

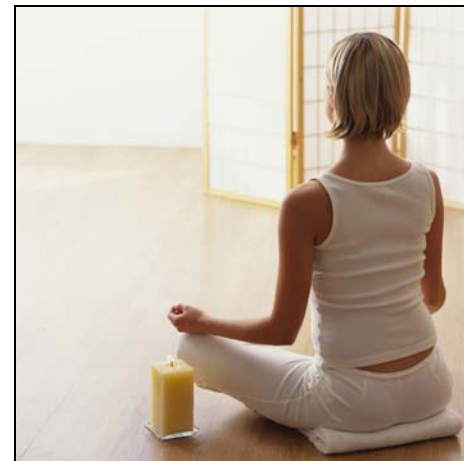
California Pacific Medical Center

September/October 2009

Cancer Supportive Services Calendar

California Pacific Medical Center offers a wide range of supportive services, groups and classes to promote and enhance your health and well-being.

This calendar is brought to you by Cancer Care Navigation Services. For assistance with finding the right class, or for personalized information, guidance and resource referrals, a Patient Navigator is here to help you. **Please call (415) 600-3081.**



Education Classes

Advance Health Care Directives, Monday, October 26th, 12-1:30 p.m., Location: CHRC, 2100 Webster St., Suite 100 Class size limited to 6 people, Please call (415) 923-3155 to register. Cost: \$10.

Building Resilience workshop, Friday, Oct. 9th, 12-1pm. Learn tools to cultivate resilience and build inner resources. Drop-ins welcome, Location: Radiation Oncology Conference Room, Pacific Campus, B Level. Free

Chemotherapy Education Class, Every Thursday, 3-4 p.m. Drop-in. Location: CHRC, 2100 Webster. St. Suite 100, Free

Coping with Peripheral Neuropathy, Four Fridays, Oct. 2-23rd. 9:30-11:00 a.m. Learn how to use self-care techniques such as yoga, acupressure, movement therapy, stress reduction tools and breath work to cope with symptoms. Location: WHRC, 3698 California St., Lobby level. Call (415) 600-0500. Cost: \$40.

Hereditary Breast and Ovarian Cancer Class Wednesday, Sept. 23, 6– 7 p.m. This class will provide information about hereditary breast and ovarian cancer (HBOC), the signs which point to HBOC in a family, what steps can be taken if HBOC is present in your own family, and information about the genetic counseling and testing process. Location: WHRC, 3698 California St., Lobby level. Call 415-600-0500 to register. Cost: \$5

Look Good...Feel Better, Sept. 17th from 1-4 p.m. Location: WHRC, 3698 California St., Level. Call (415) 600-0500, Free

Lymphedema Education and Resource Group, 3rd Wed of the month 5:00-6:30 pm. Location: WHRC, 3698 California St, Call 415-699-3333, Free

Mindfulness-Based Stress Reduction, Free intro session on Monday Oct. 12, 6:30-7:30 p.m., Class begins Mondays, starting Oct. 10th (8 weeks) 6:30-8:30 p.m. Use your inner resources to relieve stress and manage pain more effectively. Learn practical mind and body awareness techniques. Location: IHH, 2040 Webster St., Call (415) 600-4325. Cost: \$295 (includes workbook and CD's)

Mini-Medical School on Women's Health, Saturday, Oct. 3rd, 8:30 a.m.-4:00 p.m. Location: CPMC, Pacific Campus, Enright Room. To register, call (415) 600-0504. Cost: \$25

Perspectives of Breast Cancer, Tuesday, Oct. 6th, 6-8pm. A medical oncologist will be joined by a survivor of breast cancer for an evening of learning and discussion. Location: CPMC, 2333 Buchanan St., Level A Conference Room. Call (415) 923-3155. Cost: \$10.

Support Groups

Breast Cancer Support Group, Mondays from 5:30-7 p.m. Location: BHC, 3698 California St., Call (415) 600-2717, Free
Caregivers' Café, 2nd and 4th Tuesdays from 2:30-3:30 p.m. Location: CHRC, 2100 Webster St. Suite 119 Conference room. Call: (415) 923-3155, \$10 suggested donation

Caregivers Support Group, Tuesdays, 1:00-2:15pm. Location: WHRC, 3698 California St., Lobby level. Call (415) 600-0500.
Cost: \$40

Health Psychology Consultations, Supportive therapy services for patients and families. Call the referral line at (415) 600-3540

Health & Healing Support Group, Thursdays, 11:30 a.m. - 1 p.m. Location: IHH, 2020 Webster St., Call (415) 600-4325, Free

Lymphedema Education and Resource Group, 3rd Wednesday of the month, from 5-6:30 p.m. Location: WHRC, 3698 California St., Call (415) 600-0500, Free

Young Women and Breast Cancer, 1st and 3rd Wednesday from 6-7:30 p.m. Location: BHC, 3698 California St., Call (415) 600-2717, Free

Women Living with Metastatic Breast Cancer, Last Friday of each month from 5:30-7p.m. Location: BHC, 3698 California St., Call (415) 600-2717, Free

Women with Gynecological Cancer, (call for dates and times) Location: WHRC, Call (415) 600-0500, Free

Women with Chronic Illness, Tuesdays, 1:00-2:15pm. Location: WHRC, 3698 California St., Lobby level. Call (415) 600-0500.
Cost: \$40

Movement Classes- *For a full list of classes at the Institute for Health and Healing (IHH), visit: www.cpmc.org/services/ihh*

Fit for Life, Thursdays, 10:45-11:30 a.m., A class specially designed for seniors focusing on cardio, strengthening, balance and flexibility. Location: O/P Rehab, 2360 Clay St., Registration required. Call (415) 600-5860. Cost: \$10

Gentle Yoga for GYN & Breast Cancer Survivors, Fridays: Sept 18-Oct. 30. Location: WHRC, 3698 California St., Call (415) 600-0500- Registration required; limited to 10 women. Cost: \$45 (free for newcomers)

Gentle Yoga for People with Cancer, Fridays (on-going) from 10-11:30 a.m. Location: IHH, 2040 Webster St., Call (415) 600-4325, \$50 for 10 class's card; \$7 drop-in, full scholarships available

Nia- Through Movement We Find Health, Mondays, starting Oct. 12th (8 weeks), 6-7pm. Location: IHH, Call (415) 600-4325, Cost: \$120.

Pilates Mat classes

- Tuesdays and Thursdays, starting Oct. 6. (4 weeks, 2 classes per week), Beginner: 6:30-7:30pm, Location: IHH, 2040 Webster St., Call (415) 600-4325. Cost: \$120.
- Mondays, 6-6:55 p.m., Fridays, 10-10:55 a.m. Location: O/P Rehab, 2360 Clay St., Registration required. Call (415) 600-5860, Cost: Single class- \$17, or 4- class package, \$56. Private sessions also available.

Tai Chi Chuan. Mondays and Wednesdays, starting Oct. 12th (9 weeks, 2 classes per week), New students: 8:30-10 a.m., Advanced: 9:15-10:45 a.m. Location: IHH, 2040 Webster St., Call (415) 600-4325. Cost: \$295

Walking Chi Kung for Cancer Patients, Saturdays, starting Oct. 10th (8 weeks), 7-8:15 a.m., Call for location. Registration required. Call (415) 600-4325, Free

Additional Supportive Services

A Lady's Touch Boutique, Boutique for temporary hair loss and post-surgical breast needs. Location: WHRC, 3698 California St., Lobby level. Call (415) 454-6058 for an appointment.

Cancer Buddy Volunteer Program, Newly diagnosed individuals get matched up with survivors for peer support. Call (415) 923-3167

Group Acupuncture, Thursdays from 3:30 – 5:00 p.m. (approx .60 min). Location: IHH, 2300 California St., suite 103, Call (415) 600-3503, \$35 per session

Guided Imagery, Free sessions for people receiving treatment at CPMC, Call (415) 600-3939, option 2

Nutrition Consultation, Monday & Tuesday. Location: IHH, 2300 California St., suite 103, Call (415) 600-3503, \$110/session for 55 min (2 sessions recommended)

Nutrition Consultation, Monday - Friday. Location: CHRC, 2100 Webster St., Ste. 100. Call (415) 923-3155, Sliding scale

Oncology Massage, Mon-Sat. Location: IHH, 2300 California St., suite 103, Call (415) 600-3503, \$70 for 50 min or \$105 for 80 min

Out-patient Social Work Services, Resources and referrals, short and long-term psychotherapy. Location: CHRC, 2100 Webster St., Ste. 100, Call (415)923-3155. Sliding scale

Locations and for more information:

BHC- Breast Health Resource Center, 3698 California St., San Francisco, CA 94118. Please call (415) 600-2717 to register
For a complete menu of classes and services offered by the Breast Health Center, please visit www.cpmc.org/services/women/breast

CHRC- Community Health Resource Center, 2100 Webster St, Ste. 100, San Francisco, CA, 94115. Please call (415) 923-3155 to register. *For a complete menu of classes and services offered by the Community Health Resource Center, please visit: www.cpmc.org/services/chrc*

IHH- Institute for Health & Healing, 2300 California St. (clinic) and 2040 Webster St. (classes), San Francisco, CA, 94115. Please call (415) 600-3503 for the clinic and (415) 600-4325 for classes. *For a complete menu of classes and services offered by the Institute for Health and Healing, please visit: www.cpmc.org/services/ihh*

WHRC- Women's Health Resource Center, 3698 California St., San Francisco, CA 94118. Please call (415) 600-0500 to register. *For a complete menu of classes and services offered by the Women's Health Resource Center, please visit: www.cpmc.org/services/women/whrc*

Please contact Cancer Care Navigation Services if you have any questions, or additions to this calendar. Ph. (415) 600-3081.