

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, 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 2nd and 4th Thursdays of every month at 11 a.m. at Grace Hills Church, 24521 Moulton Parkway, Laguna Woods 92637. 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.

Anaheim

- **Breast Cancer Peer Support Meeting** – Meets on the 1st Tuesday of every month from 6 – 7:30 p.m. at Casa Hermosa Mobile Home Park Clubhouse, 525 N Gilbert, Anaheim 92801. This is a peer-led group.
- **General Breast Cancer Support Group** – Meets on the 3rd Thursday of every month from 6 – 7:30 p.m. at Anaheim Regional Medical Center, 1111 W. La Palma Ave. # 104, Anaheim 92801. The facilitator is Erika Jewell, LCSW. For more information, call (714) 999-6184.

Brea

- **Kids Konnected** – Meets on the 4th 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

- **SPANISH Speaking Support Group for Individuals Caring for Loved ones with Cancer** – Please contact Angelica Norman at (949) 764-6591 for meeting day and time. Meets at 1943 Orange Ave. Annex B, Costa Mesa 92627 across from St. Joachim’s Church. No child care will be provided. Presented by Hoag Hospital and St. Joachim’s Church.
- **Kids Konnected** – Meets on the 1st and 3rd 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

- **Cancer Diagnosis and Beyond** – Meets on the 1st and 3rd 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 1st and 3rd Thursday of every month from 12 – 1:30 p.m. at Orange Coast Memorial Breast Center, 9900 Talbert Ave. Ste 1A, Fountain Valley. For more information, call (714) 378-7950.
- **Support Connection** – A general support group for women diagnosed with any cancer who are in active treatment. Meets on the 1st and 3rd Tuesday of every month from 12 – 1:30 p.m. at Orange Coast Memorial Pavilion, 18111 Brookhurst Ave., Suite 4300, Fountain Valley 92708. 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 1st and 3rd Wednesdays of every month from 6 – 7:30 p.m. at Orange Coast Memorial Pavilion, 18111 Brookhurst Ave., Suite 4300, Fountain Valley. A light complimentary meal is provided. For more information, call Dani Daniels at (714) 378-7950.
- **Wig Bank at Orange Coast Memorial Medical Center** – 18111 Brookhurst Street, Ste. 4300A, Fountain Valley, CA 92708. Hosted by the American Cancer Society. For information, call (714) 378-7600.
- **Women to Women (W2W)** – Held on the last Saturday of every month from 11 a.m. – 1 p.m. at Vietnamese American Cancer Foundation, 17150 Newhope St., #502, Fountain Valley. For more information, call Khánh Ly Carolynn Nguyen at (714) 751-5805.

Fullerton

- **Brain Tumor Patient and Family Support Group** – Meets 1st 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.
- **Evening Breast Cancer Support Group** – Meets on the 1st 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.
- **Morning Breast Cancer Support Group** – Meets the 3rd 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.
- **HOPE Cancer Patient and Family Support Group** – Meets on the 2nd and 4th 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.

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

- **NEW LOCATION! Evening Breast Cancer Group** – Meets on the 1st Tuesday of every month from 6 – 7:30 p.m. at Hope Wellness Center, 17952 Sky Park Circle, Suite J, Irvine 92614. For more information, call (949) 957-2900 or Sandy Finestone (714) 401-6495 or sandyfinestone@aol.com. Please call first before attending.
- **General Cancer Group (Chinese)** – Meets on the 3rd Saturday of every other month from 10 a.m. – 1 p.m. at the Lakeview Senior Center, 20 Lake Rd., Irvine 92604. For more information, call (714) 560-8877.
- **NEW LOCATION! Young Women's Support Group** – Meets on the 2nd Tuesday of every month from 6 – 7:30 p.m. at Hope Wellness Center, 17952 Sky Park Circle, Suite J, Irvine 92614. For more information, contact Sandy Finestone at (714) 401-6495 or sandyfinestone@aol.com. Please call first before attending.

Laguna Hills

- **Saddleback Memorial Breast Cancer Support Group** – Meets on the 2nd and 4th 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.
- **NEW! For Men Only (Support group for male partners of women with breast cancer)** – Meets Jan 12th and every other Thursday afterward from 6:30 – 8 p.m. at The Office of Therapy Associates, 23193 La Cadena Drive Ste. 104, Laguna Hills, CA 92653. Come find out what other men are experiencing and how they're coping with the caregiver role during diagnosis, treatment and beyond. Topics will include: Practical care giving tips; The impact of a chronic disease on finances; Managing the house and kids; Intimacy, then and now; Fear of what the future holds; and What she really wants from you. Cost: \$20 per session. For more information, visit www.survivorsupportnow.com or contact Kelley Yasbek (facilitator) at kelley@survivorsupportnow.com or (949) 338-0908.

Los Alamitos

- **Breast Cancer Support Group** – Meets on the 2nd and 4th Monday of every month from 6:30 – 8:30 p.m. at Los Alamitos Youth Center, 10101 Oak St., Los Alamitos. Parking available near the building. Facilitator is Carol Borowick, R.N. Sponsored by The Cancer Support Foundation. For more information, call (562) 799-3131.

Mission Viejo

- **NEW! Spanish Breast Cancer Support Group ("Un Paso a La Vez / A Step at a Time")** – Meets on the 1st Monday of every month from 6:30 – 8 p.m. at Women's Wellness Center, 26732 Crown Valley Parkway, Suite 171C, Mission Viejo 92691. For more information, call (949) 365-2273, ext. 5.
- **Breast Cancer Support Group ("A Step at a Time")** – Meets on the 2nd and 4th Monday of every month from 6:30 – 8 p.m. at Women's Wellness Center, 26732 Crown Valley Parkway, Suite 171C, Mission Viejo 92691. For more information, call (949) 365-2273, ext. 7.

- **Live Well With Cancer (General cancer group for patients and families, in partnership with The Wellness Community – West L.A.)** – Meets on the 1st and 3rd 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.
- **Lung Cancer Support Group** – Meets on the last Monday of every month from 6:30 – 7:30 p.m. at the Norman P. Murray Community Center, 24932 Veterans Way, Hibiscus B, Mission Viejo 92692. Facilitator: Gabriel Carabulea, MD. For more information, call (949) 218-2800.
- **Metastatic & Recurrent Breast Cancer Support Group** – Meets on the 2nd Tuesday of every month from 11:30 a.m. – 1 p.m. at Mission Hospital Women's Wellness Center, 1st Floor, 26732 Crown Valley Parkway, Mission Viejo. For more information, call (949) 365-2273 or (714) 255-9935.
- **South Orange County Blood Cancer Family Support Group** – Meets on the 3rd Tuesday of every month from 6 – 7 p.m. at Mission Conference Center, Classroom A, 26726 Crown Valley Parkway, Mission Viejo 92691 (free parking is available in the parking garage after 6 p.m.). Designed exclusively for adult patients, their families & friends living with Leukemia, Lymphoma, Myeloma or MDS. Facilitators: Gabriel Carabulea, MD & Gail Stephens, RN, MBA. Light refreshments will be served. Please let us know if you plan to attend. For more information, contact Gail at (714) 481-5606 or gail.sperling@LLS.org.

Newport Beach

- **Brain Tumor Support Group** – For adults with brain tumors and their support persons. Meets on the 3rd Wednesday of every month from 3 – 5 p.m. at Hoag Conference Center- 3rd Floor, One Hoag Drive, Newport Beach. For more information, call (949) 764-5542.
- **Breast Cancer Support Group** – Meets on the 1st and 3rd 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.
- **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.
- **Gynecological Cancer Support Group “Women Helping Women”** – Meets on the 2nd and 4th 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.
- **Lung Cancer Education and Support Group** – Meets on the 2nd 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 1st Tuesday of every month from 2 – 3 p.m. at Hoag Cancer Center Conference Room A, 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 3rd 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 1st 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 3rd Saturday of every month from 10:30 a.m. – 12 p.m. at Hoag Cancer Center, 4000 W Pacific Coast Highway, Bldg 41, 2nd Level, Conference Room A, Newport Beach. For more information, call Shilo and Ray Bartlett (714) 968-5099 or Anne MacPherson (714) 822-6080 or e-mail email to OrangeCounty_CA@thyca.org.

Orange

- **Brain Tumor Support Group** – Meets on the 2nd Monday of every month from 6 – 7:30 p.m. at UCI Chao Family Comprehensive Cancer Center, 4th Floor Conference Room, 101 The City Drive, Orange. For more information, call (714) 456-8609.

- **Breast Cancer Support Group** – Held on the 2nd Wednesday of every month from 6 – 7:30 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.
- **BRCA Education and Network Series** – Held quarterly on Thursdays from 2 – 4 p.m. at The Center for Cancer Prevention and Treatment, 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.
- **Chronic Myelogenous Leukemia (CML) Support Group** – Meets on the 2nd Monday of every month from 6:30 – 8 p.m. at the Leukemia & Lymphoma Society, 765 The City Drive South, Suite 260, Orange, CA. For more information, call toll-free: 1-888-535-9300 ext. 5640.
- **Colorectal Cancer Support Group** – Held on the 2nd 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.
- **“Entre Amigos” Cancer Support Group en Español** – Held on the 2nd and 4th 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.
- **Grupo de Apoyo para Mujeres con Cáncer (Spanish Support Group for Women with Cancer)** – Apoyo y Educación para Mujeres con Cáncer. 3er Martes de Cada Mes; 6 – 7:30 p.m. 3rd Floor Lobby of the Breast Health Center, UC Irvine Chao Family Comprehensive Cancer Center, 101 The City Drive, Orange, CA 92868. Para mas información, por favor llame a Mina al (714) 456-5235.
- **Head and Neck Cancer Support Group** – Meets the 1st Monday of every month from 6:30 – 8 p.m. at UCI Chao Family Comprehensive Cancer Center, 3rd Floor Lobby, 101 The City Drive, Orange. For more information, call (714) 456-5235.
- **Head and Neck Cancer Support Group** – Held on the 3rd 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.
- **“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 from 10 a.m. – 12 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.
- **Kids Konected** – For kids ages 4 – 18 who have a parent with cancer. For meeting and other information, call (949) 582-5443.
- **Korean Women’s Cancer Support Group** – Meets on the 2nd Thursday of every month from 3 – 4:30 p.m. at the UCI Chao Family Comprehensive Cancer Center, 4th Floor Conference Room, 101 The City Drive, Orange. The meetings are facilitated by Korean nurses. For information, contact Jane Choi, RN at (714) 456-5057.
- **Lymphedema Educational Support Group** – Meets on the 4th Thursday of every month (Does NOT meet during November or December) from 7 – 9 p.m. at Breastlink Breast Care & Imaging Center, Suite 100 Reception Room, 230 S. Main St., Orange. For more information, call (714) 731-0233.
- **Lung Cancer Support Group** – Held on the 3rd 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.
- **Newly Diagnosed Breast Cancer Support Group** – Six-session program for newly diagnosed women. Mondays from 7 – 9 p.m. at the Breastlink Breast Care & Imaging Center, Suite 100, 230 S. Main St., Orange. For more information or to register, call Ginny Pepin (714) 541-0101 x4036.

- **Prostate Cancer Support Group** – Held on the 2nd 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.
- **Women’s Cancers: Share and Care Group** – Meets on the 2nd and 4th Tuesday of every month from 10 – 11:30 a.m. at UCI Chao Family Comprehensive Cancer Center, 101 The City Drive, 4th Floor Conference Room, Orange. For more information, call (714) 456-8609.
- **Young Women with Breast Cancer Support Group** – Meets on the 2nd Wednesday of every month from 6 – 7:30 p.m. at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. For women under the age of 45 who are diagnosed with breast cancer who would like to connect with others on the same journey. Registration Required: Stacey Fischer, R.N., (714) 734-6233 or Alice Rodriguez, R.N., (714) 771-8000, ext. 17833.
- **Young Women's Thriving and Surviving Support Group** – Meets the 3rd Wednesday of the month from 6:30 – 8:30 p.m. at the Cancer Center 4th Floor Conference Room, 101 The City Drive, Orange 92868. An educational support group for women ages 18 – 45 facilitated by Annie Huhnerkoch, MSW, (714) 456-7057.

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.

Tustin

- **“Sisters Connecting” Breast Cancer Support Group** – Meets on the 4th Wednesday of every month from 6 – 7:15 p.m. at Mimi’s Café, 17231 17th St., Tustin, CA 92780. For more information, contact (714) 507-0338 or Thegreenfoundation3@yahoo.com.

Yorba Linda

- **Men Cancer Support Group** – Meets on the 4th Friday of every month at 7 p.m. at Friendship Baptist Church, Multipurpose Building, 17145 Bastanchury Rd., Yorba Linda 92886. For more information, contact Emmett at (714) 771-5962.
- **Women Cancer Support Group** – Meets on the 4th Friday of every month at 7 p.m. at Friendship Baptist Church, Carrington Building, 17145 Bastanchury Rd., Yorba Linda 92886. For more information, contact Bessie at (714) 524-1085.

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

- **Look Good Feel Better** – Meets on the 1st Wednesday of every month (Feb 1st, Apr 4th, June 6th, and Aug 1st) from 10 – 11:30 a.m. at Hope Wellness Center, 2900 Bristol St., Building G, Suite 103, Costa Mesa 92626. A volunteer program that teaches beauty techniques to cancer patients to help them manage the appearance related side effects of cancer treatment. A program of the American Cancer Society program in partnership with the Personal Care Products Council. For more information or to register, call (714) 261-9446 or visit www.LookGoodFeelBetter.org.
- **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. 17th St., Santa Ana, (714) 547-4461.

Fountain Valley

- **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.
- **Vietnamese Look Good Feel Better** – Held quarterly from 10 a.m. – 12 p.m. at Fountain Valley Regional Cancer Center, 17100 Euclid at Warner, Fountain Valley. Free 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) 966-8022.
- **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.

Fullerton

- **Healthy Steps – Exercise Group** – Meets every Tuesday from 3:30 – 4:30 p.m. at St. Jude Medical Plaza, 2151 N. Harbor Blvd., Room 3138, Fullerton. This class is a program of exercise and movement to music specially designed for persons undergoing cancer treatment. For all ages, all fitness levels to increase

movement, reduce pain, improve energy, reduce risk of lymphedema and to have fun! Leaders are Lymphedema Specialist. For information, call (714) 992-3000 x2985.

- **Look Good – Feel Better** – Meets on the 2nd 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 2nd 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.
- **Relaxation and Visualization for Well-Being** – Meets on the 3rd 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.
- **Bunco/Scrapbooking/Card Making For Cancer Survivors** – Held on the 3rd 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.
- **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

Laguna Hills

- **Look Good Feel Better** – Meets on the 1st 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.
- **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.

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.
- **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.
 - ✓ Energizing Cardio and Toning Mix: Mondays from 4:15 – 5:15 p.m.; Combination intervals of aerobic movement with intervals of toning exercises
 - ✓ Gentle Yoga for Health and Well-Being: Thursdays from 4:30 – 5:30 p.m.; A slow paced practice for all fitness levels
 - ✓ Pilates Mat Class: Thursdays from 10 – 11 a.m.; Enjoy strengthening, lengthening and tightening benefits with emphasis on the core, hips and thighs.
 - ✓ Restorative Yoga: Tuesdays from 4:30 – 5:30 p.m.; Supportive conscious body and mind relaxation practice using props to support the body.
 - ✓ Soothing Pilates and Yoga Fusion: Mondays from 5:15 – 6:15 p.m.; Soothing combination of body-mind benefits while performing a flowing medley of yoga and Pilates exercises.
 - ✓ Yoga: Tuesdays from 10:30 – 11:30 a.m.; Deep breathing with simple movements used to enhance mobility and relaxation
- **Look Good Feel Better – Designed for cancer patients.** Meets the 2nd 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.

Orange

- **Art for the Soul** – Meets on the 1st and 3rd 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 Cancer Basics Class** – Held from 2:30 – 3:30 p.m. on Wednesdays, August 4 and 11, September 1, 15, 29, October 13 and 27, November 10, December 8 at The Center for Cancer Prevention and Treatment at St. Joseph Hospital, 1000 W. La Veta Ave., Orange. This class is for patients with a newly diagnosed breast cancer who need to know more about the journey ahead. Registration required. For more information or to register, call Stacey Fischer, R.N., (714) 734-6233 or Alice Rodriguez, R.N., (714) 771-8000, ext. 17833.
- **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, 4th Floor Conference Room, Orange. For more information, call (714) 456-8609.
- **Look Good Feel Better Program in *English*** – Meets on the 1st 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 1st 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 Jan West at the Be Aware Foundation (714) 731-0233.

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

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 1st 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.