

Cancer Support and Education

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

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**

In-person 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

El Camino Building
2850 E. Main Street, Suite 103
Ventura, CA 93001
3rd Tuesday 1:00 pm – 2:00 pm

For more info call **805-948-8506**.

Community Memorial Cancer Resource Center

2900 Loma Vista Road, Suite 105
Ventura, CA 93003



Connect with us



mycmh.org



Cancer Support and Education *(continued)*

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Oral and Head and Neck Cancer Support Group

This monthly meeting offers information, support, and encouragement to 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 practitioners channel “universal life energy” through their hands, placed lightly on or near the body to promote deep relaxation, reduce stress, ease pain, and support the body’s natural healing by balancing energy flow (chakras). 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 Nutrition appointments are also available **FREE** of charge.

Virtual Group

Our head and neck group is now hybrid, both in person on the third Tuesday of the month and via Microsoft Teams 3rd Tuesday of every month
1:00 pm – 2:00 pm

Virtual platform will be Microsoft Teams

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**

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**

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 Social Worker

Available Monday, Tuesday, and Thursday
Call **805-948-5459** for an appointment.

Nurse Navigator

Available Monday – Friday
8:30 am – 4:00 pm.

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

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.

In-person Class

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