

# JANUARY 2012

## Support Groups & Workshops



COMPREHENSIVE  
CANCER CENTER  
DESERT REGIONAL MEDICAL CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day	2	3 <ul style="list-style-type: none"> <li>Pet Therapy 9 - 11 am</li> <li>Massage Therapy 10 am - 1:30 pm</li> </ul>	4 <ul style="list-style-type: none"> <li>Cancer Support Group 1:30 pm</li> </ul>	5	6 <ul style="list-style-type: none"> <li>Adaptive Yoga 9:30 - 10:30 am</li> <li>Massage Therapy 10 am - 1:30 pm</li> </ul>	7
8 <ul style="list-style-type: none"> <li>New Patient Orientation Lunch 12 - 1:30 pm</li> <li>"Look Good, Feel Better" 1:30 - 3:30 pm</li> </ul>	9 <ul style="list-style-type: none"> <li>Pet Therapy 9 - 11 am</li> <li>Massage Therapy 10 am - 1:30 pm</li> </ul>	10	11	12	13 <ul style="list-style-type: none"> <li>Adaptive Yoga 9:30 - 10:30 am</li> <li>Massage Therapy 10 am - 1:30 pm</li> </ul>	14
15	16 <ul style="list-style-type: none"> <li>Pet Therapy 9 - 11 am</li> <li>Massage Therapy 10 am - 1:30 pm</li> </ul>	17 <ul style="list-style-type: none"> <li>Pet Therapy 9 - 11 am</li> <li>Massage Therapy 10 am - 1:30 pm</li> </ul>	18 <ul style="list-style-type: none"> <li>Cancer Support Group 1:30 pm</li> </ul>	19 <ul style="list-style-type: none"> <li>Journallage 1:30 pm</li> </ul>	20 <ul style="list-style-type: none"> <li>Adaptive Yoga 9:30 - 10:30 am</li> <li>Massage Therapy 10 am - 1:30 pm</li> </ul>	21
22	23 <ul style="list-style-type: none"> <li>Pet Therapy 9 - 11 am</li> <li>Massage Therapy 10 am - 1:30 pm</li> </ul>	24 <ul style="list-style-type: none"> <li>Pet Therapy 9 - 11 am</li> <li>Massage Therapy 10 am - 1:30 pm</li> </ul>	25 <ul style="list-style-type: none"> <li>Cooking Class 12-1:30 p.m. Hanson House RSVP: 760-416-4790</li> </ul>	26 <ul style="list-style-type: none"> <li>Spanish Speaking Support Group 12 - 1:30 pm</li> </ul>	27 <ul style="list-style-type: none"> <li>Adaptive Yoga 9:30 - 10:30 am</li> <li>Massage Therapy 10 am - 1:30 pm</li> </ul>	28
29	30 <ul style="list-style-type: none"> <li>Pet Therapy 9 - 11 am</li> <li>Massage Therapy 10 am - 1:30 pm</li> </ul>	31	<p>Classes meet in the Comprehensive Cancer Center, Third Floor East Conference Room, unless noted otherwise. For more information and to register, please call (760) 416-4834.</p>			

CCC is located at:  
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La Quinta, CA 92253



# SUPPORT GROUPS & WORKSHOPS

Classes meet in the Comprehensive Cancer Center, Third Floor, East Conference Room unless otherwise noted. For more information and to register, please call (760) 416-4834.

## New Patient Orientation Luncheon

Are you a new patient? Join us for lunch and an introduction to services at the Comprehensive Cancer Center and what to expect during your course of chemotherapy or radiation therapy. The Orientation Luncheon is held the 2nd Monday of the month from 12:00-1:30pm.

Please call (760) 416-4802 to register.

## Look Good...Feel Better

Sponsored by the American Cancer Society, this program gives cancer patients a hands-on experience using make-up, turbans, scarves, and wigs to enhance their personal appearance during and after radiation therapy and chemotherapy. Held the 1st Monday of the month from 1:30-3:30pm. Those interested in participating can call (800) 227-2345.

## Navigator Program

Have you been diagnosed with Prostate, Breast or Gyn-Cancer? We can provide you with a mentor to help provide support and education along the way. For more information and to register, please call (760) 416-4834.

## Cancer Support Group

This group is designed for patient support and education about the impact of cancer. The group meets on the 1st and 3rd Wednesday of the month at 1:30 pm. For information, please call (760) 416-4834.

## Lenscape Program

Using photography, patients can create meaningful works of art to chronicle their cancer experience. No art experience is required and all materials are provided. For more information, please call (760) 416-4834.



## Art Therapy Program

Learn how art can help you cope with the cancer experience. Our clinician will meet with patients and family members during treatment. Materials are provided. For more information, please call (760) 416-4834.



## NEW! Journalagé

This program combines Journaling and support arts such as scrapbooking to help patients sort through emotions as they go through the cancer experience. Held every 3rd Thursday of the month at 1:30 p.m. For more information, please call (760) 416-4834.

## Complementary Medicine Program

This program offers patients referrals to a wide variety of complementary medicine modalities, including Chinese Medicine, chiropractics, nutrition, education regarding herbs/supplements, biofeedback, spiritual care counseling and strengthening/physical rehabilitation. For more information, please call (760) 416-4834.

## Massage Therapy

Massage therapy is available to patients. For more information, please call (760) 416-4834 to schedule an appointment.

## Adaptive Yoga

Yoga classes are geared for patients of all abilities and those with physical limitation. No experience is necessary. Patients and family members are welcome to attend. Physician permission required. Meets every Friday from 9:30 am -10:30 am. Cost per session is \$5.00. To register, please call (760) 416-4864.

## PATIENT EDUCATION

### TELEPHONE CONFERENCES



CancerCare offers telephone conferences periodically on a range of cancer topics. Please log on to [www.cancercare.org](http://www.cancercare.org) for more information, or contact the Comprehensive Cancer Center at (760) 416-4834.

### Want to Quit Smoking?\*

Smoking cessation classes are now available through the Comprehensive Cancer Center at reasonable cost to patients and family members. Instructor VJ Sleight was trained at the Mayo Clinic and works with the American Cancer Society to help smokers quit the habit. To learn more about the program or to register, please call (760) 333-1270.

### Children's Support Group

This group meets periodically and offers support to the children of family members with cancer. For more information, please call (760) 416-4834.

### Pet Therapy



'Paws and Hearts' specially trained doggie visits the Comprehensive Cancer Center every Tuesday from 9 to 11 am to offer companionship to you and your family.



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