



Cancer Support and Education

CLASSES ARE AT 2900 LOMA VISTA ROAD, SUITE 105, VENTURA, CA, UNLESS OTHERWISE NOTED

Cancer Survivorship Class

This class focuses on the physical, mental, emotional, and social health and well-being of a person coping with cancer, from diagnosis through treatment and survivorship. Learn how to take care of your health and improve your quality of life in a safe and compassionate environment while meeting others on the same journey. **FREE**

In-Person begins January 2025

One Monday evening per month
5:00 pm – 6:00 pm

Please call **805-948-5459** for more information.

General Cancer Support Group

The General Cancer Support Group offers those with a cancer diagnosis and/or their caregivers and loved ones an opportunity to share their thoughts, feelings, and information. Together, group participants will discuss their cancer experience, support each other, and learn how to manage stress in a safe and supportive environment. **FREE**

In-person Group

2nd and 4th Thursday of every month
1:00 pm – 2:00 pm

Please call **805-948-5459** for instructions on how to join.

Breast Cancer Support Group

Join women who understand what you are going through. Discuss issues related to living with breast cancer and the impact of this experience on your life. This group will provide information and education on what to expect with chemotherapy and/or radiation and tips on how to cope with treatment. The group also provides emotional support. (This group is for breast cancer patients only). **FREE**

Virtual Group

1st and 3rd Thursday of every month
1:00 pm – 2:00 pm

For patients only. Please call **805-948-5459** for instructions on how to join.

Gynecological Cancer Support Group

This patient only, virtual group provides a safe place where women can share their experiences and exchange information about gynecological cancers. **FREE**

In-person Group

2nd Monday of every month
1:00 pm – 2:00 pm

Please call **805-948-5459** for instructions on how to join.

Ostomy Support Group

This group is for people with colostomies, ileostomies, urostomies, or continent diversions. Offered through our affiliation with the Ostomy Association of Ventura County, this group is open to ostomy patients and their friends, family, and caregivers. **FREE**

In-person Group

1st Wednesday of every month
3:00 pm – 4:00 pm



Cancer Support and Education *(continued)*

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Lymphedema Therapy

Lymphedema therapy focuses on relieving swelling in the arms and legs by moving lymphatic fluid out of the affected limbs. It can also prevent additional swelling. **CALL FOR PRICING, Doctor order necessary.**

Oral and Head and Neck Cancer Support Group

This monthly meeting offers information, support, and encouragement to newly diagnosed patients, survivors, family members, and friends in a friendly and non-threatening forum. Survivors discuss their situations, experiences, coping strategies, and hopes.

FREE

Reiki

Reiki is a Japanese form of energy healing, a type of alternative medicine. Reiki practitioners use a technique called "laying on hands" that is based on the idea that an unseen "life force energy" flows through us and this is what causes us to be alive. If our life energy is low, then we are more susceptible to illness and stress. Reiki promotes the restoration of an individual's life energy to encourage emotional and physical well being. Practitioners are trained and certified in the art of Reiki. **FREE**

Nutrition Class

Chemotherapy and some forms of radiation can cause a variety of side effects that impact nutrition, including constipation, diarrhea, nausea, and vomiting. Patients may also report loss of taste or complain that some foods have taken on an unpleasant metallic taste. However, it's essential for cancer patients to maintain their calorie, protein, and fluid intake during treatment. This series offers information and advice for maintaining a healthy diet throughout the cancer journey. **FREE**

Individual Sessions

Please call our Physical Therapy department at **805-948-5063** for more information or to make an appointment.

Virtual Group

4th Thursday of every month
3:00 pm – 4:00 pm

Please call **805-948-5459** for instructions on how to join.

Individual sessions

Please call **805-948-5459** for more information or to make an appointment.

Virtual Class

3rd Friday of every month
2:00 pm – 3:00 pm

Please call **805-948-5459** for instructions on how to join.

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Yoga Class

Come relax with Tobi. She keeps the mood of her class focused, heart-centered, and suitably light. Learn new ways to relax your body, improve flexibility, build strength, and increase awareness about your body. All cancer survivors welcome. **FREE**

In-person Class

Yoga – every Tuesday
2:00 pm – 3:30 pm

Virtual Yoga Class

Gentle Yoga – every Monday
4:00 pm – 5:15 pm

Level I Yoga – every Friday
4:00 pm – 5:15 pm

Please call **805-948-5459** for instructions on how to join or for more information.

Breathwork Class

Breathing is the most natural and necessary activity that people do, and yet most of us get less than optimal benefit from it. But there are ways to use breathing for better health. Learn how to optimize your breathing to decrease stress and anxiety, inflammation, reduce pain levels and increase relaxation, and oxygen utilization.

In-person Class

Every Wednesday
1:00 pm – 2:00 pm

Calm Art

This is an immersive and soothing artistic experience designed to promote relaxation and mindfulness. Participants will learn meditation techniques through art, and have the opportunity to explore their creativity while finding inner peace. All materials are provided and no prior experience is needed. **FREE**

In-person Class

2nd Thursday of every month
11:00 am – 12:00 pm

Nutrition Coaching

Call 805-948-9459 for an individual appointment.

Hat and Wig Bank

By appointment or drop in Monday through Friday, 9:00 am – 2:00 pm.

Oncology Nurse Navigator

Cheryl Ryan, RN, OCN

Available Monday – Friday

Drop in or call **805-948-5459** for an appointment.

Oncology Social Worker

Available Monday, Tuesday, and Thursday

Call **805-948-5459** for an appointment.

Community Memorial Cancer Resource Center

2900 Loma Vista Road, Suite 105
Ventura, CA 93003



Connect with us



mycmh.org