

PROGRAM DESCRIPTIONS

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

Bay Area Multiple Myeloma Support Group ▪ A support group designed to facilitate exchange of information between people living with Multiple Myeloma.

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.

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

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.

Daily Spiritual Practices to Sustain You ▪ In this workshop, you will learn how to cultivate gratitude, compassion and forgiveness, three emotional and spiritual states that can support you through life's hardships.

Expressive Imagery & Art for Health & Healing ▪ Join us in the fun process of exploring your imagination and creativity through imagery and art. Participants will learn techniques that alleviate stress and support healing.

Gaining & Regaining Balance ▪ In this class, you will explore strategies for gaining and regaining the equilibrium you need to support your healing and thriving.

Group Support ▪ Our 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 and women living with ongoing treatment management issues.

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

Healing Partners ▪ A community-service program that pairs women diagnosed with breast cancer with Healing Touch volunteers who provide ongoing sessions for six months.

Healing Touch ▪ A gentle, non-invasive form of energy work that is used to manage the side effects of chemotherapy and radiation treatment; fatigue, nausea, loss of appetite, pain, muscle stiffness, and lymphedema.

Leukemia & Lymphoma Family Support Group ▪ Open to patients with leukemia, lymphoma, Hodgkin's disease, myeloma or myelodysplastic syndromes and their family and friends. Before attending first group meeting, call Suzanne Lambert RN: 650.725.7055

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PROGRAM DESCRIPTIONS *(continued)*

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.

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.

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

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

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.

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/loss, diet, foods and recipes available to patients.

Ongoing Breast Cancer Support/Renewal & Recovery ▪ A resource for women diagnosed with early stage breast cancer; a place to continue the dialogue about the changes breast cancer has brought to their lives.

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.

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.

Young Adult Support Group ▪ This monthly group for Young Adults (18-30) will allow for group support, topic discussion, and sharing of concerns: newly diagnosed, undergoing treatment, or recovering from treatment from any cancer diagnosis.

15-Minute Chair Massage ▪ Chair Massage is offered to patients, their family and support to relieve stress and reduce pain and anxiety while waiting for medical treatment.

STANFORD CANCER CENTER

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STANFORD CANCER CENTER



Stanford Supportive Care Program

Cancer Concierge Services

Calendar ▪ January–June 2008

The Supportive Care Program is a FREE service that is a bridge between standard medical care and all aspects of healing. Our mission is to complement cancer therapy by: strengthening the body, educating the mind and nurturing hope and courage, while remaining accessible to all patients regardless of economic level.

Our program provides a framework for cancer care that includes the full spectrum of physical, psychosocial and spiritual support. This team approach empowers patients, family and friends by providing the opportunity to select integrative therapies to address individual needs.

The classes and services listed in this schedule are FREE and open to current and former cancer patients, their family members and caregivers.

