



COMMUNITY MEMORIAL HOSPITAL CALENDAR OF EVENTS



The Wellness Community Valley/Ventura is pleased to announce the following programs taking place at **Community Memorial Hospital, located at the CMH Cancer Resource Center, 2900 Loma Vista Road, Ventura.**
For more information, please call 805.652.5459. All programs are free of charge.

SUPPORT GROUPS

Support groups for people with cancer and/or support persons are the heart of The Wellness Community. Adult group members of all ages and different types of cancer come together each week to support and learn from each other. Family members or significant others can explore new ways to support a loved one and healthy self-care.

Support Group for Women with Breast Cancer

Thursdays, 1:30-3:30pm

Facilitated by Gina Cole, MFT

General Cancer Support Group

Caregivers Welcome

Wednesdays, 6-7:30pm

Facilitated by Gina Cole, MFT

Thursdays, 4-5:30pm

Facilitated by Maryana Palmer, MFT

YOGA FOR CANCER PATIENTS

This class will use gentle stretching, movement and breath to increase flexibility, aid in stress reduction, and promote a sense of well being.

Intermediate Yoga

Yoga experience recommended

Tuesdays, 4pm

Led by Tobi Redlich

Beginning Yoga

No experience is required.

Tuesdays, 2pm

Led by Tobi Redlich

CHILDREN'S PROGRAMS

Support, Education and Hope for Families with a Child with Cancer. Counseling available.

Family Night

This evening includes a Family Dinner and Support groups for parents, child with cancer and siblings.

1st Thursday of the month, 6-8pm

Provided in collaboration with The Wellness Community, Landon Pediatric Foundation, Ventura County Medical Center's Pediatric Hematology/Oncology, St. John's Cancer Center, The Teddy Bear Foundation, American Cancer Society and CMH Cancer Resource Center. Please RSVP and for information 805-652-5459 or 805-308-9941.

