



CALENDAR OF EVENTS

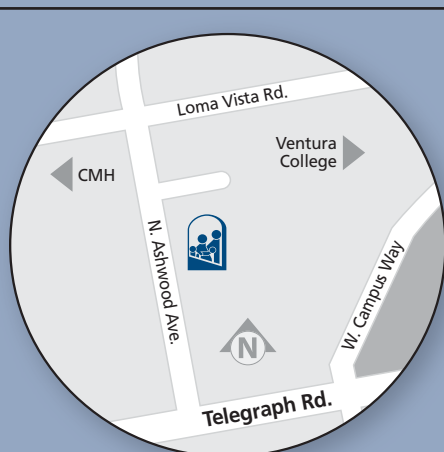
FREE CANCER SUPPORT

We Have Moved!

The CMH Cancer Resource Center has temporarily moved to the Center for Family Health Ashwood Avenue location while we await our new home in the CMH Cancer Center.

The new CMH Cancer Center will be built on the current site and is scheduled to open November 2010.

Cancer Resource Center
120 North Ashwood Avenue
Ventura, CA 93003
(Located inside CMHS Center for Family Health)
PHONE: (805) 652-5459



CMH CANCER RESOURCE CENTER
Now located at 120 N. Ashwood Ave.
in the Center for Family Health.

THE HEART OF OUR PROGRAM: WEEKLY SUPPORT GROUPS

Cancer Support Groups

Professionally facilitated support groups for people with cancer, family and friends. People with different types of cancer and their loved ones come together each week to support and learn from each other. Benefits include feeling less alone, getting help managing side effects and anxiety, feeling more hopeful and in control, and being with people who understand.

Wednesdays, 6-8pm

Facilitator: Ruth Lever, PhD

Location: CMH Cancer Resource Center, 120 N. Ashwood Ave, Ventura. Call 805.652.5459 to join.

***NEW* Thursdays, 4-5:30pm**

Facilitator: Marty Nason, RN, MN

Location: CMH Cancer Resource Center, 120 N. Ashwood Ave, Ventura. Call 805.652.5459 to join.

Breast Cancer Support Group

Thursdays, 1:30-3pm

Facilitator: Maryana Palmer, MFT

Location: CMH Cancer Resource Center, 120 N. Ashwood Ave, Ventura. Call 805.652.5459 to join.

CMH
Community
Memorial Hospital

 Community Memorial Health System

OTHER GROUPS

Breast Cancer Peer Support Group

First and Third Tuesdays, 6-7:30pm

Facilitator: Lynn Arnold,
ACS Volunteer

Location: CMH Cancer Resource Center, 120 N. Ashwood Ave, Ventura. Provided by American Cancer Society. Call 805.652.5459.

Man to Man: Prostate Cancer Support Group

Second Thursday, 6:30-8:00pm

Facilitator: Helmut Hoenigsberg,
ACS Volunteer

Speakers: April 8: Darius Bermudez, College Pharmacy: Available Supplies for Incontinence Related to prostate cancer.

Location: CMH Cancer Resource Center, 120 N. Ashwood Ave, Ventura. Ongoing support group for men affected by prostate cancer. Call 805.652.5459. Provided by American Cancer Society.

Support for People with Oral and Head and Neck Cancer (SPOHNC)

Fourth Thursday, 6pm **Facilitator:** Ronald Brand, PhD

Location: CMH Cancer Resource Center, 120 N. Ashwood Ave, Ventura. Family members/caregivers welcome. Call 805.652.5459 to join. Co-Sponsored by CMH, ACS and Support for People with Oral Head and Neck Cancer (SPOHNC).

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CMH Cancer Resource Center Temporary Location (See Front Page for Map)
120 North Ashwood Avenue
Ventura, CA 93003
(Located inside CMHS Center for Family Health)

CHILDREN'S PROGRAM

Kids Circle

Second and Fourth Monday, 4-5:30pm

Facilitator: Ruth Lever, PhD

Location: CMH Cancer Resource Center, 120 N. Ashwood Ave, Ventura. For children age 5-11 who have a parent or grandparent with cancer. Children are encouraged to express their feelings and concerns through creative activities. Please call 805.652.5459 to join.

MIND/BODY, RELAXATION & STRESS MANAGEMENT

Guided Meditation

Monday, April 12, 12pm

Facilitators: Roger Ford and Kim Vincent

Location: CMH Cancer Resource Center, 120 N. Ashwood Ave, Ventura.

This Guided Meditation is especially designed for people recovering from cancer, and for their caregivers. The program is designed to help participants cope with stress and discover an inner world of calm, peace and joy. For

more details call Roger or Kim at 805.640.0211 or Kathleen Horton, CTR at 805.652.5459. Provided by CMH.

Yoga for Stress Reduction

Tuesdays, 4-5:30pm

Instructor: Tami Robinson

Location: CMH Cancer Resource Center, 120 N. Ashwood Ave, Ventura.

Yoga uses gentle stretching, movement, awareness, and breath to aid in stress reduction and promote a sense of well being. No experience required. Please wear comfortable clothing and bring a mat, towel, or blanket to lie on. Please call 805.652.5459 to join.

Reiki Sessions By Appointment

Reiki is a Japanese technique used for relaxation, stress reduction, and reducing pain, all of which help promote emotional, physical or spiritual healing. Treatments are performed by certified, trained Reiki II practitioners. Treatments are done either hands-on as a gentle touch, or hands-off, with the patient lying down or sitting

up fully clothed. Sessions last approximately 30 to 60 minutes. Some experience a warmth, a coolness, a gentle tingling or just deep relaxation. Call Kathleen Horton or Patty Robles at 805.652.5459 to schedule your complimentary Reiki sessions today. Provided by CMH.

CAREGIVER PROGRAM

Community Memorial Hospital

Caregivers Support Group

Second Friday: 3-4:30pm

Facilitator: Carolyn Kopp

Location: CMH Front Auditorium.

Call 805.492.0601 to join.

Provided by Community Memorial Hospital.

Pictured above: Gail Crawford, an eight-year survivor of breast cancer and a Wellness Community participant. Opposite masthead: Bob Ferber, a ten-year survivor of chronic myeloid leukemia and a past Wellness Community participant and current volunteer.



Community
Memorial Hospital

Community Memorial Health System

MARCH 2010 VENTURA CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CMH Cancer Resource Center Temporary Location 120 North Ashwood Avenue Ventura, CA 93003 (Located inside CMHS Center for Family Health)</p>	<p>1 12pm Guided Meditation</p>	<p>2 4-5:30pm Yoga 6-7:30pm Breast Cancer Peer Support Group</p>	<p>3 6-8pm Cancer Support Group</p>	<p>4 1:30-3pm Breast Cancer Support Group 4-5:30pm Cancer Support Group</p>	<p>5</p>	<p>6</p>
<p>7</p>	<p>8 4-5:30pm Kids Circle (Registration Required)</p>	<p>9 4-5:30pm Yoga</p>	<p>10 6-8pm Cancer Support Group</p>	<p>11 1:30-3pm Breast Cancer Support Group 4-5:30pm Cancer Support Group 6:30-8pm Man to Man Prostate Cancer Sup- port Group</p>	<p>12 3-4:30pm Caregivers Support Group (CMH Front Auditorium)</p>	<p>13</p>
<p>14</p>	<p>15</p>	<p>16 4-5:30pm Yoga 6-7:30pm Breast Cancer Peer Support Group</p>	<p>17 6-8pm Cancer Support Group</p>	<p>18 1:30-3pm Breast Cancer Support Group 4-5:30pm Cancer Support Group</p>	<p>19</p>	<p>20</p>
<p>21</p>	<p>22 4-5:30pm Kids Circle (Registration Required)</p>	<p>23 4-5:30pm Yoga 6-8pm SPECIAL WORKSHOP: SUCCESS OVER STRESS</p>	<p>24 6-8pm Cancer Support Group</p>	<p>25 1:30-3pm Breast Cancer Support Group 4-5:30pm Cancer Support Group 6pm SPOHNC</p>	<p>26</p>	<p>27</p>
<p>28</p>	<p>29</p>	<p>30 4-5:30pm Yoga</p>	<p>31 6-8pm Cancer Support Group</p>	<p>PROGRAM GUIDE RED—Programs offered by The Wellness Community Valley/Ventura—805.652.5459 BLUE—Programs offered by Community Memorial Hospital—805.492.0601 GREEN—Programs offered by the American Cancer Society— 805.652.5459</p>		

APRIL 2010 VENTURA CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<p>CMH Cancer Resource Center Temporary Location 120 North Ashwood Avenue Ventura, CA 93003 (Located inside CMHS Center for Family Health)</p>	<p>PROGRAM GUIDE</p> <p>RED—Programs offered by The Wellness Community Valley/Ventura—805.652.5459</p> <p>BLUE—Programs offered by Community Memorial Hospital—805.492.0601</p> <p>GREEN—Programs offered by the American Cancer Society— 805.652.5459</p> <p>PURPLE—Spanish-language programs. 888.707.9355</p>			<p>1 1:30-3pm Breast Cancer Support Group 4-5:30pm Cancer Support Group</p>	<p>2</p>	<p>3</p>
<p>4</p>	<p>5</p>	<p>6 4-5:30pm Yoga</p> <p>6-7:30pm Breast Cancer Peer Support Group</p>	<p>7 6-8pm Cancer Support Group</p>	<p>8 1:30-3pm Breast Cancer Support Group 4-5:30pm Cancer Support Group 6:30-8pm Man to Man Prostate Cancer Support Group (Speaker)</p>	<p>9 3-4:30pm Caregivers Support Group (CMH Front Auditorium)</p>	<p>10</p>
<p>11</p>	<p>12 12pm Guided Meditation 4-5:30pm Kids Circle (Registration Required)</p>	<p>13 4-5:30pm Yoga 6-8pm <i>Leucemia de los Niños (Taller en español)</i></p>	<p>14 6-8pm Cancer Support Group</p>	<p>15 1:30-3pm Breast Cancer Support Group 4-5:30pm Cancer Support Group</p>	<p>16</p>	<p>17</p>
<p>18</p>	<p>19</p>	<p>20 4-5:30pm Yoga</p> <p>6-7:30pm Breast Cancer Peer Support Group</p>	<p>21 6-8pm Cancer Support Group</p>	<p>22 1:30-3pm Breast Cancer Support Group 4-5:30pm Cancer Support Group</p> <p>6pm SPOHNC</p>	<p>23</p>	<p>24</p>
<p>25</p>	<p>26 4-5:30pm Kids Circle (Registration Required)</p>	<p>27 4-5:30pm Yoga</p>	<p>28 6-8pm Cancer Support Group</p>	<p>29 1:30-3pm Breast Cancer Support Group 4-5:30pm Cancer Support Group</p> <p>6:30-8pm Integrative Medicine Workshop</p>	<p>30</p>	

WHAT'S HAPPENING IN MARCH & APRIL...

[Success Over Stress With Ed Rockey, Ph.D](#)

Tuesday, March 23, 6-8pm

**Location: CMH Cancer Resource Center,
120 N. Ashwood Ave., Ventura, CA 93003
Please RSVP 805.652.5459**

This seminar offers an eclectic approach to managing stress through discussion, hands-on work and take-home activities. Dr. Ed Rockey, a business consultant and professor, has had much experience in helping people deal with life's pressures. As a two-time cancer survivor, Ed has personally experienced the stresses associated with cancer and related surgeries. With a Ph.D from New York University, Ed teaches behavioral science and creativity and is also a Department Chair at the Graziadio Business School at Pepperdine University.

This interactive program explores ways in which we can:

- Cope successfully
- Develop resilience to stress
- Recover more successfully after stressful episodes have ended

Over a dozen "Quickerscises" will be included, so you will have actual practice with activities you can utilize. A light dinner will be provided.

[Spanish-Language Workshop: Childhood Leukemia presented by Francisco Bracho, MD](#)

Tuesday, April 13, 6:00-8:00pm

Location: CMH Cancer Resource Center, 120 N. Ashwood Ave., Ventura, CA 93003

Dr. Bracho will answer questions about childhood leukemia and will present a discussion of the basics of childhood leukemia, risks for contraction, signs and symptoms, and treatment of the disease.

Dr. Bracho is Director of Pediatric Hematology/Oncology at the Ventura County Medical Center, Satellite Center for Cancer and Blood Diseases. He is also a Clinical Associate Professor of Pediatrics at the Childrens Hospital Los Angeles. He received his medical degree at the University of California at Los Angeles and completed a residency at the Women's and Children's Hospital at the University of Southern California. Dr. Bracho completed hematology/oncology fellowships at the Children's Hospital of Orange County and Georgetown University Medical Center.

Presented in partnership by The Wellness Community, The Leukemia & Lymphoma Society, and the CMH Cancer Resource Center. A light dinner will be provided. Childcare provided. Please RSVP (805) 652-5459.

[Taller en Español: Leucemia de los Niños presentado por Francisco Bracho, MD](#)

Martes, 13 de Abril, 6:00-8:00pm

Location: Centro de Recursos de CMH, 120 N. Ashwood Ave., Ventura, CA 93003

El Dr. Bracho contestará sus preguntas acerca de la leucemia de los niños. Presentará también información acerca de: qué es la leucemia, riesgos para contrar la leukemia, señales y síntomas, y tratamiento.

El Dr. Bracho es Director de Hematología/Oncología Pediátrica en el Centro Médico del Condado de Ventura, Centro Satélite de Cáncer y Enfermedades Hematológicas. También es Profesor Clínico Asociado Pediátrico en el Hospital Infantil Los Angeles.

Recibió su Título de Médico de la Universidad de California en Los Angeles y cumpló el programa residente en el Hospital para Niños y Mujeres de la Universidad de Southern California. El Dr. Bracho cumpló becas de investigación de hematología/oncología en el Hospital Infantil del Condado de Orange y el Centro Médico de la Universidad de Georgetown.

Presentado por The Wellness Community, The Leukemia & Lymphoma Society, y el Centro de Recursos de CMH. Cuidado de niños será disponible. Para RSVP llame al (805) 652-5459.

¡APUNTE LA FECHA! MUJERES UNIDAS EN CELEBRACIÓN, 12 DE JUNIO

[Integrative Medicine, the Mind/Body Connection and Psychoneuroimmunology and Cancer With Robert Hoffman, MD](#)

Thursday, April 29, 6:30-8pm

Location: CMH Cancer Resource Center, 120 N. Ashwood Ave., Ventura, CA 93003

Dr. Hoffman will discuss the integrative medicine approach to cancer care. Integrative Medicine combines mainstream medical therapies and complementary and alternative medicine (CAM) therapies for which there is some high-quality scientific evidence of safety and effectiveness. It is healing-oriented medicine that takes account of the whole person (body, mind, spirit and community), including all aspects of lifestyle. It emphasizes the therapeutic relationship and the partnership between patient and practitioner in the healing process. This workshop will also address key concepts of psychoneuroimmunology (PNI). Also described as the mind - body connection, PNI is the study of the of the interaction between psychological processes and the nervous and immune systems of the human body.

What is the mind-body connection and how can I make it work in my favor as a person with cancer? What is the role of one's attitudes and beliefs in affecting the outcome of cancer? These are some of the questions that Dr. Hoffman will address.

Robert S. Hoffman, MD has been in the private practice of psychiatry and integrative medicine for almost thirty years. A pioneer in integrative or mind-body medicine, he integrates traditional and alternative approaches, as well as western scientific and eastern spiritual practices. Dr. Hoffman is Assistant Clinical Professor of Psychiatry at UCLA and founding member of the International Psycho-Oncology Society, member of the Southern California Academy of Clinical Oncology, and member of numerous other medical academies including Pain Management and Addiction Psychiatry. He has lectured locally, nationally and internationally.

SAVE THE DATE!

[19th Anniversary Gala *FUNDRAISING EVENT*](#)

Friday, May 7, 6:30pm-midnight

Help The Wellness Community Valley/Ventura celebrate its 19th anniversary Gala at the Four Seasons Hotel in Westlake Village. Make your reservation now online at TwcVv.org or by calling 805.379.4777.