the Comprehensive Cancer Center, Third Floor East Conference Room, unless otherwise noted		1 <ul style="list-style-type: none"> <li>▶ <b>Pet Therapy</b> 9 – 11 am</li> </ul>	2 <ul style="list-style-type: none"> <li>▶ <b>Pet Therapy</b> 9 – 11 am</li> <li>▶ <b>Massage Therapy</b> 10 am – 12:30 pm</li> <li>▶ <b>Adaptive Yoga</b> 12 – 1 pm</li> </ul>	3 <ul style="list-style-type: none"> <li>▶ <b>Massage Therapy</b> 10 am – 12 pm</li> </ul>
6	7 <ul style="list-style-type: none"> <li>▶ <b>Massage Therapy</b> 10 am – 12:30 pm</li> </ul>	8 <ul style="list-style-type: none"> <li>▶ <b>Pet Therapy</b> 9 – 11 am</li> <li>▶ <b>Spiritual Reflection Group</b> 1:30 pm Radiation Oncology Conference Room</li> </ul>	9 <ul style="list-style-type: none"> <li>▶ <b>Pet Therapy</b> 9 – 11 am</li> <li>▶ <b>Massage Therapy</b> 10 am – 12:30 pm</li> <li>▶ <b>Adaptive Yoga</b> 12 – 1 pm</li> </ul>	10 <ul style="list-style-type: none"> <li>▶ <b>Massage Therapy</b> 10 am – 12 pm</li> <li>▶ <b>Advances in the Detection of Breast Cancer</b> 12:30 – 2 pm</li> </ul>
13 <ul style="list-style-type: none"> <li>▶ <b>New Patient Orientation Lunch</b> 12 – 1:30 pm</li> </ul>	14 <ul style="list-style-type: none"> <li>▶ <b>Massage Therapy</b> 10 am – 12:30 pm</li> </ul>	15 <ul style="list-style-type: none"> <li>▶ <b>Pet Therapy</b> 9 – 11 am</li> <li>▶ <b>Journaling</b> 1:30 pm</li> </ul>	16 <ul style="list-style-type: none"> <li>▶ <b>Pet Therapy</b> 9 – 11 am</li> <li>▶ <b>Massage Therapy</b> 10 am – 12:30 pm</li> <li>▶ <b>Adaptive Yoga</b> 12 – 1 pm</li> </ul>	17 <ul style="list-style-type: none"> <li>▶ <b>Massage Therapy</b> 10 am – 12 pm</li> </ul>
20 <ul style="list-style-type: none"> <li>▶ <b>Look Good, Feel Better</b> 9 – 11 am</li> </ul>	21 <ul style="list-style-type: none"> <li>▶ <b>Massage Therapy</b> 10 am – 12:30 pm</li> </ul>	22 <ul style="list-style-type: none"> <li>▶ <b>Pet Therapy</b> 9 – 11 am</li> <li>▶ <b>Spiritual Reflection Group</b> 1:30 pm Radiation Oncology Conference Room</li> <li>▶ <b>How to Talk to Loved Ones About Cancer</b> 1:30 – 3 pm</li> </ul>	23 <ul style="list-style-type: none"> <li>▶ <b>Pet Therapy</b> 9 – 11 am</li> <li>▶ <b>Massage Therapy</b> 10 am – 12:30 pm</li> <li>▶ <b>Adaptive Yoga</b> 12 – 1 pm</li> </ul>	24 <ul style="list-style-type: none"> <li>▶ <b>Massage Therapy</b> 10 am – 12 pm</li> </ul>
27	28 <ul style="list-style-type: none"> <li>▶ <b>Massage Therapy</b> 10 am – 12:30 pm</li> </ul>	29 <ul style="list-style-type: none"> <li>▶ <b>Pet Therapy</b> 9 – 11 am</li> </ul>	30 <ul style="list-style-type: none"> <li>▶ <b>Pet Therapy</b> 9 – 11 am</li> <li>▶ <b>Massage Therapy</b> 10 am – 12:30 pm</li> <li>▶ <b>Adaptive Yoga</b> 12 – 1 pm</li> </ul>	31 <ul style="list-style-type: none"> <li>▶ <b>Massage Therapy</b> 10 am – 12 pm</li> <li>▶ <b>Spanish-Speaking Support Group</b> 12 – 1:30 pm</li> </ul>

October  
2008



YOU'RE INVITED

**NEW PATIENT  
ORIENTATION  
LUNCH**

**MONDAY, OCTOBER 13  
12 - 1:30 P.M.**

Third Floor East  
Conference Room,  
Comprehensive  
Cancer Center

Reservations:  
760 - 416 - 4802

# SUPPORT **Support Groups & Workshops** GROUPS & WORKSHOPS

**Classes meet in the Comprehensive Cancer Center, Third Floor, East Conference Room unless otherwise noted.**

## **New Patient Orientation Luncheon**

Are you a new patient? Join us for lunch and a chance to learn about new services offered at the Comprehensive Cancer Center and what to expect during your course of chemotherapy or radiation therapy. The Orientation Luncheon is held the 2nd Monday of the month from 12:00-1:30pm. Cost is free. Please call (760) 416-4802 to register.

## **Look Good...Feel Better**

Sponsored by the American Cancer Society, this program gives cancer patients a hands-on experience using make-up, turbans, scarves, and wigs to enhance their personal appearance during and after radiation therapy and chemotherapy. Held the 3rd Monday of the month from 9 to 11 am. Those interested in participating can call (800) 227-2345. (Press 3 when you hear the recording).

## **Navigator Program**

Have you been diagnosed with Breast Cancer? We can provide you with a mentor to help provide support and education along the way. For information, please call (760) 416-4790.

## **Spiritual Reflection Group**

The experience of cancer leaves many individuals with great insight about themselves and their lives. The Spiritual Reflection Group is designed to help patients explore these insights and to develop greater understanding about the impact of cancer. This group meets on the 2nd and 4th Wednesday of the month at 1:30 pm. Please contact JoAnn Becker, L.C.S.W. at (760) 416-4808.

## **Gyn-Cancer Support Group**

This support group brings together women with gynecological cancer in a forum of support and education. Meets the 2nd Tuesday from 2:30 – 4 pm. Information: (760) 416-4790.

## **Lenscape Program**

Using photography, patients can create meaningful works of art to chronicle their cancer experience. No art experience is required and all materials are provided. For more information, contact JoAnn Becker, L.C.S.W. at (760) 416-4808.

## **Art Therapy Program**

Learn how art can help you cope with the cancer experience. Our clinician will meet with patients and family members during treatment. Materials are provided. For more information, contact JoAnn Becker, L.C.S.W. at (760) 416-4808.

## **NEW! Journaling**

This program will explain Journaling and how it may help patients express and sort through emotions as they go through the cancer experience. For more information, please call JoAnn Becker, L.C.S.W. at (760) 416-4808.

## **Complementary Medicine Program**

Our program offers patients a wide variety of complementary medicine modalities, including Chinese Medicine, chiropractics, nutrition, education regarding herbs/supplements, biofeedback, spiritual care counseling and strengthening/physical rehabilitation. Contact Mercy Perez, M.S.W. at (760) 416-4790 for more information.

## **Massage Therapy**

Massage therapy is available to patients Tuesday, Thursday and Friday mornings. Please contact Dr. Anita Chatigny at (760) 416-4834 to schedule an appointment.

## **Adaptive Yoga**

Yoga classes are geared for patients of all abilities and those with physical limitation. No experience is necessary. Patients and family members are welcome to attend. Meets every Thursday from 12 -1pm. Cost per session is \$5.00. To register, please call (760) 416-4864.

## **PATIENT EDUCATION**

### **TELEPHONE CONFERENCES**



CancerCare offers telephone conferences periodically on a range of cancer topics. Please log on to [www.cancercares.org](http://www.cancercares.org) for more information, or contact the Comprehensive Cancer Center Psychosocial Services Department at (760) 416-4834.

### **NEW: Children's Support Group**

This group offers support to the children of family members with cancer. For more information, please contact Vicky Pulido, M.S.W. (760) 416-4809.

### **Pet Therapy**



A 'Paws and Hearts' specially trained doggie visits the Comprehensive Cancer Center every Wednesday and Thursday from 9 to 11 am to offer companionship to you and your family.

### **Want to Quit Smoking?**

Smoking cessation classes are now available through the Comprehensive Cancer Center at reasonable cost to patients and family members. Instructor VJ Sleight was trained at the Mayo Clinic and works with the American Cancer Society to help smokers quit the habit. To learn more about the program or to register, please call (760) 416-4834 or (760) 771-0406.