



UCSF Helen Diller Family
Comprehensive
Cancer Center

**UCSF Helen Diller Family Comprehensive Cancer Center
Ida & Joseph Friend Cancer Resource Center**
1600 Divisadero Street, Room B101
San Francisco, CA 94143-1725

Non-Profit Org.
**U.S. POSTAGE
PAID**
San Francisco, CA
Permit No. 8285

SUMMER 2018 CALENDAR OF EVENTS
Ida & Joseph Friend Cancer Resource Center

Support

Below is a list of our current, ongoing support groups and supportive services. If you do not see what you are looking for, please contact us at **415-885-3693** so we can help you locate a support group or service that will suit your needs.

Advanced Breast Cancer First and third Tuesdays. Call **415-353-7982. MZ**

Bladder Cancer First Thursday, 5:30 - 7 p.m. Call **415-353-7632. MB**

Blood Cancer Second Tuesday, 3 - 4:30 p.m. Call **415-353-2965. P**

Brain Tumor First Wednesday, 6 - 8 p.m. Call **415-990-4461. P**

Breast Cancer First Tuesday, 5 - 6:30 p.m. Call **415-353-9874. MZ**

Caregivers of UCSF Brain Tumor Patients Second Wednesday, 6 - 8 p.m. Light dinner provided. Call **415-353-2076. P**

Colorectal Cancer Second and fourth Mondays, 6 - 7:30 p.m. Contact Vittorio Comelli, PsyD, at **415-476-0468, ext. 1** or vittorio.comelli@ucsf.edu. **MZ**

Family & Friends Second and fourth Wednesdays, 5:30 - 7 p.m. Call **415-476-9597. MZ**

General Cancer, All Stages (Patients only) Wednesdays, 5:20 - 6:50 p.m. Call **415-353-9745. MZ**

Grief Group A closed support series for those grieving the loss of a loved adult. Wednesdays, in July and August (except for July 4) from 5:30 - 7 p.m. Register at **415-514-4203. P**

Gynecological Cancer First and third Wednesdays, 2 - 3:30 p.m. Call **415-514-1962. MB**

Head & Neck (NEW) Every third Thursday, 5:30 - 7 p.m. Call **415-514-6338. MB**

Husbands and Significant Others Second and fourth Tuesdays, 6:30 - 8 p.m. Call **415-514-6338. MZ**

Neuroendocrine Tumor Support and Education First Wednesday (odd months), 12 - 2 p.m. Call **415-353-7632. MB**

Lung Cancer Second Tuesdays, 5:30 - 7 p.m. Call **415-885-7789. MZ**

Peer Support Program One-on-one phone support with a cancer survivor who has been matched to your needs. Call **415-885-7210.**

Prostate Cancer First Tuesdays, Noon - 2 p.m. Patients, their spouses, friends and caregivers welcome. Drop-ins welcome. Please call **415-353-7982** for location. **MZ**

Prostate Cancer Support for Gay Men First and third Mondays, 6 - 7:30 p.m. Contact Vittorio Comelli, PsyD, at **415-476-0468, ext. 1** or vittorio.comelli@ucsf.edu. **MZ**

Psycho-Oncology Service Individual counseling with a psychologist or psychiatrist available for UCSF cancer patients. Also offers regular 7-week sleep/fatigue and stress reduction classes. Call **415-353-7019. MZ, MB**

Social Work Available to UCSF patients and their families for short-term support. Call **415-885-3693. MZ, MB, P**

Spiritual Counseling and Grief Support Interfaith chaplains provide spiritual counseling, help create meaningful rituals and assist UCSF patients with questions regarding life, death and losing a loved one. Call **415-353-1941. MZ, MB, P**

Other Resources

Art for Recovery Connect with your creative spirit through art, journal writing, poetry and music. Contact Cindy Perlis at **415-885-7221** or cynthia.perlis@ucsf.edu. **MZ, MB**

Fertility Preservation Center Offers practical and financial counseling for preserving fertility before or during cancer treatment. Call **1-888-353-9115. MB**

Fishbon Library Health research by professional medical librarians. Call **415-885-7285. MZ**

Friend to Friend Specialty Shop Wigs, prostheses, scarves and head wear with personal fittings by knowledgeable staff. Call **415-353-7776. MZ**

Genetic Counseling / Cancer Risk Uses family history and genetic testing to identify hereditary risk for cancer. Call **415-885-7779. MZ, MB**

Nutrition Consultations Individualized counseling sessions for UCSF cancer patients. Call **415-502-5547. MZ, MB**

Neuro-Oncology Caregiver Program Resources for all UCSF families and caregivers of adult patients undergoing care for primary brain tumor. Call **415-514-5674. P**

Osher Center for Integrative Medicine Integrative therapies and consultations designed to supplement your conventional cancer treatment. Fee may apply. Call **415-353-7716. MZ**

Patient Education Resources Curated online information on a variety of topics available at cancer.ucsf.edu/crc/patient-education-resources.

Symptom Management Service Interdisciplinary team to help UCSF patients and families deal with the troubling physical and emotional effects of cancer and its treatment. Call **415-885-7671. MZ, MB, P**

Go paperless
Ask us to send you a monthly e-calendar of events instead

SUMMER 2018 CALENDAR OF EVENTS
Ida & Joseph Friend Cancer Resource Center

Visit us online: cancer.ucsf.edu

The Ida & Joseph Friend Cancer Resource Center promotes wellness and the healing process by providing patients and their families with supportive care services and cancer-related information. We offer a range of programs designed to bring persons with cancer together, foster community, educate and offer effective tools to help navigate the disease process. Most of our programs are free to anyone living with cancer, regardless of where they receive care.

OUR SERVICES INCLUDE

- Individualized assistance in finding information on diagnosis, treatment and support services.
- A specialized lending library with books, audio, video and online podcasts.
- Workshops and classes on a variety of topics of interest to persons with cancer and their families.
- Referrals to community resources and other UCSF programs.
- Support groups for a variety of cancers and referral to more than 500 other Bay Area support groups.
- One-on-one peer support for persons with cancer and their spouses or partners.

- Exercise classes including core strength, dance, yoga and restorative movement.
- Nutritional counseling and seminars.
- A knitting gathering with yarn, needles and support provided. Free knit hats also available for persons going through chemotherapy.
- Meditation and guided imagery classes
- A comfortable space to relax, knit or have a cup of tea.

We are grateful to the organizations and individuals who provide ongoing support to our groups and programs. Special thanks to the ongoing support provided by the Donna Smith Endowment at UCSF, the Mount Zion Health Fund and the UCSF Osher Center for Integrative Medicine.



SPECIAL EVENTS

Look inside for detailed descriptions and more events

- What Matters Most?**
A two-part class: Wednesday, June 6 and Tuesday June 19, noon - 2 p.m.
- Journey to Wellness: A Survivor Workshop**
With UCSF experts across professions
Saturday, June 9, 8:30 a.m. - 4 p.m.
- Nutrition and Prostate Cancer**
With Greta Macaire, MA, RD, CSO
Tuesday, August 21, 4 - 5:30 p.m.
- Let's Talk: Conversations with Kids about Cancer**
With Theresa Abts, LCSW
Thursday, August 23, 5:30 - 7 p.m.
- Dietary Supplements During Cancer**
With Lisa Ploss, MPH, RD, CSO, CDE, FADA, FAND and Greta Macaire, MA, RD, CSO
Thursday, August 30, 5 - 7 p.m.

1600 Divisadero St., First floor, San Francisco, CA 94115

Email: crc@ucsf.edu
Phone: 415-885-3693
Website: cancer.ucsf.edu/crc

UCSF Helen Diller Family
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JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Wig Clinic 10am - noon Mindfulness (MB,P) noon Meditation 1:30 - 2:30pm Survivorship Wellness 1:30 - 3pm	5 Exer. Cnslng. (MB) 10am - 1pm YogaCares 10:30am - noon Mindfulness (MB) noon Open Art (MB) 1 - 3pm	6 Sing & Jam noon - 1pm Open Art (MZ) 1 - 4pm Laughter Yoga 5:30 - 6:30pm What Matters Most (1 of 2) 12 - 2 pm	7 Feldenkrais® 11am - noon YogaCares 11:30am - 1pm Knitting noon - 1pm Mindfulness (MB,P) noon Exer. Cnslng. (MZ) 12:30 - 4pm	1 Core & More 10 - 11:30am Mindfulness (MB) noon Laughter Yoga 2:30 - 3:30pm
11 Mindfulness (MB,P) noon Meditation 1:30 - 2:30pm Survivorship Wellness 1:30 - 3pm	12 Exer. Cnslng. (MB) 10am - 1pm YogaCares 10:30am - noon Healing/Dance 11 - 12:30pm Mindfulness (MB) noon Open Art (MB) 1 - 3pm	13 Sing & Jam noon - 1pm Open Art (MZ) 1 - 4pm	14 Feldenkrais® 11am - noon YogaCares 11:30am - 1pm Knitting noon - 1pm Mindfulness (MB,P) noon Exer. Cnslng. (MZ) 12:30 - 4pm	8 Core & More 10 - 11:30am Mindfulness (MB) noon SATURDAY, JUNE 9 Journey to Wellness Survivor Workshop 8:30am - 4pm
18 Mindfulness (MB, P) noon Meditation 1:30 - 2:30pm Survivorship Wellness 1:30 - 3pm	19 Exer. Cnslng. (MB) 10am - 1pm YogaCares 10:30am - noon Healing/Dance 11am - 12:30pm Mindfulness (MB) noon Open Art (MB) 1 - 3pm What Matters Most (2 of 2) 12 - 2pm	20 Open Art (MZ) 1 - 4pm Laughter Yoga 5:30 - 6:30pm	21 YogaCares 11:30am - 1pm Knitting noon - 1pm Mindfulness (MB,P) noon Exer. Cnslng. (MZ) 12:30 - 4pm	22 Core & More 10 - 11:30am Mindfulness (MB) noon
25 Mindfulness (MB, P) noon Meditation 1:30 - 2:30pm Survivorship Wellness 1:30 - 3pm	26 Exer. Cnslng. (MB) 10am - 1pm YogaCares 10:30am - noon Healing/Dance 11am - 12:30pm Mindfulness (MB) noon Open Art (MB) 1 - 3pm	27 Open Art (MZ) 1 - 4pm Laugh/Meditate 5:30 - 6:30pm	28 Feldenkrais® 11am - noon YogaCares 11:30am - 1pm Knitting noon - 1pm Mindfulness (MB,P) noon Exer. Cnslng. (MZ) 12:30 - 4pm	29 Core & More 10 - 11:30am Mindfulness (MB) noon

JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Mindfulness (MB, P) noon Meditation 1:30 - 2:30pm Survivorship Wellness 1:30 - 3pm	10 Exer. Cnslng. (MB) 10am - 1pm YogaCares 10:30am - noon Healing/Dance 11 - 12:30pm Mindfulness (MB) noon - 12:30pm Open Art (MB) 1 - 3pm	11 Sing & Jam noon - 1pm Open Art (MZ) 1 - 4pm Laughter Yoga 5:30 - 6:30pm	12 Feldenkrais® 11am - noon YogaCares 11:30am - 1pm Knitting noon - 1pm Mindfulness (MB, P) noon Exer. Cnslng. (MZ) 12:30 - 4pm	6 Mindfulness (MB) noon - 12:30pm Laughter Yoga 2:30 - 3:30pm 
16 Mindfulness (MB, P) noon Meditation 1:30 - 2:30pm Survivorship Wellness 1:30 - 3pm	17 Exer. Cnslng. (MB) 10am - 1pm YogaCares 10:30am - noon Healing/Dance 11 - 12:30pm Mindfulness (MB) noon - 12:30pm Open Art (MB) 1 - 3pm	18 Open Art (MZ) 1 - 4pm	19 Feldenkrais® 11am - noon YogaCares 11:30 - 1pm Knitting noon - 1pm Mindfulness (MB, P) noon Exer. Cnslng. (MZ) 12:30 - 4pm	13 Core & More 10 - 11:30am Mindfulness (MB) noon - 12:30pm
23 Mindfulness (MB, P) noon Meditation 1:30 - 2:30pm Survivorship Wellness 1:30 - 3pm	24 Exer. Cnslng. (MB) 10am - 1pm YogaCares 10:30am - noon Mindfulness (MB) noon - 12:30pm Open Art (MB) 1 - 3pm	25 Open Art (MZ) 1 - 4pm Laughter Yoga 5:30 - 6:30pm	26 Feldenkrais® 11am - noon YogaCares 11:30 - 1pm Knitting noon - 1pm Mindfulness (MB, P) noon Exer. Cnslng. (MZ) 12:30 - 4pm	20 Core & More 10 - 11:30am Mindfulness (MB) noon - 12:30pm
30 Mindfulness (MB, P) noon Meditation 1:30 - 2:30pm Survivorship Wellness 1:30 - 3pm	31 YogaCares 10:30am - noon Mindfulness (MB, P) noon Open Art (MB) 1 - 3pm		27 Core & More 10 - 11:30am Mindfulness (MB) noon - 12:30pm Laughter Yoga 2:30 - 3:30pm	20 Mindfulness (MB, P) noon Meditation 1:30 - 2:30pm Survivorship Wellness 1:30 - 3pm

AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Wig Clinic 10am - noon Mindfulness (MB, P) noon Meditation 1:30 - 2:30pm Survivorship Wellness 1:30 - 3pm	7 Exer. Cnslng. (MB) 10am - 1pm YogaCares 10:30am - noon Mindfulness (MB) noon - 12:30pm Open Art (MB) 1 - 3pm	8 Sing & Jam noon - 1pm Open Art (MZ) 1 - 4pm	9 Feldenkrais® 11am - noon YogaCares 11:30am - 1pm Knitting noon - 1pm Mindfulness (MB, P) noon Exer. Cnslng. (MZ) 12:30 - 4pm	3 Core & More 10 - 11:30am Mindfulness (MB) noon - 12:30pm
13 Mindfulness (MB, P) noon Meditation 1:30 - 2:30pm Survivorship Wellness 1:30 - 3pm	14 Exer. Cnslng. (MB) 10am - 1pm YogaCares 10:30am - noon Mindfulness (MB) noon - 12:30pm Open Art (MB) 1 - 3pm	15 Open Art (MZ) 1 - 4pm	16 Feldenkrais® 11am - noon YogaCares 11:30am - 1pm Knitting noon - 1pm Mindfulness (MB, P) noon Exer. Cnslng. (MZ) 12:30 - 4pm	10 Core & More 10 - 11:30am Mindfulness (MB) noon - 12:30pm
20 Mindfulness (MB, P) noon Meditation 1:30 - 2:30pm Survivorship Wellness 1:30 - 3pm	21 Exer. Cnslng. (MB) 10am - 1pm YogaCares 10:30am - noon Healing/Dance 11am - 12:30pm Mindfulness (MB) noon - 12:30pm Open Art (MB) 1 - 3pm Nutrition/Prostate 4 - 5:30pm	22 Open Art (MZ) 1 - 4pm	23 Feldenkrais® 11am - noon YogaCares 11:30am - 1pm Knitting noon - 1pm Mindfulness (MB, P) noon Exer. Cnslng. (MZ) 12:30 - 4pm Let's Talk 5:30 - 7pm	17 Core & More 10 - 11:30am Mindfulness (MB) noon - 12:30pm
27 UCSF Holiday Offices Closed	28 Exer. Cnslng. (MB) 10am - 1pm YogaCares 10:30am - noon Healing/Dance 11am - 12:30pm Mindfulness (MB) noon - 12:30pm Open Art (MB) 1 - 3pm	29 Open Art (MZ) 1 - 4pm	30 Feldenkrais® 11am - noon YogaCares 11:30am - 1pm Knitting noon - 1pm Mindfulness (MB, P) noon Exer. Cnslng. (MZ) 12:30 - 4pm Dietary Supplements 5 - 7pm	24 Core & More 10 - 11:30am Mindfulness (MB) noon - 12:30pm

Special events

What Matters Most?
A two-part class: Wednesday, June 6 and Tuesday, June 19, noon - 2 p.m.
A two-part advance health care directive and values exploration workshop for cancer patients. Learn the skill of asking the question, "What matters most, now?" You'll leave with a notarized advance directive. Please plan on attending both sessions. Refreshments provided. To register call 415-353-7931 or email Katie.Mak@ucsf.edu. **MZ**

Journey to Wellness: A Survivor Workshop
With UCSF experts across professions Saturday, June 9, 8:30 a.m. - 4 p.m.
Only held once a year, this all-day event is designed for post active-treatment cancer patients and their loved ones featuring strategies, information and support for entering into a healthy post-cancer life. Includes a light breakfast, healthy lunch, exercise class, and chair massage. Validated parking for those who pre-register.
\$15 pre-registration. \$20 at door. Limited scholarships available. Please register online at: [ucsf-survivorship-workshop-2018.eventbrite.com](https://www.eventbrite.com). To learn more call 415-885-3693. **MB**

Nutrition and Prostate Cancer
With Greta Macaire, MA, RD, CSO
Tuesday, August 21, 4 - 5:30 p.m.
Learn about the latest research on nutrition and prostate cancer and how to better meet your nutritional needs. Register online or by calling 415-885-3693. **MZ**
Let's Talk: Conversations with Kids about Cancer
With Theresa Abts, LCSW
Thursday, August 23, 5:30 - 7 p.m.
Explore the importance and dynamics involved in communicating with children. You will learn what children need and understand at different ages and hear age-appropriate communication techniques.
Please register online or at 415-885-3693. Open to parents with cancer, their families, and friends. No children please. **MZ**

Dietary Supplements During Cancer
With Lisa Ploss, MPH, RD, CSO, CDE, FADA, FAND and Greta Macaire, MA, RD, CSO
Thursday, August 30, 5 - 7 p.m.
Hear the latest research behind several commonly used nutritional supplements and learn guidelines for how to determine whether these supplements might be right for you. We'll discuss recommendations for taking supplements during cancer therapy as well as some contraindications. We will also highlight reputable supplement companies.
Register online or by calling 415-885-3693. **MZ**

Ongoing classes
Core & More Pilates-based mat exercises to enhance range of motion, flexibility, balance and muscular strength. Waiver required. **MZ**
Exercise Counseling Trained professionals help cancer patients design personalized exercise programs. One hour individual sessions. Call 415-514-6430. **MB, MZ**
Feldenkrais® Restorative Movement Simple floor lessons that have a profound effect on posture, breathing and movement capabilities. Waiver required. **MZ**
Healing Through Dance Movement, expression, imagery and creativity to support wellness. Waiver required. **MZ**

Knitting Gathering Make hats, scarves and more. No experience necessary. Yarn and needles provided. Held at the CRC just drop in. **MZ**
Laugh & Meditate Begins with simple laughter exercises followed by meditation. Osher Center for Integrative Medicine, 1545 Divisadero St., 5th floor. Drop-in format. **MZ**
Laughter Yoga Experience the benefits of laughter. 1545 Divisadero St., 5th floor. 415-353-7718. Drop-in format. **MZ**
Look Good Feel Better Learn skills to cope with appearance-related side effects of cancer treatment. Call the American Cancer Society at 1-800-227-2345. Held every other month at UCSF. **MZ**

Managing Arm Lymphedema Learn self-techniques to reduce swelling in your arms and hands. Call 415-353-7908 for dates. **MZ**
Meditation & Guided Imagery For all levels of experience. 1545 Divisadero St., Room 523. Drop-in format but please call 415-885-3693 to confirm. **MZ**
Mindfulness Weekdays (except Weds.) at Mission Bay in the Children's Hospital meditation room, C1401. Mondays and Thursdays at Parnassus next to the Information Desk in the meditation room, M193. All are welcome. Drop-in format. Call 415-514-4202. **MB, P**
Open Art Studio Explore your creative spirit. Art supplies provided. Held in the Art for Recovery studio. Subject to change. Call 415-885-7221 or email cynthia.perlis@ucsf.edu. **MB, MZ**

Sing & Jam 1st and 2nd Wednesdays in the main lobby at 1600 Divisadero. Bring an instrument and/or your singing voice or just come to watch the fun. No experience necessary. Drop-in format. **MZ**
Strength After Breast Cancer / Lymphedema Exercise Class helps reduce risk of arm and hand swelling after breast surgery. Classes resume in the Fall. Register at 415-353-7908. **MZ**
Survivorship Wellness Mondays 1:30 - 3 p.m. An 8-week interdisciplinary program focusing on optimizing health and wellness after cancer treatment. An initial orientation is required. UCSF patients only. Fees may apply. Call 415-353-3931. **MZ**
Wig Clinic Bring in your wig for personal, customized trimming. Offered monthly by appointment. Contact the UCSF Friend to Friend gift shop at 415-353-7776. **MZ**

Writing Group Learn techniques for getting thoughts, feelings and memories on paper. Classes resume in the Fall. Email Cynthia.Perlis@ucsf.edu. **MZ**
YogaCares Gentle postures for all levels Waiver required. Subject to change. Call 415-353-7718 for class dates. **MZ**
Unless otherwise mentioned, all classes are offered free of charge and open to patients no matter where they are treated. Call the CRC at 415-885-3693 for more information on the programs or to request additional services.

