

**Orange County Breast Cancer/Cancer Support Groups** *(Please call to verify information before attending.)*

Orange County

- **FREE Guided Imagery Groups for your Cancer Support Group** – The Certified Guided Imagery Therapists at Trilogy Guided Imagery for Healing located in Newport Beach will come to your cancer support group and provide a complimentary guided imagery session. If you are unfamiliar with guided imagery, you can find out more information at our website at [www.TGIFH.com](http://www.TGIFH.com), click on “Questions, Answers, Facts.” To schedule a time to come to your group, please call either Mickey or Linda at (949) 296-7654.

Aliso Viejo

- **South Orange County Cancer Support Group** – Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of every month at 11 a.m. at Grace Hills Church, 24521 Moulton Parkway, Aliso Viejo. For adult men and women with all types of cancer. For more information, contact Joyce Carlson, founder and facilitator, at (949) 458-1755 or [jcarlson@comline.com](mailto:jcarlson@comline.com).

Anaheim

- **General Breast Cancer Support Group** – Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month from 6:30 – 8 p.m. at Anaheim Memorial, 1211 W. La Palma Ave. # 104, Anaheim. The facilitator is Jeannie Kelly. For more information, call (714) 999-5215.
- **Hermanas Unidas Contra El Cancer “Grupo de Apoyo Hispano” (Hispanic Support Group, “Sisters United Against Breast Cancer”)** – Meets on the 2<sup>nd</sup> or 3<sup>rd</sup> Wednesday of every month (CALL TO CONFIRM) from 10:30 a.m. – 12 p.m. at St. Boniface Catholic Church (Bethany Hall), 120 N. Janns St. (Harbor/Lincoln), Anaheim. For more information, call Rose at the YWCA North Orange County (714) 871-4488 x201.
- **Spanish–Language Breast Cancer Support Group** – Meets on the 3<sup>rd</sup> Wednesday of every month from 6 – 7:30 p.m. at Anaheim Memorial Medical Center's Medical Office Tower (in the basement), 1211 W. La Palma, Anaheim. Free. For more information, call (800) 636-6742.

Brea

- **Kids Konnected** – Meets on the 4<sup>th</sup> Tuesday of every month from 6:30 – 8 p.m. at the Brea Community Center, 695 Madison Ave. For more information, call (949) 582-5443.

Costa Mesa

- **NEW! Evening Breast Cancer Group** – Meets on the 1<sup>st</sup> Tuesday of every month from 6 – 7:30 p.m. at Hope Wellness Center, 2900 Bristol St., Building G, Suite 103, Costa Mesa 92626. For more information, call (949) 957-2900 or Sandy Finestone (714) 401-6495.
- **Kids Konnected** – Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Monday of every month from 6 – 8 p.m. at Susan G. Komen for the Cure, Orange County Affiliate, 3191-A Airport Loop Dr., Costa Mesa. For more information, call (949) 582-5443.

## Fountain Valley

- **NEW! Cancer Connection** – A general support group for patients with any cancer who are in active treatment. Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of every month from 12 – 1:30 p.m. at Orange Coast Memorial Pavilion, 11181 Brookhurst Ave., Suite 4300, Fountain Valley. For more information, call Dani Daniels at (714) 378-7950.
- **Cancer Diagnosis and Beyond** – Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month from 12 – 1:30 p.m. at Fountain Valley Regional Hospital, Cancer Center Conference Room, 11190 Warner Ave. Suite 112, Fountain Valley. This group is free and a complimentary snack will be provided. For more information, call (714) 979-1408.
- **Hepatitis and Liver Cancer Support Group** – Held once every month on Sunday from 2 – 4 p.m. at the Vietnamese American Cancer Foundation, 11770 Warner Ave., Suite 113, Fountain Valley 92708. For more information, contact VACF at (714) 751-5805.
- **The Journey: Breast Cancer Support Group** – Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month from 12 – 1:30 p.m. at Orange Coast Memorial Pavilion, 18111 Brookhurst St., Suite 4300, Fountain Valley. A light complimentary meal is provided. For more information, call (714) 378-7950.
- **Kids Inc.** – For children ages 6 – 17 who have or had a loved one with cancer. Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of every month, from 6:30 – 8 p.m. The group is held at Orange Coast Memorial Pavilion, 18111 Brookhurst St., Suite 4300, Fountain Valley, Conference Room D. A light complimentary meal is provided. For more information, call Dani Daniels at (714) 378-7950.
- **Transitions/Bereavement** – For adults who have recently lost a loved one to cancer. Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of every month from 6:30 – 8 p.m. at Orange Coast Memorial Pavilion, 11181 Brookhurst Ave., Suite 4300, Fountain Valley. A light complimentary meal is provided. For more information, call Dani Daniels at (714) 378-7950.
- **Women in Treatment (W.I.T.)** – For women currently undergoing treatment for cancer. Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month from 12 – 1:30 p.m. at Orange Coast Memorial Pavilion, 18111 Brookhurst St., Suite 4300, Fountain Valley. Call for room locations. A light complimentary meal is provided. For more information, call Dani Daniels at (714) 378-7950.

## Fullerton

- **Brain Tumor Patient and Family Support Group** – Meets 1<sup>st</sup> Monday of every month from 6:30 – 8 p.m. at St. Jude Medical Center, 2151 N. Harbor, Room 3138, Fullerton. The facilitator is Dr. Merlino. For more information, call (714) 446-7182.
- **General Breast Cancer** – Meets the 3<sup>rd</sup> Tuesday of every month from 10 – 11:30 a.m. at St. Jude Medical Center, 2151 N. Harbor Blvd., Room 3138, Fullerton. The facilitator is Danelle Johnston, RN, BSN, OCN. For more information, call (714) 446-5367.
- **“Girl Talk” Breast Cancer Support Group (Focused on women with Breast Cancer under age of 50)** – Meets on the 1<sup>st</sup> Tuesday of every month from 6:30 – 8 p.m. at St. Jude Medical Center, 2151 N. Harbor Blvd., Room 3138, Fullerton. The facilitator is Denise Yoshihara, LCSW. For more information, call (714) 992-3000 x2299.
- **HOPE Cancer Patient and Family Support Group** – Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of every month from 6:30 – 8:30 p.m. at St. Jude Medical Center, 2151 N. Harbor, Room 3138, Fullerton. The facilitator is Kathy Pearson. This group is for patients with any type of cancer and features a special breakout group for friends and family. For more information, call (714) 446-7182.
- **Scrapbooking/Card Making For Cancer Survivors** – Held on the 3<sup>rd</sup> Wednesday of every month from 6 – 9 p.m. at St. Jude Medical Center, 2151 N. Harbor, Room 3138, Fullerton. Join us for an evening of creativity and support. For more information, call Denise at (714) 992-3000 x2299.
- **Spanish Speaking Cancer Patient and Family Support Group** – Meets on the 3<sup>rd</sup> Wednesday of every month from 6 – 7:30 p.m. Para informacion, por favor llame a Yvonne Lau, (714) 446-5112.

## Garden Grove

- **Vietnamese Breast Cancer Support Group** – Meets on the last Friday of every month from 5 – 6 p.m. at the Nhan Hoa Comprehensive Healthcare Clinic, 14221 Euclid St., # H, Garden Grove. For more information, call (714) 539-9999.

## Huntington Beach

- **Breast Cancer Support Group** – Meets every Tuesday of month from 12 – 2 p.m. at Pacific Premier Bank, 19011 Magnolia St., Huntington Beach (corner of Magnolia St. and Garfield Ave.). Please park behind the bank or in The Home Depot parking lot. After entering the bank, the conference room is on the left. Feel free to bring your own refreshments. Facilitated by Sandy Finestone, PsyD. For more information, call (714) 892-5812.

## Irvine

- **General Cancer Group (Chinese)** – Meets on the 3<sup>rd</sup> Saturday of every other month from 10 a.m. – 1 p.m. at the Lakeview Senior Center, 20 Lake Rd., Irvine. For more information, call Carol at (714) 560-8877.
- **"Thrivers" Breast Cancer Support Group** – Meets on the 4<sup>th</sup> Wednesday of every month at 7 p.m. at 33 Creek, Irvine. For more information, call (714) 755-8122.

## Laguna Hills

- **Saddleback Memorial Breast Cancer Support Group** – Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month from 6:30 – 8 p.m. at the Saddleback Memorial Breast Care Center, 24401 Calle de la Louisa, Suite 200, Laguna Hills. For more information, call (949) 452-7255.

## Los Alamitos

- **Breast Cancer Support Group** – Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of every month from 7 – 9 p.m. at Los Alamitos Medical Center, 3751 Katella Ave., Main Hospital Cafeteria, Los Alamitos. For information, call Mary Alice McLoughlin at (562) 594-9977.

## Mission Viejo

- **Breast Cancer Support Group ("A Step at a Time")** – Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of every month from 6:30 – 8 p.m. at Mission Hospital Conference Center, 26726 Crown Valley Pkwy (at Los Altos), Mission Viejo. For more information, call (949) 365-2273, ext. 4. Note: Relocating to Women's Wellness Center in January 2009 (26732 Crown Valley Parkway, Mission Viejo).
- **Kids Konnected** – Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of every month from 6:30 – 8 p.m. at Mission Hospital Conference Center, 26726 Crown Valley Parkway, Mission Viejo. For more information, call (949) 582-5443. Note: Relocating to Women's Wellness Center in January 2009 (26732 Crown Valley Parkway, Mission Viejo).
- **Live Well With Cancer (General cancer group for patients and families, in partnership with The Wellness Community – West L.A.)** – Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of every month from 6:30 – 8 p.m. at Mission Hospital Conference Center, 26726 Crown Valley Parkway, Mission Viejo. For information, call (949) 365-2273 or (714) 543-3200.

- **Metastatic & Recurrent Breast Cancer Support Group** – Meets on the 2<sup>nd</sup> Tuesday of every month from 11:30 a.m. – 1 p.m. at Mission Hospital Women’s Wellness Center, 1<sup>st</sup> Floor, 26732 Crown Valley Parkway, Mission Viejo. For more information, call (949) 365-2273 or (714) 255-9935.

## Newport Beach

- **NEW! Brain Tumor Support Group** – or adults with brain tumors and their support persons. Meets on the 3<sup>rd</sup> Wednesday of every month from 3 – 5 p.m. at Hoag Hospital's Advanced Technology Pavilion, Bldg 47, Newport Beach. For more information, call (949) 764-5542.
- **Breast Cancer 101: Newly Diagnosed with Breast Cancer** – Six-week educational program. Meets for six Tuesdays from 10 – 11:30 a.m. at Hoag Cancer Center, Conference Room A, One Hoag Drive, Newport Beach. Pre-registration is required; call (949) 764-5542.
- **Breast Cancer Support Group (Daytime)** – Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month from 12:30 – 2 p.m. at Hoag Cancer Center Auditorium, One Hoag Drive, Newport Beach. For more information, call (949) 764-5542.
- **Breast Cancer Support Group (Evening)** – Meets on the 4<sup>th</sup> Tuesday of every month from 6 – 7:30 p.m. at Hoag Cancer Center, Conference Room A, One Hoag Drive, Newport Beach. For more information, call (949) 764-5542.
- **Breast Cancer Support Group for Young Women** – Meets on the 3<sup>rd</sup> Tuesday of every month from 6 – 7:30 p.m. at Hoag Cancer Center, Conference Room A, Newport Beach. For more information, call (949) 764-5542.
- **Cancer Bereavement Support Group – A group for adults who have lost someone to cancer.** Meets every Thursday from 5:30 – 7 p.m. at Hoag Cancer Center, One Hoag Drive, Newport Beach. For more information, call (949) 764-5542.
- **Family and Friends General Cancer Support Group** – Meets on the 2<sup>nd</sup> Tuesday of every month from 5:30 – 7 p.m. at Hoag Cancer Center, Conference Room A, One Hoag Drive, Newport Beach. For patient support persons to share information and mutual support. For more information, call (949) 764-5542.
- **Gynecological Cancer Support Group “Women Helping Women”** – Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month from 10 – 11:30 a.m. at Hoag Cancer Center, Conference Room A, One Hoag Drive, Newport Beach. This bi-monthly group focuses on the unique concerns faced by women with gynecologic cancers. For more information, call (949) 764-5542.
- **Knit One – Heal Too** – Meets on the 3<sup>rd</sup> Tuesday of every month from 2 – 4 p.m. at Hoag Cancer Center, Auditorium, One Hoag Drive, Newport Beach. Ladies will be knitting and/or crocheting hats for cancer patients and having a support group at the same time. All are welcome! If you do not know how to knit or crochet, the ladies will teach you. For more information, call (949) 764-5542.
- **Lung Cancer Education and Support Group (Daytime)** – Meets on the 4<sup>th</sup> Thursday of every month from 2 – 3:30 p.m. at Hoag Cancer Center, Conference Room A, One Hoag Drive, Newport Beach. For more information, call (949) 764-5542.
- **Lung Cancer Education and Support Group (Evening)** – Meets on the 2<sup>nd</sup> Wednesday of every month from 6 – 7:30 p.m. at Hoag Cancer Center Auditorium, One Hoag Drive, Newport Beach. For more information, call (949) 764-5542.
- **Lymphedema Support Group** – Meets on the 1<sup>st</sup> Tuesday of every month from 2 – 3 p.m. at Hoag Cancer Center Auditorium, One Hoag Drive, Newport Beach. Patients, family, friends, and members of the community are welcome. No fee to attend. For more information, call (949) 764-5542.
- **Persian American Breast Cancer Support Group** – Meets on the 3<sup>rd</sup> Sunday of every month at 1 p.m. at Hoag Hospital, Conference Room A, One Hoag Drive, Newport Beach. Call (818) 990-3339 to confirm date and time.
- **Prostate Cancer Discussion Group** – Meets on the 1<sup>st</sup> Wednesday of every month from 6:30 – 8 p.m. at Hoag Cancer Center Auditorium, One Hoag Drive, Newport Beach. For more information, call (949) 764-5542.
- **Thyroid Cancer Survivors Support Group** – Meets on the 4<sup>th</sup> Saturday of every month from 10:30 a.m. – 12 p.m. at Hoag Cancer Center, One Hoag Drive, Conference Room A, Newport Beach. For more information, call (714) 968-5099).

- **Young Women with Cancer Support Group** – Meets on the 3<sup>rd</sup> Tuesday of the month from 6 – 7:30 p.m. at Hoag Cancer Center, Conference Room A, One Hoag Drive, Newport Beach. For more information, call (949) 764-5542.

## Orange

- **NEW! All Cancer Support Group (Spanish)** – Meets on the 2<sup>nd</sup> Saturday of every month from 10 a.m. – 12 p.m. at the the Cordelia Knott Center for Wellness, Johnson Hall – Room 205A (2<sup>nd</sup> Floor), 230 S. Main St., Suite 100, Orange. For more information, call Rocio Valencia, MSW, (949) 764-8547.
- **Brain Tumor Support Group** – Meets on the 2<sup>nd</sup> Monday of every month from 6 – 7:30 p.m. at UCI Chao Family Comprehensive Cancer Center, 101 The City Drive, 4<sup>th</sup> Floor Conference Room, Orange. For more information, call (714) 456-8609.
- **NEW! Breast Cancer Support Group** – Held on the 2<sup>nd</sup> Wednesday of every month from 6 – 7 p.m. at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. For more information or to register contact Stacey Fischer, RN, (714) 734-6233 or Alice Rodriguez, RN, (714) 771-8000, ext. 17833.
- **NEW! BRCA Education and Network Series** – Held quarterly on Thursdays (1/28/10, and 4/29/10) from 6 – 9 p.m. at The Center for Cancer Prevention and Treatment, TODOS Conference Room (1<sup>st</sup> Floor), 1000 West La Veta Ave., Orange 92868. An opportunity for high risk patients to obtain valuable information & education from experts in the field while also networking with others who have a BRCA1 or BRCA2 gene mutation. Light snacks will be served. For more information or to RSVP, call the Cancer Genetics Program, (714) 734-6229, ext. 1.
- **Colorectal Cancer Support Group** – Held on the 2<sup>nd</sup> Tuesday of every month from 6 p.m. – 8 p.m. at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. For more information, contact Kathleen Close, R.N., Nurse Navigator, at (714) 734-6235 or visit [www.sjo.org/events](http://www.sjo.org/events).
- **“Entre Amigos” Cancer Support Group en Español** – Held on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of every month from 7 p.m. – 8:30 p.m. at St. Joseph Hospital, Meeting Rooms A & B, Orange. For more information, contact Noemi Vidal at (714) 771-8000 ext. 13359 or visit [www.sjo.org/events](http://www.sjo.org/events).
- **Grupo de Apoyo para Mujeres de Ginecología Oncología (Spanish Support Group for Women with Gynecological Cancer)** – Apoyo y Educación para Mujeres con Cáncer Ginecológicos. 3er Martes de Cada Mes; 6 – 7:30 p.m. to Piso en el Cuarto de Conferencia, UC Irvine Chao Family Comprehensive Cancer Center, 101 The City Drive, Orange, CA 92868. Para mas información, por favor llame a Mina al (714)456-7934.
- **Grupo de Apoyo “Renovacion” (Spanish)** – Meets on the 2<sup>nd</sup> Saturday of every month from 10 a.m. – 12 p.m. at the Cordelia Knott Center for Wellness, Johnson Hall – Room 205A (2<sup>nd</sup> Floor), 230 S. Main St., Suite 100, Orange. For more information in English or Spanish, call (714) 764-8547.
- **Head and Neck Cancer Support Group** – Meets the 1<sup>st</sup> Monday of every month from 6:30 – 8 p.m. at UCI Chao Family Comprehensive Cancer Center, 101 The City Drive, 3<sup>rd</sup> Floor Lobby, Orange. For more information, call (714) 456-5235.
- **Head and Neck Cancer Support Group** – Held on the 3<sup>rd</sup> Monday of every month from 7 p.m. – 8 p.m. at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. For more information, contact Heather Stern, R.N., Nurse Navigator, at (714) 734-6238 or visit [www.sjo.org/events](http://www.sjo.org/events).
- **NEW! “In Your Genes” Network of BRCA Mutation Carriers** – This program is for patients newly diagnosed with a BRCA gene mutation, who would like to be connected with someone who has been there. Please contact Kimberly Banks, Genetic Counselor, at (714) 734-6228, to be connected to one of our BRCA peer support providers.
- **“In Your Shoes” (Family of Cancer Survivors)** – This program is for newly diagnosed patients going through the journey of cancer who would like to be connected to someone who has already walked in their shoes. Held at the Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. Please contact Debi Lauderdale at (714) 734-6279 to be connected to one of our cancer survivors.

- **J-Pouch Support Group** – Held quarterly at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. For more information, contact Kathleen Close, R.N., Nurse Navigator, at (714) 734-6235 or visit [www.sjo.org/events](http://www.sjo.org/events).
- **Kids Konnected** – For kids ages 4 – 18 who have a parent with cancer. Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month from 7 – 8 p.m. at Cordelia Knott Center for Wellness, Johnson Hall – Room 205A (2<sup>nd</sup> Floor), 230 S. Main St., Orange. For more information, call (949) 582-5443.
- **Korean Women’s Tea Party** – Meets on the 1<sup>st</sup> Thursday of every month at the UCI Chao Family Comprehensive Cancer Center, 101 The City Drive, 4<sup>th</sup> floor conference room, Orange. Group is conducted in Korean. For information, call (714) 456-6229.
- **Lymphedema Educational Support Group** – Meets on the 4<sup>th</sup> Thursday of every month from 7 – 9 p.m. at Cordelia Knott Center for Wellness, Johnson Hall – Room 205A (2<sup>nd</sup> Floor), 230 S. Main St., Orange. Does NOT meet during November or December. For more information, call (714) 731-0233.
- **Lung Cancer Support Group – “You Are Not Alone”** – Held on the 3<sup>rd</sup> Thursday of every month from 6 p.m. – 8 p.m. at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. For more information, contact Pam Matten, RN, Nurse Navigator, at (714) 734-6236 or visit [www.sjo.org/events](http://www.sjo.org/events).
- **NEW! Melanoma Support Group** – Held every Monday of the month from 6 – 7:30 p.m. (\*April 5th: 6:30 – 8:00 p.m.) at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. For more information or to register, contact Lorilee Amlie, RN, at (714) 734-6234
- **Men’s Group** – This group is for men who have a wife or significant other with cancer. Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month from 6:30 – 8 p.m. at UCI Chao Family Comprehensive Cancer Center, 101 The City Drive, 3<sup>rd</sup> Floor, Orange. For more information, call (714) 456-5235.
- **NEW! Newly Diagnosed Breast Cancer Support Group** – Six-session program for newly diagnosed women. Mondays on Jan 4,11,18,25, Feb 1, 8 from 7 – 9 p.m. at the Cordelia Knott Center for Wellness, Johnson Hall – Room 205A (2<sup>nd</sup> Floor), 230 S. Main St., Suite 100, Orange. For more information or to register, call Ginny Pepin (714) 541-0101 x4036.
- **Prostate Cancer Support Group** – Held on the 2<sup>nd</sup> Tuesday of every month from 6:30 p.m. – 8 p.m. at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. For more information, Kim Moses, R.N., Nurse Navigator, at (714) 734-6237 or visit [www.sjo.org/events](http://www.sjo.org/events).
- **Women’s Cancers: Share and Care Group** – Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month, from 10 – 11:30 a.m. at UCI Chao Family Comprehensive Cancer Center, 101 The City Drive, 4<sup>th</sup> Floor Conference Room, Orange. For more information, call (714) 456-8609.

## Santa Ana

- **Breast Cancer Support Group (Spanish)** – Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month from 10:30 a.m. – 12 p.m. at 1620 N. Spurgeon St., Santa Ana. For information call, (714) 542-2418.
- **CML (Chronic Myelogenous Leukemia) Support Group** – Meets on the 2<sup>nd</sup> Monday of every month from 6:30 – 8 p.m. at the Leukemia & Lymphoma Society, 2020 E. 1st St., Suite 12, Santa Ana. For more information, call toll-free: 1-888-535-9300 ext. 327 or 330.

## San Clemente

- **Saddleback Memorial Cancer Support Group** – Meets on the 2<sup>nd</sup> Thursday of every month from 6:30 – 7:30 p.m. at 634 Camino De Los Mares, San Clemente 92673 in Conference Room A. For more information, call (949) 496-1122.

## San Juan Capistrano

- **Catholic Charities Spanish Support Group: “Salud de Mujer”** – Support group and workshop for Latinas at high risk or with breast cancer. Meets every Thursday from 10 – 11 a.m. at Mission San Juan Capistrano, 31522 Camino Capistrano, San Juan Capistrano. For more information, call (714) 347-9601.

- **Hispanas Sobreviviendo el Cancer** – A monthly group in Spanish that provides education, comfort and care for women cancer survivors. Meets on the 4<sup>th</sup> Wednesday of every month from 6 – 7 p.m. The group is held at the CHEC Family Resource Center, 31411 La Matanza St., # B, San Juan Capistrano. For more information, call (949) 364-1400 ext. 5132.
- **Blood Cancer Family Support Group** – Meets on the 3<sup>rd</sup> Tuesday of every month from 6 – 7:30 p.m. at Mirrored Images, 27221 Ortega Hwy, Suite C, San Juan Capistrano. For more information, call toll-free: 1-888-535-9300 ext. 327 or 330.

### Tustin

- **“Sisters Connecting” Breast Cancer Support Group** – Meets on the 4<sup>th</sup> Wednesday of every month from 6 – 7:15 p.m. at Genesis Spa, 1631 Edinger Ave., Suite 105, Tustin 92780. For more information, contact (714) 507-0338 or [Thegreenfoundation3@yahoo.com](mailto:Thegreenfoundation3@yahoo.com).

### Yorba Linda

- **“Sisters Connecting” Breast Cancer Support Group** – Meets on the 4<sup>th</sup> Friday of every month at 7 p.m. at Friendship Baptist Church, Carrington Building Board Room, 17145 Bastanchury Road, Yorba Linda 92886. For more information, please leave a message at (714) 993-3085.

**Quality of Life and Healthy Living Programs and Services** *(Please call to verify information before attending.)*

### Throughout Orange County

- **Look Good – Feel Better** – Is a free national public service program to help women undergoing cancer treatment learn to cope with the appearance-related side effects of treatment and regain a sense of self-confidence and control over their lives. Call the American Cancer Society (ACS) for information, and to register 1-800-ACS-2345.
- **Reach to Recovery** – A volunteer visitation program helping newly diagnosed breast cancer patients. Call American Cancer Society at (949) 261-9446.

### Costa Mesa

- **Wig Bank** – Because Komen for the Cure believes that every woman deserves a beautifully styled wig to wear during treatment, women with financial need are invited to visit the Wig Bank at the Costa Mesa office. The Wig Bank offers a selection of new and gently used wigs, turbans and hats. This office is located at: The Susan G. Komen for the Cure, 3191-A Airport Loop Dr., Costa Mesa, (714) 957-9157. Komen will then give you a certificate to have your wig fit, cut, and styled at: World of Wigs, 2305 E. 17<sup>th</sup> St., Santa Ana, (714) 547-4461.

### Fountain Valley

- **"Cancer Diagnosis and Beyond"** – Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month from 12 – 1:30 p.m. at Fountain Valley Regional Cancer Center, 17100 Euclid at Warner, Fountain Valley. For more information, call (714) 979-1408.

- **Helping Hands: Vietnamese blood related illness support group** – Meets on the last Tuesday of every month from 6:30 – 8 p.m. at Fountain Valley Regional Cancer Center, 17100 Euclid at Warner, Trailer B (behind cancer center), Fountain Valley. Refreshments are served. For more information, call (714) 979-1408.
- **Look Good Feel Better** – Held from 10 – 11:30 a.m. at Orange Coast Memorial Pavilion, Conference Room, 18111 Brookhurst St., Suite 4300, Fountain Valley 92708. American Cancer Society program to help women undergoing cancer treatment learn to cope with the appearance-related side effects of treatment and regain a sense of self-confidence and control over their lives. To make an appointment or for specific program dates, call (714) 378-7600.
- **Wig Banks** – The American Cancer Society provides free wigs to female cancer patients at our locations in Fountain Valley Regional Hospital and Orange Coast Memorial Hospital. For a wig appointment, call (800) ACS – 2345.
- **Yoga for Women Cancer Survivors** – Thursdays 7 – 8:15 p.m., held at Orange Coast Memorial Pavilion, 11181 Brookhurst, 2<sup>nd</sup> Floor “Rehab Room”. Hosted by Team Survivor. For more information, call (310) 477-8557 or e-mail [info@teamsurvivor-la.org](mailto:info@teamsurvivor-la.org).

## Fullerton

- **Look Good – Feel Better** – Meets on the 2<sup>nd</sup> Friday of every month from 2 – 4 p.m. at St. Jude Medical Plaza, 2151 N. Harbor Blvd., Room 3138, Fullerton. A program for women receiving chemotherapy or radiation treatments that teaches make-up, hair styling and skin care techniques, to help women deal with appearance changes that may occur. For information, call American Cancer Society at (800) 227-2345, option 4.
- **Lymphedema Awareness: Go with the Flow** – Meets on the 2<sup>nd</sup> Tuesday of every month from 6 – 7:30 p.m. at St. Jude Medical Plaza, 2151 N. Harbor Blvd., Room 3138, Fullerton. This is a class designed to provide women with breast cancer with basic information about lymphedema. Facilitated by lymphedema specialist, Michelle Genest, OTR/L, CLT. For more information, call (714) 992-3000 x2985.
- **NEW! Relaxation and Visualization for Well-Being** – Meets on the 3<sup>rd</sup> Monday of every month from 6:30 – 8 p.m. at St. Jude Medical Plaza, 2151 N. Harbor Blvd., Room 3138, Fullerton. For patients, families and caregivers who are coping with cancer. Facilitated by Robert Merlino, PhD. For more information, call (714) 446-7182.
- **Yoga for Cancer Health** – Meets every Friday from 10 – 11:15 a.m. at St. Jude Medical Plaza, 2151 N. Harbor Blvd., Room 3138, Fullerton. For more information, call (800) 870-7537.

## Irvine

- **Yoga for Women Cancer Survivors** – Meets every Tuesday from 6:30 – 8 p.m. at The Cancer Center of Irvine, 16100 Sand Canyon, Irvine. Hosted by Team Survivor. For more information, call (310) 477-8557 or e-mail [info@teamsurvivor-la.org](mailto:info@teamsurvivor-la.org)

## Laguna Hills

- **Look Good – Feel Better** – Meets on the 1<sup>st</sup> Wednesday of every month from 1 – 3 p.m. at Saddleback Memorial Medical Center, 24451 Health Center Dr., Laguna Hills. This program helps women undergoing cancer treatment feel better about their appearance. Learn enhancing makeup techniques and take home complimentary cosmetics and skin care products. For information or to register, call (949) 452-7255.

## Mission Viejo

- **Aerobics for Women Cancer Survivors** – Meets every Thursday from 6:30 – 8 p.m. at Mission Conference Center, 26726 Crown Valley Parkway, Mission Viejo. All fitness levels welcome. Hosted by Team Survivor. For more information, call (949) 365-2273, ext. 1, (310) 477-8557, or e-mail [info@teamsurvivor-la.org](mailto:info@teamsurvivor-la.org).

- **Yoga for Women Cancer Survivors** – Meets every Tuesday from 7 – 8:30 p.m. at Mission Conference Center, 26726 Crown Valley Parkway, Mission Viejo. Hosted by Team Survivor. For more information, call (949) 365-2273, ext. 1, (310) 477-8557, or e-mail [info@teamsurvivor-la.org](mailto:info@teamsurvivor-la.org).

## Newport Beach

- **Creative Expressions Program – Designed for cancer patients.** This art program is based on the idea that the creative process of art can enhance one's quality of life. Upcoming workshops will be lead by Newport Beach artist, Carole Akins. For dates and reservations, call (949) 764-5542.
- **Dragon Boating "Orange Roughys"** – Meets every Sunday at 9 a.m. at the Newport Aquatics Center, 1 Whitecliffs Dr., Newport Beach. For more information, e-mail [resavag@aim.com](mailto:resavag@aim.com).
- **Fitter Image: Promotes relaxation and improved fitness – Designed for cancer patients.** Meets at Hoag Cancer Center Auditorium, One Hoag Dr., Newport Beach. For more information, call (949) 764-5542.
  - ✓ Fit Ball – Mondays from 5 – 6 p.m.
  - ✓ Fit Ball – Wednesdays from 4 – 5 p.m.
  - ✓ Pilates – Thursdays from 10 – 11 a.m.
  - ✓ T'ai Chi – Fridays from 10:30 – 11:30 a.m.
  - ✓ Yoga – Mondays & Fridays from 4 – 5 p.m.
  - ✓ Yoga – Tuesdays from 10:30 – 11:30 a.m. and 5 – 6 p.m.
  - ✓ Yoga – Wednesdays from 5 – 6 p.m.
- **Look Good, Feel Better – Designed for cancer patients.** Meets the 2<sup>nd</sup> Monday of every month from 10 – 11:30 a.m. at Hoag Cancer Center Conference Room A, One Hoag Dr., Newport Beach. A program to help women deal with appearance changes that may occur during treatment. For reservations, call (949) 261-9446.
- **Pilates – Designed for cancer patients.** Meets every Thursday from 10:30 – 11:30 a.m. in the Hoag Cancer Center Auditorium, One Hoag Drive, Newport Beach. For more information, call (949) 764-5542.
- **Meditation for Stress Reduction – Designed for cancer patients.** Participants learn and practice techniques to relax the mind and body to help reduce stress, anxiety and pain. For more information, call (949) 764-5542.
- **Skin Care During Cancer Treatment – Designed for cancer patients.** An educational class for patients undergoing cancer treatments. For dates and reservations, call (949) 764-5542.
- **Tai Chi – Designed for cancer patients.** Meets on Thursdays (Advanced) & Fridays (Beginning) from 10:30 – 11:30 a.m. at Hoag Cancer Center Auditorium, One Hoag Dr., Newport Beach. No reservations required. For more information, call (949) 764-5542.
- **Yoga – Designed for cancer patients.** Meets every Tuesday from 10:30 – 11:30 a.m. at Hoag Cancer Center Auditorium, One Hoag Dr., Newport Beach. No reservations required. For more information, call (949) 764-5542.

## Orange

- **Art for the Soul** – Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month from 10 a.m. – 12 p.m. at the UCI Chao Family Comprehensive Cancer Center, 101 The City Drive, Orange. A unique program offering creative expression to better help in coping with a cancer diagnosis. No previous art experience necessary! For a reservation, call (714) 456-5235.
- **Breast Self-Examination (BSE)** – Classes offered on the 2<sup>nd</sup> Tuesday (12 – 1 p.m.) and 3<sup>rd</sup> Tuesday (6 – 7 p.m.) of every month at the Cordelia Knott Center for Wellness Foundation, 230 S. Main St. # 100, Orange. Instruction on the proper BSE via a combination of lecture, video, discussion and hands-on practice with breast models. There is no disrobing and the class is free of charge. For a reservation, call (714) 731-0233.
- **NEW! Laughter Yoga** – Every Monday throughout the year from 9 – 10 a.m. at the Cordelia Knott Center for Wellness, Johnson Hall Room 205A, 230 S. Main St. # 100, Orange. FREE. For more information, call Sue Snyder at (714) 639-6786.

- **Look Good, Feel Better** – Learn make-up, hair styling and grooming techniques that can help you deal with changes in appearance that may occur due to cancer treatments. Participants receive complimentary cosmetics and skin care products. Meetings are held at the UCI Chao Family Comprehensive Cancer Center, 4<sup>th</sup> Floor Conference Room, Orange. For more information, call (714) 456-8609.
- **Look Good Feel Better Program in *English*** – Meets on the 1<sup>st</sup> Monday of each even month (June, August, October, and December), from 6:30 – 8:30 p.m. at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. A free program for women receiving chemotherapy or radiation treatments that teaches make-up, hair styling and skin care techniques, to help deal with appearance changes that may occur. To register, call the American Cancer Society at (800) 227-2345.
- **Look Good Feel Better Program in *Spanish*** – Meets on the 1<sup>st</sup> Thursday of each odd month (July, September, November) from 1 – 3 p.m., at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. A free program for women receiving chemotherapy or radiation treatments that teaches make-up, hair styling and skin care techniques, to help deal with appearance changes that may occur. To register, call the American Cancer Society at (800) 227-2345.
- **Pearls of Wisdom** – A corporate wellness program for early detection of breast cancer. 230 S. Main St. # 100, Orange. For more information, call the Cordelia Knott Center for Wellness at (714) 731-0233.
- **Quality of Life and Healthy Living Programs** – Cordelia Knott Center for Wellness offers a variety of support services for individuals and their families living with cancer at their comfortable, calming and beautiful Center in Orange, as well as classes to promote wellness. Movement classes such as yoga and Tai Chi are open to everyone. Also offered are massage therapy and guided imagery and access to an extensive library of information. For more information, call (714) 541-9355 or visit [www.ckwellnesscenter.org](http://www.ckwellnesscenter.org)
- **Wig Bank** – The Cordelia Knott Center for Wellness provides gently used and new wigs, hats and turbans for women with financial need. The address is 230 S. Main St. # 100, Orange. For an appointment, call (714) 569-0318, x4112.

## Placentia

- **Exercise for Breast Cancer Survivors** – Meets every Tuesday from 7 – 8 p.m. at the Backs Building, 201 N. Bradford, Placentia. Stretch, balance and resistance training. Led by Meredith Laskow: [Meredithbead@netzero.net](mailto:Meredithbead@netzero.net)

## Rancho Santa Margarita

- **Tai Chi Chuan** – Call for specific class dates. Meets on Tuesdays and Thursdays from 9 – 10 a.m. at Bell Tower Regional Community Center, 22232 El Paseo, Rancho Santa Margarita. The fee is \$65 for 10 sessions. For more information, call (949) 216-9700.

## San Juan Capistrano

- **Hispanas Sobreviviendo el Cancer: General cancer support group for Hispanic Women Surviving Cancer** – Meets on the 1<sup>st</sup> Wednesday of every month from 6 – 7 p.m. at the CHEC Family Resource Center, 31322 Camino Capistrano (Off La Zanja, behind Stonefield).



## Free Orange County Breast Health Resource Guides (English & Spanish)

The **Orange County Breast Health Resource Guide** equips women and their families to locate resources needed to make informed decisions about breast health concerns. Developed by the Orange County Breast Cancer Coalition, this publication is available **free** to anyone by calling **(866) 831-6173**.