

# Cancer Supportive Care Program

Calendar of Services  
July–December 2009



The Cancer Supportive Care Program is an important part of the Stanford Cancer Center. We provide you with emotional and spiritual support during your diagnosis, treatment, and recovery. We're here to help you strengthen your body. Nurture courage. And enrich your spirit. Our support groups, classes, workshops, and services are open to all current and former cancer patients—not only Stanford patients—as well as family members. And they are *free*. Choose the offerings that best meet *your* needs. You don't have to go through the process alone. We're here with you.





## Classes & Workshops

**Cancer in the Family** This one hour lecture will cover the basics of inherited cancer risk and the most common cancer syndromes, presented by our Cancer Center genetic counseling staff.

**Caregivers Workshop** A skills-based class designed to provide support, education, and resource materials to caregivers.

**Managing & Understanding Your Chemotherapy** This class will help patients understand the potential side effects of the drugs they are receiving and learn techniques to help ensure an effective and manageable chemotherapy experience.

**When a Parent Has Cancer** This 4-week CLIMB program is for children ages 6-12 years whose parent has a cancer diagnosis. Each session incorporates activities and discussion to teach children coping skills for dealing with the stress that occurs in families faced with cancer.

**Writing Through Cancer** A monthly 3-hour writing workshop focused on therapeutic writing for cancer patients, followed by weekly web-based writing exercises and dialogue facilitated by the leader.

## Exercise & Fitness

**Living Strong, Living Well** A program for adult cancer survivors who have become de-conditioned or chronically fatigued from their treatment and/or disease. Designed to build muscle strength, increase flexibility and endurance, and improve functional ability. Available on a limited basis.

**NIA Exercise** A dynamic workout program that uses movements, free expression, and the senses to experientially create fitness and wellness.

**Pilates** An exercise program focused on core stability that incorporates strength training, balance, and flowing movements. Small group sessions with Pilates apparatus and mats.

**Restorative Yoga** Restful postures using supportive props are designed to cleanse, nourish, and renew the body, mind, and spirit.



## Nutrition

**Nutrition Consultations** Are you getting enough nutrients? How can you manage side effects from chemotherapy? Our dietician can help you with the answers.

**Nutrition Visits: Radiation Oncology** Nutrition tips on symptom management, weight gain or loss, diet, foods, and recipes.



## Services

**Art in a Bag** In the Infusion Treatment Area, engage in simple art projects that will alleviate your wait, keep your hands busy, and help unleash your creative spirit during chemotherapy.



Lift open to see schedule

**Healing & Guided Imagery** Whether you are newly diagnosed with cancer, in the midst of medical treatment, or dealing with recurrence, please join us to experience healing meditations and deep relaxation.

**Healing Partners** A community service program that pairs women diagnosed with breast cancer with Healing Touch volunteers who provide ongoing sessions for three months. Available on a limited basis.

**Healing Touch** An energy therapy that uses gentle hand techniques and thought to help re-pattern the patient's energy field and support healing of the body, mind, and spirit.

**Look Good...Feel Better** An American Cancer Society program that teaches beauty techniques to women cancer patients in active treatment to help them combat the appearance-related side effects of cancer treatment.

**Reller Summer Music Series** Enjoy a live music concert on the Cancer Center patio on selected Tuesdays in June through October. See posters and flyers in the Cancer Center for more specific dates and information.

**15-Minute Chair Massage** Chair massage is offered to patients and their families to relieve stress and reduce pain and anxiety while waiting for medical treatment.



## Support Groups

### **Bay Area Multiple Myeloma Support Group**

A support group designed to facilitate exchange of information between people living with multiple myeloma. Available on a limited basis.

**Brain Tumor Support Group** Come share your story, get important medical updates, and learn about coping with symptoms and psychological changes. This group is for patients and families.

**Colorectal Support Group** A monthly meeting for everyone currently undergoing treatment and those who have been treated for colorectal cancer. Open to both patients and caregivers.

**Group Support** Our bi-weekly support group is open to all persons living with cancer regardless of stage of treatment or recovery.

**Gynecological Cancer Support** A resource for both newly diagnosed patients and women living with ongoing treatment management issues.

**Head & Neck Cancer Support Group** This group provides information and support to those newly diagnosed, undergoing treatment, or recovering from treatment. Family members are welcome.

**Leukemia & Lymphoma Family Support Group** Open to patients with leukemia, lymphoma, Hodgkin's disease, myeloma or myelodysplastic syndromes. Open to patients, caregivers, family, and friends.

**Lung Cancer Support Group** This group offers encouragement, hope, education, and emotional support to all lung cancer survivors and family members or caregivers.

**Northern California Amyloidosis Support Group** Join us for a supportive environment to share experiences, concerns, and knowledge of amyloidosis. Open to patients, caregivers, family, and friends. Available on a limited basis.



Lift open to see schedule

# Supportive Care Workshops, Classes, and Services July–December 2009

**Unless otherwise noted, all programs are drop-in and held at:**  
Stanford Cancer Center  
875 Blake Wilbur Drive  
Stanford, CA 94305  
**For questions and registration: 650/725-9456**

**The following workshops are available on a limited basis.  
Please call 650/725-9456.**

- Bay Area Multiple Myeloma Support Group
- Healing Partners
- Living Strong, Living Well
- Northern California Amyloidosis Support Group

The Cancer Supportive Care Program is funded by the generosity of friends, donors, and the proceeds from the Helen Salzman Boutique.

Classes &  
Workshops

Support Groups

Exercise &  
Fitness

Nutrition

Services



---

# Monday

---



9am - 1pm  
**15 Minute Chair Massage**  
Clinics A - F



12:30pm - 2:30pm  
**Look Good...Feel Better**  
Monday, every other month: July 20, September 21, and November 16  
Room CC2105. Call to register 650/725-9456



1:15pm - 2:30pm  
**Restorative Yoga**  
Avalon Yoga Center  
370 California Ave., Palo Alto



3pm - 4:30pm  
**Group Support**  
Second and fourth Monday of the month. Room CC2104



5:30, 6:30, and 7:30pm  
**Healing Touch**  
Center for Integrative Medicine  
1101 Welch Rd., Bldg. A, Suite 6, Palo Alto  
Call for appointment 650/725-9456



7pm - 8:30pm  
**Managing & Understanding Your Chemotherapy**  
First and third Monday of the month. Room CC2103  
Call to register 650/725-9456



7:30pm - 9pm  
**Brain Tumor Support Group**  
Last Monday of the month. Room CC2103

---

# Tuesday

---

● 9am - 1pm  
**15 Minute Chair Massage**  
Clinics A - F

● 9am - 4pm  
**Nutrition Consultations**  
During MD appointments  
Call for appointment 650/725-9456



● 12:30pm - 1:30pm  
**Reller Summer Music Series**  
Selected Tuesdays, June–October  
Cancer Center Patio



● 4pm - 5:30pm  
**Head & Neck Cancer Support Group**  
First Tuesday of the month  
Room CC2103



● 6:30pm - 8pm  
**Leukemia & Lymphoma Family Support Group**  
Second Tuesday of the month. Room CC2103  
Call to register 650/725-7055



---

# Wednesday

---



9am - 4pm  
**Nutrition Consultations**  
Call for appointment 650/725-9456



9am - 5pm  
**15 Minute Chair Massage**  
Clinics A - F



11am - 12pm  
**Pilates**  
Lift Fitness, 284 San Antonio Rd., Mountain View. Call for an appointment 650/725-9456



11am - 12:30pm  
**Lung Cancer Support Group**  
First Wednesday of each month. Room CC3116



12pm - 1pm  
**Cancer in the Family**  
Third Wednesday of the month. Room CC2104



1:15pm - 2:30pm  
**NIA Exercise**  
Vivre Fitness, 611 Emerson St., Palo Alto



1:15pm - 2:30pm  
**Restorative Yoga**  
Avalon Yoga Center, 370 California Ave., Palo Alto



2pm - 5pm  
**Writing Through Cancer**  
First Wednesday of the month. Room CC2105



5pm - 6:30pm  
**When a Parent Has Cancer**  
4 week session. September 16–October 7  
Room CC2105. Call to register 650/725-9456



5:30pm or 6pm  
**Healing & Guided Imagery**  
Alternating weekly time and location  
Call for location and time 650/725-9456



6:30pm - 8:30pm  
**Colorectal Support Group**  
Fourth Wednesday of the month. Room CC2103

---

# Thursday

---



9am - 12pm

**Nutrition Consultations**

Call for appointment 650/725-9456



9am - 1pm

**15 Minute Chair Massage**

Clinics A - F



11am - 12:30pm

**Gynecological Cancer Support**

First and third Thursday of the month. Room CC2105



12:30pm - 4pm

**Nutrition Visits: Radiation Oncology**



1:30pm - 3pm

**Managing & Understanding Your Chemotherapy**

Room CC2103



2pm - 4pm

**Art in a Bag**

Second Floor Infusion Treatment Area



4pm - 8pm

**Caregivers Workshop**

July 9 and November 5. Room CC2103. Call to register 650/725-9456



5:30, 6:30, and 7:30pm

**Healing Touch**

Center for Integrative Medicine, 1101 Welch Rd., Bldg. A, Suite 6, Palo Alto

Call for appointment 650/725-9456



---

# Friday

---



9am - 1pm  
**15 Minute Chair Massage**  
Clinics A - F



12pm - 1:15pm  
**NIA Exercise**  
Vivre Fitness  
611 Emerson St., Palo Alto



1pm - 2pm  
**Pilates**  
Lift Fitness  
284 San Antonio Rd., Mountain View  
Call for an appointment 650/725-9456





**STANFORD**  
CANCER CENTER

*Stanford Hospital & Clinics*

Stanford Cancer Center  
875 Blake Wilbur Drive  
Stanford, CA 94305  
650/725-9456

[www.cancerconciierge.stanfordhospital.com](http://www.cancerconciierge.stanfordhospital.com)