



Comprehensive
Cancer Center
Montage Health

WHERE HOPE LIVES

2017 CLASSES | SUPPORT | RESOURCES
(831) 625-4753 ■ www.chomp.org

Recipient of the Outstanding Achievement
Award from the Commission on Cancer

Your best resource for cancer education and support

Whether you have cancer or are a survivor, have a family member or friend with cancer, or just want to know more about prevention, early detection, and treatment, Community Hospital's Comprehensive Cancer Center offers classes, support groups, and resources to help guide you through the cancer journey.

CANCER SURVIVORSHIP PROGRAM

Live longer. Live stronger. *Moving from cancer patient to survivor*

Finishing cancer treatment is a major milestone — and so is the next step toward healthy survivorship. Join Community Hospital's Cancer Center in partnership with Peninsula Wellness Center for a motivational series of classes that teach you how to live longer and stronger after a cancer diagnosis and treatment. Work with expert faculty on nutrition, exercise, and stress reduction to take control of your survivorship.

MONTAGE WELLNESS CENTER, CONFERENCE ROOM, 2920 2ND AVENUE, MARINA

CHOOSE ONE OF THREE SESSIONS:

MONDAYS, JANUARY 9-MARCH 6 ■ 10 A.M.–12:30 P.M.

MONDAYS, APRIL 17-JUNE 5 ■ 4:30–7 P.M.

MONDAYS, JUNE 26-AUGUST 14 ■ 10 A.M.–12:30 P.M.

Registration is required. For additional information, or to register, call (831) 625-4753 or go online to www.chomp.org.

See reverse for complete class schedule and support groups.

SAVE-THE-DATE

**Cancer
Survivorship
Event**
Saturday, August 5
2017

Breast Cancer Early Support Group

WEDNESDAYS, 1–2:30 P.M. ■ CANCER CENTER CLASSROOM
PREREGISTRATION REQUIRED, 625-4753

This informal discussion group, led by an oncology educator, is for anyone newly diagnosed with breast cancer. Topics include preparing for surgery, radiation therapy, or chemotherapy; staying well during treatment; and coping with emotions. Facilitated by Joy Smith, RN.

Cancer Wellness® Support Group

MONDAYS, 4–6 P.M. ■ CANCER CENTER CLASSROOM

Take charge of your health and well-being in this uplifting group. Find tools for pain reduction and successfully managing strong emotions. Facilitated by Sandra Kahn, LMFT.

Caregivers' Drop-in Program

TUESDAYS, 11 A.M.–NOON ■ TERRACE WEST CONFERENCE ROOM

Are you caring for someone with cancer? Learn the importance of taking care of yourself and finding time for quiet reflection. Receive support, learn coping skills and practical tips, and share your experiences with others in this weekly group meeting. Facilitated by Mary Welschmeyer, RN, LMFT.

Chronic Pain Support Group

WEDNESDAYS, 10 A.M.–NOON ■ CANCER CENTER CLASSROOM
PREREGISTRATION REQUIRED, 625-4753

Living with chronic pain can be isolating and depressing. This weekly group offers support and compassion. Members learn communication techniques enabling them to participate more fully in their healing. Speakers present valuable information for managing pain. Facilitated by Mary Welschmeyer, RN, LMFT.

Healing Art Retreat

THURSDAYS, 10 A.M.–3 P.M. ■ JANUARY 12 | FEBRUARY 9
MARCH 9 | APRIL 13 | MAY 11 | JUNE 8

CANCER CENTER CLASSROOM

\$20 FOR MATERIALS. PREREGISTRATION REQUIRED, 625-4753

A day of creativity using various art media for healing mind, body, and spirit. Art training is not necessary — just a willingness to try something new to promote well-being. Facilitated by Mary Welschmeyer, RN, LMFT.

Health Resource Library

8:30 A.M.–4 P.M. ■ LOCATED IN THE CANCER CENTER
FOR INFORMATION, CALL 622-2746

This community lending library has an extensive collection of books, pamphlets, and CDs on cancer and various other health topics. Our professional staff and volunteers can provide assistance with accessing internet resources and we offer a large selection of wigs and caps.

Look Good . . . Feel Better

MONDAYS, 10 a.m.–noon ■ JANUARY 23 | FEBRUARY 27
MARCH 27 | APRIL 24 | MAY 22 | JUNE 26

CANCER CENTER CLASSROOM

PREREGISTRATION REQUIRED, 622-2746

Cancer treatment can cause many changes in your appearance. A licensed cosmetologist shares tips and techniques about make-up, wearing head scarves, and choosing and styling wigs. Offered in a group setting with other patients going through treatment. Participants receive a free make-up kit.

Cosponsored by the American Cancer Society

Patient Navigator

CALL 625-4753 TO SIGN UP FOR A NAVIGATOR, BECOME
A NAVIGATOR, OR FOR MORE INFORMATION.

Peer support — or just having a “buddy” to talk with — can be very helpful to patients and families experiencing cancer. Please call to meet with a specially trained personal patient navigator. Or, if you are interested in volunteering for this unique program, contact us for more information.

Prostate Cancer Self-Help Group

WEDNESDAYS, 5–6:15 P.M. ■ FEBRUARY 1 | APRIL 5 | JUNE 7

WESTLAND HOUSE MULTIPURPOSE ROOM

100 BARNET SEGAL LANE, MONTEREY

FOR INFORMATION, PLEASE CALL 649-7755

This group offers encouragement, support, and information on the latest medical treatments for prostate cancer.

Radiation Therapy Orientation

BY APPOINTMENT. CALL 625-4630, EXT. 2438 FOR MORE INFORMATION.

If radiation is part of your cancer treatment, knowing what to expect can make a difference. Tour the department, meet the staff, and get your questions answered before you start treatment.

Women's Cancer Support Group

TUESDAYS, 1–2:30 P.M. ■ CANCER CENTER CLASSROOM

PREREGISTRATION REQUIRED, 625-4753

Women with cancer have unique concerns. Come share and listen to one another, and learn that you are not alone. Facilitated by Mary Welschmeyer, RN, LMFT.

Your Personal Cancer Guide:

A Prescription for Healing

CALL 625-4753 TO SCHEDULE YOUR FREE SESSION.

Schedule a one-on-one session with an oncology nurse educator, who will design a personal program for coping with the many physical and emotional issues surrounding a cancer diagnosis. This can cover a wide variety of topics and skills including disease and treatment information, access to support services, body-image concerns, and coping skills.

For additional information call Community Hospital's Comprehensive Cancer Center at (831) 625-4753 or go online to chomp.org.