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.

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.

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.

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