






Hematology/Oncology Patient & Family Supportive Service March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>March</p>  Colorectal Cancer  Kidney Cancer  Multiple Myeloma	<p>INTRO TO CHEMOTHERAPY* Zion, Classroom 3 ~ 9:30am-11:30am</p>		<p>MAKING TODAY COUNT CANCER SUPPORT GROUP Orcutt – 5pm-6:30pm</p>	
9	10	11	12	13
<p>SAN DIEGO MULTIPLE MYELOMA SUPPORT GROUP 6:30pm-8:30pm</p>	<p>INTRO TO CHEMOTHERAPY* Orcutt, Classroom B ~ 9:30am-11:00am</p> <p>SURVIVORSHIP CLASS Orcutt, Class B – 2pm-3:30pm</p> <p>EATING WELL THROUGH YOUR CANCER TREATMENT* Zion Classroom 2 ~ 12pm-1:30pm</p>	<p>NORTH COUNTY INTRO TO CHEMOTHERAPY* San Marcos, Classroom D – 2pm-4pm</p> <p>PROSTATE CANCER SUPPORT GROUP Garfield – 9:30am-11am</p> <p>MIND OVER CANCER Garfield – 1:00 – 3:00pm</p>	<p>NORTH COUNTY CANCER SUPPORT GROUP San Marcos, Classroom B – 1:30 – 3:00pm</p> <p>BREAST CANCER SUPPORT GROUP- ALL STAGES Orcutt, Class B – 5pm-6:30pm</p>	
16	17	18	19	20
	<p>INTRO TO CHEMOTHERAPY* Zion, Classroom 3 ~ 9:30am-11:30am</p> 	<p>NORTH COUNTY INTRO TO CHEMOTHERAPY* San Marcos, Classroom C – 2pm-4pm</p> <p>Coping with Cancer Together Group* Orcutt, Classroom B – 2:00 – 3:30pm</p> <p>MIND OVER CANCER Garfield – 1:00 – 3:00pm</p>	<p>MAKING TODAY COUNT CANCER SUPPORT GROUP Orcutt – 5pm-6:30pm</p>	<p>FIRST DAY OF SPRING</p> 
23	24	25	26	27/30
	<p>INTRO TO CHEMOTHERAPY* Zion, Classroom 3 ~ 9:30am-11:30am</p>	<p>NORTH COUNTY INTRO TO CHEMOTHERAPY* San Marcos, Classroom D – 2pm-4pm</p> <p>Coping with Cancer Together Group* San Marcos Classroom C – 2pm- 3:30PM</p> <p>MIND OVER CANCER Garfield – 1:00 – 3:00pm</p>	<p>METASTATIC/STAGE IV WOMEN'S BREAST CANCER SUPPORT GROUP Orcutt, Room B – 5pm-6:30pm</p>	
30	31			
	<p>INTRO TO CHEMOTHERAPY* Zion, Classroom 3 ~ 9:30am-11:30am</p> <p>Blood Cancer Support Group 6:00pm-8:00pm</p>	<p>PREPARING FOR RADIATION THERAPY CLASS UCSD – MOST WEDNESDAYS</p>		<p>For more details, locations, and classroom information please see reverse side</p>

KP LOCATIONS

ZION
4647 Zion Avenue
San Diego, CA 92120

ORCUTT (Behind Zion)
4511 Orcutt Avenue
San Diego, CA 92120

SAN MARCOS
400 Craven Road
San Marcos, CA 92078

SDMC
9455 Clairemont Mesa Blvd
San Diego, CA 92123

VISTA
780 Shadowridge Drive
Vista, CA 92083

BOSTONIA
1630 E. Main St.
El Cajon, CA 92021

GARFIELD
5893 Copley Drive
San Diego, CA 92111

POSITIVE CHOICE
Now located at GARFIELD
5893 Copley Drive
San Diego, CA 92111

SUPPORT GROUPS

NO REGISTRATION IS REQUIRED FOR ANY OF KAISER PERMANENTE'S SUPPORT GROUPS. FEEL FREE TO DROP IN!

Breast Cancer Support Groups – **PEER LED FOR JANUARY

ORCUTT – Zion Medical Center Administration Building (in between the parking structure and Grab & Go Subs) – Classroom B

2nd Thursday of each month, 5:00-6:30pm – All Stages of Breast Cancer

4th Thursday of each month, 5:00-6:30pm – Metastatic/Stage IV Breast Cancer

Women only please

Please call Debra Stern-Ellis, LCSW 619-528-3152 for more information.

Making Today Count - Cancer Support Group

ORCUTT - Zion Medical Center Administration Building (in between the parking structure and Grab & Go Subs) – Classroom B.

This group meets twice a month, first and third Thursdays from 5:00 pm to 6:30 pm. Patients with any type of cancer at any stage and significant others are welcome. Please call Debra Stern-Ellis, LCSW at (619) 528-3152 for information.

Prostate Cancer Support Meeting

GARFIELD -1st Wednesday – & 3rd Wednesday – 3rd Floor – Desert Room

This class is led by a cancer survivor and a social worker that co-facilitate each meeting. It's primarily educational and informational and occasionally members share their experiences. No registration required. No fee. 888-694-7857

North County Cancer Support Group **New meeting day

SAN MARCOS – Building 2, 2nd Floor Hematology / Oncology clinic

A support group for cancer patients and family members. This group is led by a social worker. There is no charge and it is open to all members and non-members. Please call Oceanna Gage, LCSW at (760) 510-4038 for information.

Coping with Cancer Together – For Patients with Advanced Cancer and Caregivers

This group meets once a month from 2:00-3:30pm on the 3rd Wednesday in San Diego at ORCUTT, Classroom B and once a month on the 4th Wednesday at SAN MARCOS, Classroom C.

Group is open to patients diagnosed with advanced or metastatic cancer and those who love and care for them.

Registration Required – Debra Stern-Ellis, LCSW (619) 528-3152

CLASSES**Eating Well Through Your Cancer Treatment***

Zion Medical Center

Whether you are just starting your treatment or have been battling cancer for a while, you will benefit from this free, one-hour nutrition class. You may bring a support person and attend more than once.

**There is no fee for this class, however, enrollment is required. You can enroll at Oncology Clinic Reception or by calling 1-877-236-0333. Please ask for location at time of registration.*

An Introduction to Chemotherapy*

ZION - Ask Oncology Reception Desk for classroom number when registering.

SAN MARCOS – Building 3, 2nd Floor, Classroom D

This class is designed to provide information and support to people with cancer and their loved ones as they begin treatment. Learn about your chemotherapy program, how it works and how to make your program go smoothly. We will emphasize the many things you can do to gain a greater sense of control and feeling of well-being during treatment. You will receive a Chemotherapy Self-Care Pack.

**There is no fee for this class, however, enrollment is required. You can enroll at Oncology Clinic Reception or by calling 1-877-236-0333.*

Mind Over Cancer**

POSITIVE CHOICE – *Please call 858-616-5600 for information on location and next start date.*

Class is open to people in active treatment, those in remission, and those caring for someone who has/had cancer. The four-session program teaches mindfulness techniques that enable you to lessen the effects of worrisome thoughts and strong emotions. The program helps you learn how to be more present to enjoy things you are grateful for in your life.

***\$20 for four-session program. Payment and Pre-registration is required for all attendees. Call to enroll. 858-616-5600*

Survivorship Class*

ORCUTT - Zion Medical Center Administration Building (In between the parking structure and Grab & Go Subs) – Classroom B.

This monthly class is designed for members who have completed treatment within the last six months. It will give you tools to begin the process of living with and beyond the cancer experience. You may bring a support person and attend more than once. **There is no fee for this class however, enrollment is required. You can enroll at Oncology Clinic Reception or by calling 1-877-236-0333*

ADDITIONAL COMMUNITY RESOURCES**Preparing for Radiation Therapy Class**

UCSD – Meets in the Radiation Oncology Conference Room 1411 of the UC San Diego Moore's Cancer Center located at 3855 Health Sciences Drive, La Jolla, CA 92093.

This class is provided by and held at a UCSD location and takes place most Wednesdays from 2:30–3:30pm. Recommended for patients preparing for radiation therapy. Registration is required. Register at the Radiation Oncology front desk or by calling; (858) 822-6040.

Leukemia & Lymphoma Society - Blood Cancer Support Group

The Leukemia & Lymphoma Society Office is located at 3890 Murphy Canyon Road, Suite 150, San Diego, CA 92123

This group meets on the last Tuesday of every month.

6:00pm-8:00pm. The group will address specific issues related to a blood cancer diagnosis and will provide an opportunity for attendees to discuss concerns, anxieties, & feelings related to illness, treatment & other related issues. The meetings are designed to provide mutual support and education to members by meeting with others whose situations are similar to their own. They are a resource to support coping, in conjunction with your or a loved one's medical treatment. There is no charge but pre-registration is required:

<https://www.llsform.org/ho0999SER/SDG1FSG/index.html>.
858-277-1800

San Diego Multiple Myeloma Support Group

Sanford Consortium for Regenerative Medicine, Conference Room 1013 A/B, 2880 Torrey Pines Scenic Drive, La Jolla, CA 92037 (On road to Glider Port, across from Salk Institute) Free Parking after 5 PM

This class meets on the second Monday of each month @ 6:30 to 8:30 pm. An educational supportive environment for local Multiple Myeloma Cancer patients, their families & friends. To confirm exact time and location of our next meeting contact: Tom Tucker at 760-736-8230 or by email sdmmmsg@ifmsupport.org

For More Information on these Classes & More From KP, visit:

<http://continuingcare-sandiego.kp.org>

or WWW.positivechoice.org

Brave Beauty in the Face of Cancer

We stand with those facing major life transitions. Address the visible effects of cancer treatments with products tailored to your needs. Learn tips including how to rebuild the look of brows and lashes. Friends and family are welcome. 90 mins.

<https://www.sephora.com/happening/home>