

Supportive Care Hours and Schedule

Our Supportive Care nurses are available Monday - Friday from 8:00am to 4:30pm.

Most offerings are not available during the following dates:

- June 28 - July 4, 2021
- September 5 - 12, 2021
- November 21 - 28, 2021
- December 20 - January 2, 2022

For the most up to date information, go to www.stanfordhealthcare.org/CancerSupportiveCare

Supportive Care Nurses

Cancer Center Palo Alto

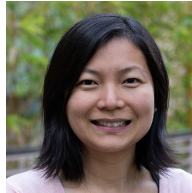
875 Blake Wilbur Drive, Palo Alto

Outpatient Center Redwood City

450 Broadway, Pavilion B, Third Floor
Redwood City

Cancer Center South Bay

2589 Samaritan Drive, Third Floor
San Jose



Esther Chyan, BSN, RN, OCN
Nurse Coordinator
650-725-9456
669-233-2807

Email

Supportive Care nurses can also be reached at cancersupportivecare@stanfordhealthcare.org.



Virtual Cancer Supportive Care Program

The Cancer Supportive Care Program is here for you and those close to you before, during, and after treatment. We provide FREE, personalized nursing consultations and resources to support your physical, emotional, and spiritual well-being.

www.stanfordhealthcare.org/CancerSupportiveCare



Scan QR code to view details online.

Keeping You Safe

Keeping you safe is important. We follow Stanford Health Care and county guidance for location (in-person vs. online) of our program offerings.

For the most up-to-date information, please check our online calendar at:

www.stanfordhealthcare.org/CancerSupportiveCare

Resources in Multiple Languages

Some offerings are available in: Español, 中文, 日本語, and Tiếng Việt.

For more information on these classes, please call us at 650-725-9456 or email cancersupportivecare@stanfordhealthcare.org

Classes and Workshops

- Caregivers Workshop
- Having Radiation Therapy at Stanford
- Lymphedema Risk Reduction
- Nutrition and Cancer Series
- Nutrition Q&A with a Registered Dietitian For Newly Diagnosed Patients
- Recursos internos para el estrés
- Understanding and Managing Your Cancer Treatment

Exercise and Fitness

- Exercise for Health
- Gentle Pilates
- Moving to Heal
- Personalized Exercise Consultations / Consultas de ejercicio personalizadas
- Strengthen with Purpose
- Tai Chi (*English* / 普通話網上太極課)
- Yoga

Mind, Body, Spirit

- Healing Touch / Healing Partners
- Mindfulness Meditation
- Scarf Tying Workshop
- Sephora: Brave Beauty in the Face of Cancer

Online Platforms

- **Stanford Health Hub**
A website that lists free and reduced-cost health resources and services within the community and at Stanford.
<https://stanford.auntbertha.com>
- **Smart Patients for Caregivers**
An online place for you to share your story, connect with, and learn from others caregivers.
<https://www.smartpatients.com/partners/stanford-caregivers>

Podcasts

Conversations in Supportive Care

A series of discussions with Stanford Health Care experts whose disciplines complement a patient's cancer treatment.

Visit <https://soundcloud.com/stanfordmed/sets/conversations-in-supportive-care/>

Resources

- Caregiver Program
- Health Library
- Palliative Care
- Tobacco Treatment Services
- Wig Resources

Support Groups

We offer connection to disease-specific support groups. Contact the Supportive Care Program to learn more.