

# Hematology/Oncology Patient & Family Supportive Services

## September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p>  <p>HAPPY LABOR DAY</p>	<p>4</p> <p>ZION - Intro To Chemotherapy* Time: 9:30am-12pm</p>	<p>5</p> <p>GARFIELD – Prostate Cancer Support Group Time: 9am-11am</p> <p>VISTA – Caregiver Support Group Time: 2:30pm-4pm</p> <p><b>ORCUTT – Mind Over Cancer**</b> Time: 5:30pm-7:30pm</p>	<p>6</p> <p>ORCUTT – Making Today Count Cancer Support Group Time: 5pm-6:30pm</p>	<p>7</p> <p><i>For more details, locations, and classroom information please see reverse side.</i></p>
<p>10</p> <p>San Diego Multiple Myeloma Support Group Time: 6:30pm-8:30pm</p>	<p>11</p> <p>ZION - Intro To Chemotherapy* Time: 9:30am-12pm</p>	<p>12</p> <p>SAN MARCOS – Intro To Chemotherapy* Time: 1pm-3pm</p> <p>SDMC – Caregiver Support Group Time: 2pm-3pm</p> <p><b>ORCUTT – Mind Over Cancer**</b> Time: 5:30pm-7:30pm</p>	<p>13</p> <p>BOSTONIA – Caregiver Support Group Time: 2pm-3pm</p> <p>ORCUTT – Breast Cancer Support Group Time: 5pm-6:30pm</p>	<p>14</p>  <p>We are here to help you on your journey.</p>
<p>17</p> <p>Join a support group!</p> 	<p>18</p> <p>ZION - Intro To Chemotherapy* Time: 9:30am-12pm</p> <p>ZION – Eating Well Through Your Cancer Treatment* Time: 12pm-1:30pm</p>	<p>19</p> <p>GARFIELD – Prostate Cancer Support Group Time: 9am-11am</p> <p><b>ZION - Survivorship Class*</b> Time: 2pm-3:30pm</p> <p>VISTA – Caregiver Support Group Time: 2:30pm-4pm</p> <p><b>ORCUTT – Mind Over Cancer**</b> Time: 5:30pm-7:30pm</p>	<p>20</p> <p>ORCUTT – Making Today Count Cancer Support Group Time: 5pm-6:30pm</p>	<p>21</p> <p><b>MARK YOUR CALENDARS FOR THE “TOUCHED BY CANCER” SURVIVOR’S EVENT</b></p> <p><b>SATURDAY, OCTOBER 13, 2018</b> FROM 1PM TO 4PM</p> <p><b>KP Viewridge Medical Offices</b> 5251 Viewridge Court, San Diego CA 92123</p> <p><b>RSVP to: (619) 528-3248 with the number of people in your party by October 7, 2018.</b></p>
<p>24</p> <p>UCSD - Kids Konected Education &amp; Support Group Time: 5:30pm-6:45pm (Kids Group) Time: 7pm-8:15pm (Teens Group)</p>	<p>25</p> <p>ZION - Intro To Chemotherapy* Time: 9:30am-12pm</p>	<p>26</p> <p>SDMC – Caregiver Support Group Time: 2pm-3pm</p> <p>UCSD – Preparing For Radiation Therapy Class - MOST WEDNESDAYS Time: 3pm-4pm</p> <p><b>ORCUTT – Mind Over Cancer**</b> Time: 5:30pm-7:30pm</p>	<p>27</p> <p>ORCUTT – All Women’s Cancer Support Group Time: 5pm-6:30pm</p> <p>BOSTONIA – Caregiver Support Group Time: 2pm-3pm</p>	<p>28</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 Shadownridge Drive  
Vista, CA 92083

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

**GARFIELD**  
5893 Copley Drive  
San Diego, CA 92111

**POSITIVE CHOICE WELLNESS CENTER**  
7035 Convoy Court  
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 Group**

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

This group meets twice a month, second and fourth Thursdays from 5:00 pm to 6:30 pm. Please call (619) 641-4456 for information.

#### **Caregiver Support Group**

**BOSTONIA - Lobby Area, Group Rm 7**  
**SDMC - See 1st floor information booth for classroom**  
**VISTA - 2nd floor Classroom**

Groups provide a safe and caring place to share feelings and concerns along with options and solutions for common problems. These groups are for anyone providing care for an ill or disabled person of any age and **are not cancer specific**. Groups are led by a social worker and a nurse. All member and non-member caregivers welcome. There is no fee. For additional information call 619-641-4456.

#### **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 – 4th Floor – Tahoe Room**  
**& 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.

#### **San Marcos Cancer Support Group**

**SAN MARCOS – Building 3, 2nd Floor, Classroom C**

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 (619) 641-4456 for information.

#### **Women's Cancer Support Group (For GYN & Breast Cancers)**

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

This group meets once a month on the 4th Thursday from 5:00pm to 6:30pm. For more information call (619)-641-4456.

## CLASSES

#### **Eating Well Through Your Cancer Treatment\***

**ORCUTT - Zion Medical Center Administration Building (In between the parking structure and Grab & Go Subs) - Classroom 3.**

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.**

#### **An Introduction To Chemotherapy\***

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

**SAN MARCOS – Building 3, 2nd Floor, Classroom C**

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\*\***

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

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. 858-573-0090**

#### **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.**

**For More Information On These Classes & More From KP, visit:**

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

**[or WWW.positivechoice.org](http://www.positivechoice.org)**

## ADDITIONAL COMMUNITY RESOURCES

#### **Kids Konected Education & Support Group**

**UCSD – Meet in the lobby of the UC San Diego Moore's Cancer Center located at 3855 Health Sciences Drive, La Jolla, CA 92093.**

This class is provided and held at a UCSD location. When cancer touches a parent you know, it can be challenging to know what you can do to help. This group provides the support, education, community and understanding to children who have a parent with cancer or have lost a parent to cancer. Registration not required. For more information call (858)822-6152.

#### **Look Good, Feel Better**

**These workshops take place at multiple locations year-round. To register or more information, please call 1-800-395-LOOK (5665) or cancer.org.**

Look good, feel better workshops help women with cancer manage the appearance-related side effects of treatment. This workshop is free and open to all women with cancer who are undergoing chemotherapy, radiation, or other forms of treatment. The program is a collaboration of the American Cancer Society, the Personal Care Products Council Foundation, and the Professional Beauty Association.

#### **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 3:00pm-4:00pm. 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>**

#### **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 [sdmmsg@imfsupport.org](mailto:sdmmsg@imfsupport.org)**