Cancer Supportive Care Program
Living With, Through, and Beyond Cancer

Events Calendar
January – June 2020

Vea adentro las clases que se ofrecen en español.

www.stanfordhealthcare.org/CancerSupportiveCare
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 treatment to heal your mind, body and spirit.

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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, Portola Valley, and Redwood City
- San Jose, Los Gatos, and Sunnyvale
- Pleasanton
Harnessing the Power of Everyday Activity

Presenter: Allie Schmiesing, OTR/L, OTD
Stanford inpatient occupational therapist

A diagnosis of cancer is far reaching and survivors of cancer often face barriers to participating in their important and meaningful daily activities. Occupational therapists harness a holistic approach to health and utilize these everyday activities to optimize function and independence. They help address common side effects of the treatment and cancer through interventions targeting individual’s goals, routines, and environments. This seminar will examine the role of occupational therapy across the continuum of care, and will offer an overview of interventions available to support survivors in living their lives to the fullest.

January 29, 2020
6:30 pm – 8:00 pm

◆ Stanford Health Library
211 Quarry Road
2nd Floor, Suite 201
Palo Alto

Registration required. Call 650-725-9456.

Patients Narrative Matters: Role of Talk Therapy in Cancer

Presenter: Linda Suk, Licensed Clinical Social Worker, Behavioral Health Clinician

When patients come into a therapy room, they are curious about other patient’s experience- how other patients deal with the unexpected change overload, tolerate the distress of uncertainty while questioning the usefulness of talk therapy when it does not change the reality of having cancer.

The lecture will demystify what happens behind the closed door. It will examine the psychological impact and the emotional changes of moving through various stages of cancer. It will also explore how patients have created a successful blueprint to integrate management of cancer while finding a way to continue on with their lives. Guidance will be provided in identifying therapy resources and how to find a point of entry for accessing therapy support.

April 21, 2020
6:30 pm – 8:00 pm

◆ Cambrian Branch Library
1780 Hillsdale Ave.
Community Room
San Jose

Registration required. Call 699-233-2807.

Past lectures on a variety of topics can be viewed online by going to www.stanfordhealthcare.org/CancerSupportiveCare and click on Videos.
What Matters Most:
This 3-part series aims to empower you and your loved ones to seek out and have access to care which recognizes your individuality and helps you pursue the goals that matter most to you. Please join us as we discuss the support and resources available to you through this lecture and workshop series.
You can attend the parts that are of interest to you, or attend all three!

Part I: Advance Care Planning and What You Need to Know Now
Presenters:
Grant Smith, MD
Stanford School of Medicine
Ramy Salah, MD
Palo Alto Medical Foundation

In this workshop format, we’ll be engaging in hearing what truly matters to you. Whether you are a person living with a serious illness, a caregiver of a loved one, or the healthiest you have ever been, having some form of a care plan in the event you are unable to speak for yourself is important for providing you and your family with the comfort and confidence knowing that your wishes will be honored no matter what happens. Come learn about the questions you should be asking yourself, your doctors, and your loved ones. You may even leave with an advance care plan completed!

February 4, 2020
11:00 am - 12:30 pm
Stanford Cancer Center South Bay
2589 Samaritan Drive
3rd Floor, Room 3300AB, San Jose
Registration required. Call 669-233-2807.

Part II: Transdisciplinary Care in Palliative Care: Why You Want Spiritual Support and Social Work on Your Team
Presenters:
Kafunyi Mwamba, DVM, DMin, BCC
Palliative Care Chaplain
Stanford Health Care
Gary Bertuccelli, LCSW, ACHP-SW
Palliative Care Social Worker
Stanford Health Care

Physical symptoms are not the only issues that arise when patients and families are living with a serious illness. Social, spiritual, psychological, and existential concerns are all common. In palliative care, we have specialized social workers and spiritual support team members who are able to help meet and address these needs. Come learn about why social workers and chaplains might be a great addition to your team as part of this engaging workshop.

April 16, 2020
2:00 pm - 3:30 pm
Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2105, Palo Alto
Registration required. Call 650-725-9456.
Part III: Palliative Care Myths, Misconceptions, and Setting the Record Straight

Presenter:
Grant Smith, MD
Stanford School of Medicine

In this lecture presentation, we’ll review palliative care as a medical specialty that focuses on caring for people and families living with a serious illness. Palliative care focuses on providing relief from the symptoms and stress of an illness and aims to improve quality of life. It can be appropriate for people at any age and at any stage of illness, and it can be delivered alongside curative treatment. Come learn about what palliative care can offer and why it might be a great addition to your team.

June 11, 2020
6:30 pm - 8:00 pm

◆ Redwood City Public Library
1044 Middlefield Road
2nd Floor, Community Room
Redwood City

Registration required. Call 650-725-9456.

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 23, 2020
5:00 pm – 7:00 pm

◆ Redwood City Outpatient Center
450 Broadway
Pavilion B
3rd Floor, Conference Room AB
Redwood City

Registration required. Call 650-725-9456.

February 20 and April 28, 2020
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 4 and June 3, 2020
5:00 pm – 7:00 pm

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

Registration required. Call 669-233-2807.
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.
If interested in registering for this 6-week course, please contact Danielle Rogers at 650-725-9456 or email drrogers@stanfordhealthcare.org.

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: 3/23, 5/25
◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2102, Palo Alto
Registration required. Call 650-725-9456.

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 are within their first 12 months of diagnosis or treatment. Patient and caregivers are welcome to attend together.
First and third Thursday of the month
12:30 pm - 1:30 pm
No class: 3/19
◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room 2105, Palo Alto
Registration required. Call 650-725-9456.

Nutrition Class Online
Self-guided information online with the option of a :15 minute telephone appointment. See website for details.
**Nutrition Information** - continued

Second Wednesday of the Month
2:00 pm - 3:00 pm

**Stanford Health Care - ValleyCare**
5725 W. Las Positas Blvd.
Resource Center - Suite 270
Pleasanton

For more information, email Maggie Guting, RD at marguting@stanfordhealthcare.org.

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**Understanding & Managing Your Cancer Treatment**

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: 3/30, 4/2, 4/6, 5/25, 5/28, 6/29, 7/2*

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

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

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**Every Tuesday**
5:00 pm – 6:30 pm

*No class: 3/31, 4/7, 5/26, 6/30*

**Redwood City Outpatient Center**
450 Broadway
Pavilion B, 3rd Floor, Conference Room B
Redwood City

Registration required. Call 650-724-6140.

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**Every Thursday**
3:30 pm – 5:00 pm

*No class: 4/2, 5/28, 7/2*

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

Registration required. Call 669-233-2807.

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**Herramientas para entender y afrontar su tratamiento contra 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.

*No habrá clases el 26 de abril y el 30 de junio.*

**Redwood City Outpatient Center**
450 Broadway
Pavilion B, 3rd Floor, Conference Room B
Redwood City

Llame para registrarse: 650-724-6140.
The Radiation Therapy Experience
In-Person
Your radiation therapy team is here to ease your mind, guide you, and answer all your questions about the radiation therapy process.

**Every Tuesday**
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.

Online
Online health class for learning how to prepare and what to expect before, during and after your radiation therapy experience at Stanford Health Care. This online program is available any time!

To get started go to the Cancer Supportive Care web page and click on Online Health Classes & Programs.

www.stanfordhealthcare.org/
CancerSupportiveCare

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Chair Reiki
Chair Reiki sessions help you relax, reduce stress or discomfort, and decrease pain. In this technique, while sitting in a chair, the Reiki practitioner either gently puts his/her hands on your shoulders, head and upper parts of the body, or holds their hands slightly above your body in various positions to help your energy flow more easily. Reiki is very relaxing and often promotes a sense of peace and well-being.

**Every Monday and Wednesday**
1:00 pm - 3:00pm
*No session: 3/30, 4/1, 4/6, 5/25, 5/27, 6/29, 7/1*

**Every Thursday**
10:00 am - 12:00pm
*No session: 4/2, 5/28, 7/2*

*Stanford Cancer Center*
875 Blake Wilbur Drive
1st Floor between clinic A-F waiting areas
Palo Alto

Walk-ins welcome. Call 650-725-9456.
**Healing Touch**

Healing Touch is a holistic energy therapy that supports healing on physical, emotional, mental, and spiritual levels. Practitioners use light touch to balance, clear, and energize the human energy field so that an individual’s immune system can better support self-healing. Healing Touch complements traditional cancer therapy and can support a reduction of anxiety, depression, fatigue and nausea, lymphedema and neuropathy.

**Appointments are available at Hoover Pavilion and Cancer Center South Bay.**

If you have never experienced a Healing Touch session and want to discover the benefits call 650-725-9456.

We also offer 15 minute chair healing touch sessions for patients and caregivers while they’re receiving treatment in the infusion areas at the following locations:

- Cancer Center Palo Alto
- Cancer Center South Bay
- Redwood City Outpatient Center

**Healing Partners**

This program is personally designed for patients who have already experienced Healing Touch sessions. Patients are paired with the same provider for eight weekly sessions.

**Locations, times and dates customized to you!**

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

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**Knitting and Crocheting with Friends**

The repetitive rhythm and movement of knitting and crocheting can be relaxing for the mind and body. No experience is necessary, and supplies are provided for beginners. If you are an experienced knitter, bring your projects and knit with friends.

**Every Tuesday**

10:00 am - 1:00 pm

*No meeting: 3/31, 4/7, 5/26, 6/30*

◆ **Stanford Cancer Center**
  875 Blake Wilbur Drive
  2nd Floor, waiting area by elevators
  Palo Alto

No registration necessary, just drop in.

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**Every Tuesday**

11:30 am - 1:30 pm

*No class: 3/17, 3/24, 3/31, 5/26, 6/30*

◆ **Stanford Health Care - ValleyCare**
  5725 W. Las Positas Blvd.
  Resource Center - Suite 270
  Pleasanton

No registration necessary, just drop in.
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 Monday**
12:00 pm - 1:00 pm
*No class: 4/6, 3/30, 5/25, 6/29*

❖ **Redwood City Outpatient Center**
450 Broadway
Pavilion B, 3rd Floor
Conference Room AB
Redwood City

**Every Tuesday**
3:30 pm – 4:30 pm
*No class: 4/7, 3/31, 5/26, 6/30*

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

**Every Thursday**
2:00 pm – 3:00 pm
*No class: 4/2, 5/28, 7/2*

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

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

**January 30, 2020**
2:30 pm – 3:30 pm

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

Registration required. Call 650-725-9456.

All Scarf Tying attendees receive a voucher for 20% off one item at the Boutique.

**April 23, 2020**
2:30 pm – 3:30 pm

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

Registration required. Call 669-233-2807.

Sephora: Brave Beauty in the Face of Cancer
This 60-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/.
**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

_No class: 3/12_

[Image of American Cancer Society logo]

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

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

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**Exercise & Fitness**

**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: 3/31, 4/7, 5/26, 6/30_

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

No registration necessary. Bring your own yoga mat and 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: 4/3, 5/29, 7/3_

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

No registration necessary, just drop in.
Living Strong Living Well
A Strength and Fitness Program

This 12-week small group program is designed for adult cancer survivors who have recently become deconditioned or are chronically fatigued from their treatment and/or cancer diagnosis.

The goal of this program is to help patients build muscle mass and strength, increase flexibility and endurance, improve functional ability, and decrease fatigue. The group also provides emotional support and assists participants in developing their own physical activity program so they can continue to practice a healthy lifestyle as a way of life.

Registration required.

For program dates and locations (including East Bay), please visit LSLW.stanford.edu.

NIA | Non-Impact Aerobics

A cardiovascular fitness class that combines dance arts, martial arts, and mindfulness. NIA tones your body while transforming your mind. Each workout brings mindfulness to your dance movement experience leaving you energized, mentally clear, and emotionally balanced.

Every Wednesday
1:15 pm – 2:15 pm
No class: 4/1, 5/27, 7/1

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 to develop an exercise plan that meets your goals and regain strength. Sessions are one hour and include one follow-up phone call. Please wear comfortable clothing and footwear.

Every Wednesday
11:30 am, 12:30 pm, and 1:30 pm
No consultations: 4/1, 5/27, 7/1

Stanford Cancer Center South Bay
2589 Samaritan Drive
3rd Floor, Health Library
San Jose

Registration required. Call 669-233-2807.

Every Thursday
10:30 am, 11:30 am, and 12:30 pm
No consultation: 4/2, 5/28, 7/2

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

Registration required. Call 650-725-9456.

Every Friday
12:30 pm and 1:30 pm
No consultations: 4/3, 5/29, 7/3

Redwood City Outpatient Center
450 Broadway
Pavilion B, 3rd Floor
Infusion Treatment Center
Redwood City

Registration required. Call 650-725-9456.
**Gentle Yoga**

Gentle yoga postures are introduced to improve total body conditioning, increase mobility and range of motion, improve circulatory flow, and relieve muscle tension. These classes are for students who can get on the floor without help.

**Every Wednesday** | 1:30 pm – 2:45 pm  
No class: 4/1, 5/27, 7/1

◆ **Samyama Yoga**  
2995 Middlefield Road  
Palo Alto  
*Bring your own yoga mat.*

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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: 3/30, 4/6, 5/25, 6/29

◆ **YogaSource**  
16185 Los Gatos Blvd.  
Los Gatos

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**Yoga**

**Yoga Online**

All Cancer Supportive Care yoga classes are now available for patients from the comfort of their own home. See website for details.

Registration is required. Call to register.

**Cancer Center Palo Alto patients**  
650-725-9456

**Cancer Center South Bay patients**  
669-233-2807

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**Hatha Yoga**

Hatha yoga is a gentle, relaxing practice that provides an effective way to reduce stress, manage treatment side effects, relieve pain, regain health and attain peace of mind.

**Every Friday**  
9:30 am - 10:45 am  
No class: 4/3, 5/29, 7/3

◆ Stanford Health Care - ValleyCare  
5725 W. Las Positas Blvd.  
Resource Center - Suite 270  
Pleasanton

No registration necessary, just drop in.
**Restorative Yoga**

This deeply relaxing and restful class will use restorative yoga poses done primarily on the floor with the support of bolsters, blankets, blocks and chairs. Designed to nurture, nourish and renew the body, mind and spirit.

**Every Monday | 1:30 pm – 2:45 pm**
No class: 3/30, 4/6, 5/25, 6/29

**Samyama Yoga**
2995 Middlefield Road, Palo Alto
*Bring your own yoga mat.*

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**Yoga Basics**

Fundamental yoga practices such as alignment, steadiness and breathing are designed to assist survivors in rebuilding strength, awareness, grace and balance.

**Every Thursday | 1:30 pm – 2:45 pm**
No class: 4/2, 5/28, 7/2

**Samyama Yoga**
2995 Middlefield Road, Palo Alto
*Bring your own yoga mat.*

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**Support Groups**

**Acoustic Neuroma**

**February 5 and May 6, 2020**
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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**Amyloidosis**

*Hosted by Northern California Amyloidosis*

For support group dates, location, and registration please email dena.heath@att.net.

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**Bladder and Kidney Cancer**

**Second Thursday of the month**
6:00 pm - 7:30 pm
No group: 3/12

**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.

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**Blood and Marrow Transplant Patient and Caregiver**

**Every Wednesday**
11:00 am – 12:00 pm
No group: 4/1, 5/27, 7/1

**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.
Brain Tumor

Last Thursday of the month
5:30 pm - 7:30 pm
No group: 3/26, 5/28

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.

Cancer Caregiver Support Group

First and third Thursday of the Month
3:00 pm - 4:30 pm
No group: 4/2

Stanford Health Care - ValleyCare
5725 W. Las Positas Blvd.
Resource Center - Suite 270
Pleasanton

No registration necessary, just drop in. For questions please call 925-734-3315.

Breast Cancer For Newly Diagnosed and After Treatment

Second and fourth Thursday of the Month
10:00 am - 12:00 pm

Stanford Health Care - ValleyCare
5725 W. Las Positas Blvd.
Resource Center - Suite 270
Pleasanton

No registration necessary, just drop in. For questions please call 925-734-3315.

Cancer Support Group

For all cancer types

Every Tuesday
2:00 pm - 4:00 pm
No group: 4/7, 5/26, 6/23

Stanford Health Care - ValleyCare
5725 W. Las Positas Blvd.
Resource Center - Suite 270
Pleasanton

No registration necessary, just drop in. For questions please call 925-734-3315.

Breast Cancer Support Group

Hosted by Bay Area Cancer Connections.

For support group dates and locations, please visit www.bayareacancer.org.

Gynecological Cancer

First and third Thursday of the month
11:00 am – 12:30 pm
No group: 4/2, 7/2

Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2105
Palo Alto
5/21: Room CC2014

No registration necessary, just drop in. For questions please call 650-575-6685.
Head & Neck Cancer
First Tuesday of the month
4:00 pm – 5:30 pm
No group: 4/7
◆ 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.

Leukemia & Lymphoma
Second Tuesday of the month
6:30 pm – 8:00 pm
No group: 3/10
◆ 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.

Lung Cancer
First Wednesday of the month
11:00 am – 12:30 pm
No group: 4/1, 7/1
◆ 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.

Meningioma
March 4 and June 3, 2020
5:30 pm – 6:30 pm
◆ Stanford Neuroscience Health Center
213 Quarry Road
Basement, Room 0511
Palo Alto
Registration required. Call 650-736-0262 or email veevo@stanford.edu.

Multiple Myeloma
Hosted by Bay Area Multiple Myeloma
January 18 and May 16, 2020
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.

Pancreatic & Gastrointestinal Cancer
Second Wednesday of the month
5:30 pm – 7:00 pm
No group: 3/11
◆ 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.
**Prostate Cancer**  
*Hosted by Silicon Valley Prostate*

For dates and locations, please visit www.pcasupportgroup.org

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**Sarcoma**

*Second Tuesday of the month*  
11:00 am – 12:00pm

- **Stanford Cancer Center**  
  875 Blake Wilbur Drive  
  2nd Floor, Room CC2102  
  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.

*Second Wednesday of the month*  
2:00 pm – 3:30pm

No group: 2/12, 3/11

- **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.

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**Other Resources**

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**Adolescent & Young Adult Cancer Program**

The Stanford Adolescent and Young Adult (SAYAC) Program provides a holistic approach for teens 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.  
For questions call 650-498-9404 or email sayaca@stanfordchildrens.org.

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**Cancer Clinical Trials at Stanford**

Stanford conducts research called clinical trials, to evaluate new approaches to cancer treatment.

For more information visit cancer.stanford.edu/trials  
For questions call 650-498-7061 or email ccto-office@stanford.edu.

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**Financial Assistance**

Financial counselors are available to meet with you to discuss healthcare expenses.  
For more information, call 650-498-2900.
Get to know your Health Library
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.

Also offered at other Stanford Health Library branches. Call one of the numbers listed above to schedule.

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.

Clinicians work with parents to gain insight into what they might expect from their children, how to know when children are coping effectively and when additional help is warranted.

For questions or to set up an appointment call 650-497-8840 or email pactstanford@stanford.edu.

Lipstick Angels
Lipstick Angels provides a clean-beauty and wellness program that offers personalized, oncology-sensitive beauty and skin care services here at Stanford. They offer patients and their guests the opportunity to experience a variety of spa services such as moisturizing facials, comforting hand massages, and make-up applications, including brow tutorials, during infusion center visits.

Look for the Lipstick Angels schedule posted in the infusion treatment areas at Stanford Cancer Center’s locations in Palo Alto, Redwood City, and San Jose.

Palliative Care
Experts help you experience relief from the symptoms, pain, and stress of a serious illness. No matter your age or stage of your illness, they work closely with you and your doctors to help you navigate your healthcare and understand your treatment options. Their goal is to help you gain physical, emotional and psychological strength, and ensure you and your family experience the best possible quality of life. We welcome self-referral.

For more information, visit https://stanfordhealthcare.org/medical-clinics/palliative-care.html.

For questions call 650-724-0385.
Quit Tobacco at Stanford Cancer Center

Quitting tobacco takes a team. Tobacco Treatment at the Stanford Cancer Center is a free service that provides coaching, medication, counseling, and resources to help you and your family member quit tobacco. Support is available in-person and through telemedicine.

For questions call Maura Lau at 650-285-9468, or mauralau@stanfordhealthcare.org.

The Stanford Storybank
Created in Partnership with StoryCorps

Everyone has a story. Storytelling emphasizes our shared humanity and deepens one's understanding of self and others. StoryCorps stories are a 40-minute conversation audio-recorded 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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Offerings by Region

**Palo Alto**

**Educational Classes:**
- Lecture
- Caregivers Workshop
- Lymphedema Risk Reduction Workshop
- Nutrition Class for NEW Cancer Patients
- Understanding & Managing Your Cancer Treatment
- What Matters Most

**Mind, Body, Spirit:**
- Chair Reiki
- Healing Touch
- Knitting and Crocheting with Friends
- Mindfulness Meditation
- Scarf Tying Workshop
- Wig Bank

**Exercise & Fitness:**
- Exercise for Health
- Gentle Yoga
- NIA | Non-Impact Aerobics
- Personal Exercise Consultation
- Restorative Yoga
- Tai Chi
- Yoga Basics

**Support Groups:**
- Acoustic Neuroma
- Bladder and Kidney Cancer
- Blood and Marrow Transplant Patient & Caregiver
- Brain Tumor
- Gynecological Cancer
- Head and Neck Cancer
- Leukemia and Lymphoma
- Lung Cancer
- Meningioma
- Multiple Myeloma
- Pancreatic & Gastrointestinal
- Sarcoma

**Resources:**
- Get to know your Health Library
- Quit Tobacco at Stanford
**Redwood City**

**Educational Classes:**
- Understanding and Managing Your Cancer Treatment 5
- Understanding and Managing Your Cancer Treatment SPANISH 5
- What Matters Most 3

**Mind, Body, Spirit:**
- Healing Touch 7
- Mindfulness Meditation 8

**Exercise & Fitness:**
- Personal Exercise Consultation 10

**South Bay**

**Educational Classes:**
- Caregivers Workshop 3
- Lecture 1
- Nutrition Class for NEW Cancer Patients 4
- Understanding & Managing Your Cancer Treatment 5
- The Radiation Therapy Experience 6
- What Matters Most 2

**Mind, Body, Spirit:**
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- Mindfulness Meditation 8
- Scarf Tying Workshop 8

**Exercise & Fitness:**
- Gentle Pilates 9
- Gentle Yoga 11
- Personal Exercise Consultation 10
- Restorative Yoga 11
- Tai Chi 11
- Yoga Basics 11
- Singing for Your Soul 15

**Support Groups:**
- Breast Cancer For Newly Diagnosed and After Treatment 13
- Cancer Caregiver 13
- Cancer (all types) 13

**Resources:**
- Get to know your Health Library 16

**Pleasanton**

**Educational Classes:**
- Nutrition Class for NEW Cancer Patients 5
- Knitting and Crocheting with Friends 7
- Wig Bank 9

**Exercise & Fitness:**
- Hatha Yoga 11

**Support Groups:**
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- Cancer Caregiver 13
- Cancer (all types) 13

**Online Offerings**
- The Radiation Therapy Experience 6
Holiday Closures & Cancellations

Programs will be closed during the following dates:

- December 29 - January 4, 2020
- January 20, 2020
- May 24 - 30, 2020
- June 29 - July 5, 2020

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

Contact Us

Call to schedule an appointment or speak to one of our Supportive Care staff 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 Outpatient Center**
450 Broadway
Pavilion B, Third Floor
Redwood City, CA 94063
650-725-9456

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

**Stanford Health Care ValleyCare**
5725 W. Las Positas Blvd.
Resource Center, Suite 270
Pleasanton, CA 94588
925-734-3315

**Email:** CancerSupportiveCare@StanfordHealthCare.org