Vea adentro las clases que se ofrecen en español.
The Cancer Supportive Care Program is here to partner with you to offer hope and personalized support for you or a loved one before, during, and after your treatment to heal your mind, body and spirit.

Contact Us

Call to schedule an appointment or speak to one of our Supportive Care nurses to discover which services best meet your needs. Services are free and open to all cancer patients no matter where you receive your care.

**Stanford Cancer Center**
875 Blake Wilbur Drive
Palo Alto, CA 94305
650-725-9456

**Stanford Cancer Center South Bay**
2589 Samaritan Drive
San Jose, CA 95124
669-233-2807

Email: CancerSupportiveCare@StanfordHealthCare.org
Website: www.stanfordhealthcare.org/CancerSupportiveCare
Supportive Care Programs are offered throughout the Bay Area. Find a program or service near you by following the icons.

- Stanford, Palo Alto, Menlo Park, and Redwood City
- San Jose, Los Gatos, and Santa Clara

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### Legend

Supportive Care Programs are offered throughout the Bay Area. Find a program or service near you by following the icons.

- Stanford, Palo Alto, Menlo Park, and Redwood City
- San Jose, Los Gatos, and Santa Clara
Parenting at a Challenging Time: Help for parents with cancer

Presenter: Emily Ach, PhD, Assistant Clinical Professor, Department of Psychiatry & Behavioral Science, Stanford University School of Medicine

This talk will review children and teens understanding of illness from a developmental perspective and address rationale and approaches for talking with kids about a parent’s illness, treatment, and prognosis. The presentation will be based on the Parenting at A Challenging Time program developed in Boston by child development experts with the express goal of improving parent-child communication and promoting resilience when a parent is ill.

January 31, 2019
6:30 pm – 8:00 pm
◆ Stanford Health Library
211 Quarry Road
2nd Floor, Suite 201
Palo Alto, CA

Registration required. Call 650-725-9456.

Panic to Powerful

Presenter: Nina Weil, Certified Cancer Journey Coach, Certified Healing Touch Practitioner

A cancer diagnosis often creates an overwhelming panic for patients, survivors and caregivers. The Panic to Powerful workshop introduces you to Cancer Journey tools to support shifting out of panic into personal self-empowerment.

With Cancer Journey’s S.L.A.M.S. model and the Cancer Journey Roadmap, learn to identify where you are now and where you want to go to reclaim your sense of well-being.

March 27, 2019
6:30 pm – 8:00 pm
◆ Redwood City Downtown Library
1044 Middlefield Road
Community Room
Redwood City, CA

Nutrition: myths, beliefs, best diet for cancer prevention

Presenter: Erika Connor, RD, CSO, Dietitian, Oncology/Hematology, Stanford Health Care

Is there really a “best diet” for cancer prevention? Nutrition is an important part of cancer treatment. Eating the right foods before, during and after treatment can help you feel better and stay stronger. This lecture will provide you with information about current nutritional guidelines for the person with cancer and dispel some of the myths.

May 15, 2019
6:30 pm - 8:00 pm
◆ Cambrian Branch Library
1780 Hillsdale Ave
San Jose, CA

Registration required. Call 650-725-9456.
Cancer: Survive and Thrive Workshop

Putting your life back together after you have completed your cancer treatment can be challenging. This six-week course led by facilitators who understand cancer survivorship introduces you to tools and techniques that will help you manage your physical and emotional health as you transition to a “new normal” after cancer. This free course is for people who have completed their cancer treatment or are on long-term therapy.

Thursdays for 6 consecutive weeks
6:00 pm - 8:30 pm

Stanford Cancer Center South Bay
2589 Samaritan Drive
3rd Floor, Room CC3300AB
San Jose, CA
Registration required. Call 669-233-2807.

Caregivers Workshop

Helping a loved one through cancer treatment can be stressful. The Caregiver Workshop gives caregivers and family members skills and resources to help.

January 10, May 8, 2019
5:00 pm – 7:00 pm

Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, CC2105, Palo Alto
Registration required. Call 650-725-9456.

March 6, June 6, 2019
5:00 pm – 7:00 pm

Stanford Cancer Center South Bay
2589 Samaritan Drive, 3rd Floor
Room 3300B, San Jose, CA
Registration required. Call 669-233-2807.
Healing Touch

Healing Touch is a relaxing, nurturing energy therapy provided by trained practitioners. It promotes deep relaxation, stress reduction and has been shown to reduce the side effects of chemotherapy and radiation therapy including fatigue, nausea, loss of appetite, pain, lymphedema and peripheral neuropathy.

Healing Partner

This program is personally designed for eight weekly Healing Touch sessions with the same provider while you are experiencing cancer.

For more information, or to be placed with a Healing Partner provider near you call 650-725-9461 or email cscphealingpartners@stanfordhealthcare.org

Individual appointments are available if you want to discover the benefits of Healing Touch or are waiting to be placed in our Healing Partner program. Registration required. To register, call 650-725-9456.

Every Monday and Thursday
5:30 pm, 6:30 pm, and 7:30 pm
No sessions: 12/31, 1/3, 1/21, 5/27, 5/30

◆ Hoover Pavilion
Center for Integrative Medicine
211 Quarry Road, 2nd Floor, Palo Alto

Knitting/Crocheting with Friends

The repetitive rhythm and movement of knitting and crocheting can be relaxing for the mind and body. Join our volunteers for conversation and encouragement. No experience is necessary, supplies are available for beginners. If you have a project you are working on, bring it in and knit with friends. Patients, families, and staff are invited!

Every Wednesday
11:00 am - 1:00 pm
No meeting: 1/2, 5/29

◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd floor, waiting area by elevator
Palo Alto
No registration necessary, just drop in.

Lymphedema Risk Reduction Workshop

Learn what every cancer patient needs to know about lymphedema - what causes it, the early signs and symptoms, how to decrease your risk, and what resources are available.

Second and fourth Mondays of the month
2:00 pm – 3:00 pm
No class: 5/27

◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2102, Palo Alto
Registration required. Call 650-725-9456.
Managing & Understanding Your Chemotherapy

Are you or someone you care for about to start chemotherapy for the first time? An experienced oncology nurse provides up-to-date information about chemotherapy, biotherapy, and immunotherapy along with a tour of the infusion center.

Every Monday and Thursday
2:00 pm – 3:30 pm
No class: 12/31, 1/21, 2/18, 5/27
◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2104, Palo Alto

Registration recommended, walk-ins welcome. Call 650-725-9456.

Every Tuesday
5:00 pm – 6:30 pm
No class: 1/1
◆ Redwood City Outpatient Center
450 Broadway Pavilion B
3rd Floor, Room B35, Redwood City

Registration required. Call 650-724-6140.

Herramientas Para Entender y Manejar Su Tratamiento Para el Cáncer

Esta clase ayudará a los pacientes a entender los posibles efectos secundarios de los medicamentos que reciben, así como a aprender técnicas útiles para asegurar que su experiencia con la quimioterapia sea eficaz y manejable. Una enfermera de habla hispana estará disponible todos los martes.

Todos Los Martes
5:00 a 6:30 p.m.
◆ Redwood City Outpatient Center
450 Broadway Pavilion B
3rd Floor, Room B35, Redwood City

Llame para registrarse: 650-724-6140
Mindfulness Meditation
Receive instruction and practice in this blend of ancient wisdom traditions and modern neuroscientific research. Enjoy the peace and power of taking a pause in your day and learning valuable new skills that will serve you during treatment and beyond. Beginners welcome.

No registration necessary, just drop in.

Every Tuesday
3:30 pm – 4:30 pm
No class: 1/1, 5/28

Hoover Pavilion
211 Quarry Road
2nd Floor, Room 208, Palo Alto

Every Thursday
2:00 pm – 3:00 pm
No class: 1/3, 5/30

Stanford Cancer Center South Bay
2589 Samaritan Drive
3rd Floor, Room 3300A, San Jose

Nutrition Information
For Newly Diagnosed Cancer Patients
If you are interested in learning more about nutrition as you begin treatment, this class is for you! A cancer dietitian will teach you about nutrition-related side effects from cancer treatment. This class is for patients who have been diagnosed in the last 3 months or are less than 2 weeks into their cancer treatment. Patient and caregivers are welcome to attend together.

First and third Thursday of the month
12:30 pm - 1:30 pm
No class: 1/3

Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room 2104, Palo Alto

Registration required. Call 650-725-9456.

Second and fourth Tuesday of the month
3:00 pm - 4:00 pm
No class: 2/21, 5/28
2/14 alternative location: 1st Floor, Health Library

Stanford Cancer Center South Bay
2589 Samaritan Drive
3rd Floor, Room 3300, San Jose

Registration required. Call 669-233-2807.
The Radiation Therapy Experience
Your radiation therapy team is here to ease your mind, guide you, and answer all your questions about the radiation therapy process.

**Every Thursday**
5:00 pm – 6:30 pm

- **Stanford Cancer Center South Bay**
  2589 Samaritan Drive
  3rd Floor, Room 3300B, San Jose

Registration required. Call 669-233-2807.

Scarf Tying Workshop
This class will demonstrate techniques for head scarf tying. Bring your own scarf from home to practice with during class.

**February 7**
1:00 pm – 2:00 pm

- **Stanford Women’s Cancer Center**
  Helen Salzman Boutique
  900 Blake Wilbur Drive, 1st Floor
  Palo Alto

Registration required. Call 650-725-9456.

All attendees receive a voucher for 20% off one item at the Helen Salzman Boutique.

**April 17**
1:00 pm – 2:00 pm

- **Stanford Cancer Center South Bay**
  2589 Samaritan Drive
  3rd Floor, Room 3300B, San Jose

Registration required. Call 669-233-2807.

Writing Workshop
Journaling helps patients and caregivers come to terms with the impact and meaning of cancer in their lives. Writing about your cancer experiences can help you heal and find peace. Join this safe, supportive community to write during your cancer journey. Beginner and experienced writers are welcome.

**Third Wednesday of the month**
1:30 pm – 3:00 pm

No class: 6/19

- **Hoover Pavilion**
  211 Quarry Road
  2nd Floor, Conference Room 208
  Palo Alto

No registration necessary, just drop in.
**Exercise for Health**
Weekly classes to focus on core strength, functional movement and stability. The class uses bands and an individual’s own body weight to enhance range of motion, flexibility, balance and strength.

**Every Tuesday**
1:30 pm – 2:30 pm

*No class: 1/1, 5/28*

*Samyama Yoga*
2995 Middlefield Road, Palo Alto

No registration necessary, just drop in.

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**Gentle Pilates**
Practicing core stability can improve your range of motion, reduce muscular pain, improve back strength, and increase flexibility. The mindfulness aspect of this training renews energy, reduces stress and anxiety, and rejuvenates awareness of the body, mind, and spirit. This is the first step to regaining overall physical confidence and comfort.

**Every Friday**
2:00 pm – 3:15 pm

*No class: 1/4, 5/31*

*YogaSource*
16185 Los Gatos Blvd, Los Gatos

No registration necessary, just drop in.

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**Living Strong Living Well**
A Strength and Fitness Program
This 12-week, small group program is designed for adult cancer survivors who are deconditioned or chronically fatigued from treatment or disease. Goals are to help patients build muscle mass, muscle strength, flexibility, endurance, and functional ability.

Registration required.

For program dates, location, and enrollment information, go to LSLW.stanford.edu.

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**NIA | Non-Impact Aerobics**
This mind/body conditioning program combines martial arts, modern dance, and yoga into a workout that is set to music. It empowers patients to connect with their body, mind, emotions, and spirit.

**Every Wednesday**
1:15 pm – 2:15 pm

*No class: 1/2, 5/29*

*Oshman Family Jewish Community Center*
3921 Fabian Way, Palo Alto

No registration necessary, just drop in.
Personal Exercise Consultation

Meet with an experienced and certified exercise specialist are available to develop an exercise plan that meets your goals to regain your strength. Sessions are one-hour and include one follow-up phone call.

**Every Thursday**
10:30 am, 11:30 am, and 12:30 pm
*No consultation: 1/3, 5/30*

- **Stanford Cancer Center**
  875 Blake Wilbur Drive
  1st Floor Desk, Palo Alto

Registration required. Call 650-725-9456.

**Every Wednesday**
11:30 am and 12:30 pm
*No consultations: 1/2, 5/29*

- **Stanford Cancer Center South Bay**
  2589 Samaritan Drive
  3rd Floor, San Jose

Registration required. Call 669-233-2807.

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Tai Chi

Tai Chi is a slow, graceful and rhythmic exercise. It stretches and tones the body, increases strength, flexibility, and balance, and helps reduce stress and anxiety. The step-by-step teaching makes it easy to learn and follow. The friendly and positive atmosphere will help you achieve the goals of finding peace of mind and harmonizing internal energy.

No registration necessary, just drop in.

**Every Monday**
1:45 pm – 3:15 pm
*No class: 12/31, 1/21, 5/27*

- **YogaSource**
  16185 Los Gatos Blvd., Los Gatos

**Every Thursday**
12:00 pm –1:00 pm
*No class: 1/3, 5/30*

- **Ladera Oaks**
  3249 Alpine Road, Portola Valley
Yoga

Yoga is a total body conditioning activity. It can increase mobility and range of motion, improve circulatory flow, and relieve muscular tension. These classes are for students who can get on the floor without help.

No registration necessary, just drop in.
For questions, please call 650-725-9456.

See back cover for holiday closures.

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**Every Monday** 1:30 pm – 2:45 pm  
**Every Wednesday** 1:30 pm – 2:45 pm  
**Every Thursday** 1:30 pm – 2:45 pm

◆ **Samyama Yoga**  
2995 Middlefield Road  
Palo Alto

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**Every Monday** 2:00 pm – 3:15 pm  
**Every Wednesday** 2:00 pm – 3:15 pm  
**Every Sunday** 2:00 pm – 3:00 pm

❖ **YogaSource**  
16185 Los Gatos Blvd.  
Los Gatos
Support Groups

Acoustic Neuroma

February 6, May 1, July 31, November 6
5:30 pm -6:30pm
Stanford Neuroscience Health Center
213 Quarry Road
Basement, Room 0511 Palo Alto

No registration necessary, just drop in.
For questions please call 650 725-9456.

Amyloidosis
Hosted by Northern California Amyloidosis

October 19
10:00 am-2:00 pm
Stanford Cancer Center
875 Blake Wilbur Drive, 2nd Floor
Rooms CC2103-2105, Palo Alto

For questions please email
dena.heath@att.net.

Bladder and Kidney Cancer

Second Thursday of the month
6:00 pm - 7:30 pm
Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2103, Palo Alto

No registration necessary, just drop in.
For questions please call 650-308-6274.

Brain Tumor

Last Thursday of the month
5:30 pm - 7:30 pm
Stanford Neuroscience Health Center
213 Quarry Road
Wellness Room 1511, Palo Alto

No registration necessary, just drop in. For
questions please email slamb2942@gmail.com
or momredwood@gmail.com.

Blood and Marrow Transplant
Patient and Caregiver

Every Wednesday
11:00 am – 12:00 pm
Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2104, Palo Alto

Registration preferred, drop-ins welcome.
For questions, please call 650-529-5942.

Blood Cancer Patient & Family
Support

The Leukemia & Lymphoma Society sponsors and
facilitates this group for the Cancer Supportive Care Program.

Second Wednesday of the month
6:00 pm – 7:30 pm
Stanford Cancer Center South Bay
2589 Samaritan Drive
3rd Floor, Room 3300AB, San Jose

No registration necessary, just drop in.
For questions please call 415-625-1117.
**Gynecological Cancer**
First and third Thursday of the month
11:00 am – 12:30 pm

◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2105, Palo Alto

No registration necessary, just drop in.
For questions please call 650-529-5740.

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**Lung Cancer**
First Wednesday of the month
11:00 am – 12:30 pm

◆ Stanford Cancer Center
875 Blake Wilbur Drive
Ground Floor, Room G109, Palo Alto

No registration necessary, just drop in.
For questions please call 650-353-8571.

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**Head & Neck Cancer**
First Tuesday of the month
4:00 pm – 5:30 pm

No group: 1/1/19

◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2104, Palo Alto

No registration necessary, just drop in.
For questions please call 650-223-1422.

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**Meningioma**
March 6, June 5, September 4 and December 4
5:30 pm – 6:30 pm

◆ Stanford Neuroscience Health Center
213 Quarry Road
Basement, Room 0511, Palo Alto

No registration necessary, just drop in.
For questions please call 650-725-9456.

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**Leukemia & Lymphoma**
Second Tuesday of the month
6:30 pm – 8:00 pm

◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2105, Palo Alto

No registration necessary, just drop in.
For questions please call 650-308-6274.

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**Multiple Myeloma**
*Hosted by Bay Area Multiple Myeloma*

January 19, May 18, and September 21
10:00 am - 1:00 pm

◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2103-2105, Palo Alto

No registration necessary, just drop in.
For questions please email jackaiello@comcast.net
Celebrating Cancer Survivors  
**SAVE THE DATE**  
**June 6, 2019**  
6:00 pm - 8:00 pm  
Join us at this special event as we celebrate our cancer survivors.  
Information will be available in February at http://med.stanford.edu/aftercancer.html.

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**Myelodysplastic Syndromes (MDS)**  
First Wednesday of the month  
11:00 am – 12:00 pm  
Stanford Cancer Center  
875 Blake Wilbur Drive  
2nd Floor, Room CC2102, Palo Alto  
No registration necessary, just drop in.  
For questions please call 650-725-0744.

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**Pancreatic & Gastrointestinal Cancer**  
Second Wednesday of the month  
5:30 pm – 7:00 pm  
Stanford Cancer Center  
875 Blake Wilbur Drive  
2nd Floor, Rooms CC2104–2105, Palo Alto  
No registration necessary, just drop in.  
For questions please call 650-743-4672.

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**Singing For Your Soul**  
A monthly singing gathering for Korean speaking cancer patients, their families, and caregivers regardless of age and religion.  
First Wednesday of the month  
2:00 pm – 3:30pm  
No gathering: 1/2  
Seoul Books  
1082 E El Camino Real  
Sunnyvale  
No registration necessary, just drop in.  
For questions please call Chaplain Yona Park at 408-966-1149.
Services

Adolescent & Young Adult Cancer Program
The Stanford Adolescent and Young Adult (SAYAC) Program provides a holistic approach for adolescents and young adults ages 15-29 with all types of cancer. For more information on workshops and programs, visit stanfordchildrens.org/en/service/adolescent-young-adult-cancer
Call 650-498-9404.
Email: sayac@stanfordchildrens.org

Brave Beauty in the Face of Cancer
This 90-minute class teaches soothing skincare routines and quick fix makeup tricks to help restore glow, and appearance of brows and lashes that may be affected by cancer treatment. For more information, call 650-725-9456 or visit sephorastands.com/classes_for_confidence/

Cancer Clinical Trials at Stanford
Stanford conducts research called clinical trials, to evaluate new approaches to cancer treatment.
Call: 650-498-7061
Email: ccto-office@stanford.edu
Website: cancer.stanford.edu/trials

Financial Assistance
Financial counselors are available to meet with you to discuss healthcare expenses.
Call 650-498-2900.

Health Information
Finding current, reliable health information on the internet requires knowledge and skill. Meet with a Stanford Medical Librarian to learn good research techniques and sources of trustworthy information online.
Call with questions or to schedule a one-on-one appointment with a Medical Librarian.

Stanford Cancer Center
Health Library
875 Blake Wilbur Dr., Palo Alto
Call 650-736-1960.

Stanford Cancer Center South Bay
Health Library
2589 Samaritan Drive, 3rd Floor, San Jose
Call 408-353-0197.

Help for Parents with Cancer:
Parenting at a Challenging Time
Provided by the Stanford Cancer Institute, this program aims to help parents effectively navigate the challenges of raising children while undergoing treatment for cancer.
For questions or to set up an appointment call 650-497-8840.
Email: pactstanford@stanford.edu
**HERS Breast Cancer Foundation**

The mission of HERS Breast Cancer Foundation is to support all individuals healing from breast cancer by providing post-surgical products and services regardless of financial status.

For more information visit HERSBreastCancerFoundation.org or email hersinfo@hersbreastcancerfoundation.org.

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**Lipstick Angels**

Spa-like services are available several times a week while you receive your chemotherapy. Schedule posted weekly in the Infusion Treatment Area.

[**Stanford Cancer Center**

Infusion Treatment Area
875 Blake Wilbur Dr., 2nd Floor, Palo Alto]

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**The Stanford Storybank**

*Created in Partnership with StoryCorps*

Everyone has a story. Storytelling emphasizes our shared humanity and deepens understanding of self and others. StoryCorps story is an audio-recorded 40-minute conversation between two people. Stories can be archived in the US library of Congress in Washington, DC as part of the oral history project.

The Stanford Storybank creates space for patients, families, and staff at Stanford Health Care to share their experiences, providing an opportunity for all to learn, connect, heal and inspire.

To share your story or ask questions about this project, email cicare@stanfordhealthcare.org.

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**Quit Smoking at Stanford Cancer Center**

Quitting smoking is not an easy task. The Tobacco Cessation Program at Stanford Health Care focuses on providing the latest comprehensive, individualized, evidence-based treatment to help patients quit smoking or tobacco.

For questions please call 650-498-9111 (select option 2).

---

**Wig Bank**

In partnership with the American Cancer Society, wigs are available for women undergoing cancer treatment who are experiencing or anticipating hair loss. An experienced volunteer will personally assist in wig selection.

**Second Thursday of the month**

11:00 am – 2:00 pm

[**Stanford Cancer Center**

875 Blake Wilbur Drive
2nd Floor, Room CC2105, Palo Alto]

Registration recommended, walk-ins welcome. Call 650-725-9456.

All attendees receive a voucher for 20% off one item at the Helen Salzman Boutique.
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</tr>
</tbody>
</table>
Holiday Closures & Cancellations

Programs will be closed during the following dates:

- January 1 - 4, 2019
- January 21, 2019
- May 27 - 31, 2019

Programs are subject to cancellation. For the most up-to-date information, please check our online calendar at www.stanfordhealthcare.org/CancerSupportiveCare