



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

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 Tuesday, Call for days/time **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 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 **415-885-7789. 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. January 3 through February 21, 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**

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 suit your needs. Call **415-885-7210.**

Prostate Cancer First Tuesday, noon - 2 p.m. Spouses, friends and caregivers of patients welcome. Contact John Nidecker III, at **707-537-6785. 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**

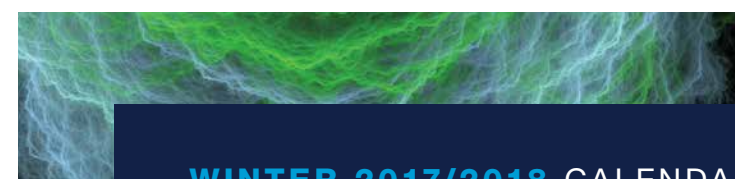
Neuro-Oncology Caregiver Program Resources for all UCSF families and caregivers of adult patients undergoing care for primary brain tumor. Call **415-514-5674. P**

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



WINTER 2017/2018 CALENDAR OF EVENTS
Ida & Joseph Friend Cancer Resource Center

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 and video.
- 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.

WINTER 2017/2018 CALENDAR OF EVENTS
Ida & Joseph Friend Cancer Resource Center



SPECIAL EVENTS

Look inside for detailed descriptions and more events

- What Matters Most?**
Tuesdays, December 5 & 19, noon - 2 p.m.
Wednesdays, January 10 & 24, 4:15 - 6:15 p.m.
Tuesdays, February 6 & 20, noon - 2 p.m.
- Good Grief: It's the Holidays**
Wednesday, December 6, 5:30 - 7:30 p.m.
- Bay Area Breast Cancer Forum**
Wednesday, December 13, 6 - 7:30 p.m.
- Neuroendocrine Tumor Patient & Family Conference**
Sunday, January 21, 8:30 a.m. - 5 p.m.
- Compass: Acting Mindfully for a Valued Life**
7 Thursdays beginning January 25, 1:30 - 3 p.m.
- Pick This, Not That: Healthy Swaps in the Kitchen**
Wednesday, February 7, 5 - 7 p.m.
- Nutrition & Prostate Cancer**
Tuesday, February 20, 4 - 5:30 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
Comprehensive
Cancer Center

DECEMBER

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



1
Core & More 10-11:30 a.m.
Mindfulness (MB) noon*
Laughter Yoga 2:30-3:30 p.m.

4
Wig Clinic 10 a.m.-noon
Mindfulness (MB,P) noon*
Look Good Feel Better 1:30 - 3:30 p.m.
Meditation 1:30-2:30 p.m.
Survivor Wellness 1:30-3 p.m.

5
Exer. Cnsing. (MB) 10 a.m.-1 p.m.
YogaCares 10:30 a.m.-noon
Healing/Dance 11 a.m.-12:30 p.m.
Mindfulness (MB) noon*
Art Studio (MB) 1-3 p.m.
What Matters Most (1 of 2) noon-2 p.m.

6
Mindfulness (MB) noon*
Singing For Life noon-1 p.m.
Art Studio (MZ) 1-4 p.m.
Laughter Yoga 5:30-6:30 p.m.
Good Grief: It's the Holidays 5:30-7:30 p.m.

7
Feldenkrais® 11 a.m.-noon
YogaCares 11:30 a.m.-1 p.m.
Knitting noon-1 p.m.
Mindfulness (MB,P) noon*
Exer. Cnsing. (MZ) 12:30-4 p.m.

8
Core & More 10-11:30 a.m.
Mindfulness (MB) noon*

11
Mindfulness (MB,P) noon*
Meditation 1:30-2:30 p.m.
Survivor Wellness 1:30-3 p.m.

12
Exer. Cnsing. (MB) 10 a.m.-1 p.m.
YogaCares 10:30 a.m.-noon
Healing/Dance 11-12:30 p.m.
Mindfulness (MB) noon*
Art Studio (MB) 1-3 p.m.

13
Mindfulness (MB) noon*
Singing For Life noon-1 p.m.
Art Studio (MZ) 1-4 p.m.
Laugh/Meditate 5:30-6:30 p.m.
Bay Area Breast Cancer Forum 6-7:30 p.m.

14
Feldenkrais® 11 a.m.-noon
YogaCares 11:30 a.m.-1 p.m.
Knitting noon-1 p.m.
Mindfulness (MB,P) noon*
Exer. Cnsing. (MZ) 12:30-4 p.m.

15
Core & More 10-11:30 a.m.
Mindfulness (MB) noon*
Laughter Yoga 2:30-3:30 p.m.

18
Mindfulness (MB, P) noon*
Meditation 1:30-2:30 p.m.

19
Exer. Cnsing. (MB) 10 a.m.-1 p.m.
YogaCares 10:30 a.m.-noon
Healing/Dance 11 a.m.-12:30 p.m.
Mindfulness (MB) noon*
Art Studio (MB) 1-3 p.m.

20
Mindfulness (MB) noon*
Art Studio (MZ) 1-4 p.m.
Laughter Yoga 5:30-6:30 p.m.

21
YogaCares 11:30 a.m.-1 p.m.
Knitting noon-1 p.m.
Mindfulness (MB,P) noon*
Exer. Cnsing. (MZ) 12:30-4 p.m.

22
Core & More 10-11:30 a.m.
Mindfulness (MB) noon*

25
UCSF Holiday
Offices Closed

26
UCSF Holiday
Offices Closed

27
Mindfulness (MB) noon*
Singing For Life noon-1 p.m.
Art Studio (MZ) 1-4 p.m.

28
YogaCares 11:30 a.m.-1 p.m.
Knitting noon-1 p.m.
Mindfulness (MB,P) noon*
Exer. Cnsing. (MZ) 12:30-4 p.m.

29
UCSF Holiday
Offices Closed

JANUARY

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1
UCSF Holiday
Offices Closed

2
Exer. Cnsing. (MB) 10 a.m.-1 p.m.
YogaCares 10:30 a.m.-noon
Mindfulness (MB) noon-12:30 p.m.
Art Studio (MB) 1-3 p.m.

3
Mindfulness (MB) noon-12:30 p.m.
Singing For Life noon-1 p.m.
Art Studio (MZ) 1-4 p.m.

4
Feldenkrais® 11 a.m.-noon
YogaCares 11:30 a.m.-1 p.m.
Knitting noon-1 p.m.
Mindfulness (MB, P) noon*
Exer. Cnsing. (MZ) 12:30-4 p.m.

5
Core & More 10-11:30 a.m.
Mindfulness (MB) noon-12:30 p.m.

8
Wig Clinic 10 a.m.-noon
Mindfulness (MB, P) noon*
Meditation 1:30-2:30 p.m.
Look Good Feel Better 1:30-3:30 p.m.
Survivor Wellness 1:30-3 p.m.

9
Exer. Cnsing. (MB) 10 a.m.-1 p.m.
YogaCares 10:30 a.m.-noon
Healing/Dance 11-12:30 p.m.
Mindfulness (MB) noon-12:30 p.m.
Art Studio (MB) 1-3 p.m.

10
Mindfulness (MB) noon-12:30 p.m.
Singing For Life noon-1 p.m.
Art Studio (MZ) 1-4 p.m.
Laughter Yoga 5:30-6:30 p.m.

11
Feldenkrais® 11 a.m.-noon
YogaCares 11:30 a.m.-1 p.m.
Knitting noon-1 p.m.
Mindfulness (MB, P) noon*
Exer. Cnsing. (MZ) 12:30-4 p.m.

12
Core & More 10-11:30 a.m.
Mindfulness (MB) noon-12:30 p.m.

15
UCSF Holiday
Offices Closed

16
Exer. Cnsing. (MB) 10 a.m.-1 p.m.
YogaCares 10:30 a.m.-noon
Healing/Dance 11-12:30 p.m.
Mindfulness (MB) noon-12:30 p.m.
Art Studio (MB) 1-3 p.m.

17
Mindfulness (MB) noon-12:30 p.m.
Art Studio (MZ) 1-4 p.m.

18
Feldenkrais® 11 a.m.-noon
YogaCares 11:30-1 p.m.
Knitting noon-1 p.m.
Mindfulness (MB, P) noon*
Exer. Cnsing. (MZ) 12:30-4 p.m.

19
Core & More 10-11:30 a.m.
Mindfulness (MB) noon-12:30 p.m.
SUNDAY, JANUARY 21
Neuroendocrine Tumor
Conference 8:30 a.m.-5 p.m.

2
Mindfulness (MB, P) noon*
Meditation 1:30-2:30 p.m.
Survivor Wellness 1:30-3 p.m.

23
Exer. Cnsing. (MB) 10 a.m.-1 p.m.
YogaCares 10:30 a.m.-noon
Healing/Dance 11-12:30 p.m.
Mindfulness (MB) noon-12:30 p.m.
Art Studio (MB) 1-3 p.m.

24
Mindfulness (MB) noon-12:30 p.m.
Singing For Life noon-1 p.m.
Art Studio (MZ) 1-4 p.m.
Laughter Yoga 5:30-6:30 p.m.

25
Feldenkrais® 11 a.m.-noon
YogaCares 11:30-1 p.m.
Knitting noon-1 p.m.
Mindfulness (MB, P) noon*
Exer. Cnsing. (MZ) 12:30-4 p.m.
Compass (1 of 7) 1:30-3 p.m.

26
Core & More 10-11:30 a.m.
Mindfulness (MB) noon-12:30 p.m.

29
Mindfulness (MB, P) noon*
Meditation 1:30-2:30 p.m.
Survivor Wellness 1:30-3 p.m.

30
Exer. Cnsing. (MB) 10 a.m.-1 p.m.
YogaCares 10:30 a.m.-noon
Mindfulness (MB) noon-12:30 p.m.
Healing/Dance 11-12:30 p.m.
Art Studio (MB) 1-3 p.m.

31
Mindfulness (MB) noon-12:30 p.m.
Singing For Life noon-1 p.m.
Art Studio (MZ) 1-4 p.m.
Laugh/Meditate 5:30-6:30 p.m.



FEBRUARY

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



1
Feldenkrais® 11 a.m.-noon
YogaCares 11:30 a.m.-1 p.m.
Knitting noon-1 p.m.
Mindfulness (MB, P) noon*
Exer. Cnsing. (MZ) 12:30-4 p.m.

2
Core & More 10-11:30 a.m.
Mindfulness (MB) noon-12:30 p.m.

5
Wig Clinic 10 a.m.-noon
Mindfulness (MB, P) noon*
Look Good Feel Better 1:30-3:30 p.m.
Meditation 1:30-2:30 p.m.
Survivor Wellness 1:30-3 p.m.

6
Exer. Cnsing. (MB) 10 a.m.-1 p.m.
YogaCares 10:30 a.m.-noon
Healing/Dance 11 a.m.-12:30 p.m.
Mindfulness (MB) noon-12:30 p.m.
Art Studio (MB) 1-3 p.m.

7
Mindfulness (MB) noon-12:30 p.m.
Singing for Life noon-1 p.m.
Art Studio (MZ) 1-4 p.m.
Laughter Yoga 5:30-6:30 p.m.
Pick This, Not That 5-7 p.m.

8
Feldenkrais® 11 a.m.-noon
YogaCares 11:30 a.m.-1 p.m.
Knitting noon-1 p.m.
Mindfulness (MB, P) noon*
Exer. Cnsing. (MZ) 12:30-4 p.m.

9
Core & More 10-11:30 a.m.
Mindfulness (MB) noon-12:30 p.m.

12
Mindfulness (MB, P) noon*
Meditation 1:30-2:30 p.m.
Survivor Wellness 1:30-3 p.m.

13
Exer. Cnsing. (MB) 10 a.m.-1 p.m.
YogaCares 10:30 a.m.-noon
Healing/Dance 11 a.m.-12:30 p.m.
Mindfulness (MB) noon-12:30 p.m.
Art Studio (MB) 1-3 p.m.

14
Mindfulness (MB) noon-12:30 p.m.
Singing for Life noon-1 p.m.
Art Studio (MZ) 1-4 p.m.

15
Feldenkrais® 11 a.m.-noon
YogaCares 11:30 a.m.-1 p.m.
Knitting noon-1 p.m.
Mindfulness (MB, P) noon*
Exer. Cnsing. (MZ) 12:30-4 p.m.

16
Core & More 10-11:30 a.m.
Mindfulness (MB) noon-12:30 p.m.

19
UCSF Holiday
Offices Closed

20
Exer. Cnsing. (MB) 10 a.m.-1 p.m.
YogaCares 10:30 a.m.-noon
Healing/Dance 11 a.m.-12:30 p.m.
Mindfulness (MB) noon-12:30 p.m.
Art Studio (MB) 1-3 p.m.
Nutrition/Prostate Cancer 5-7 p.m.

21
Mindfulness (MB) noon-12:30 p.m.
Art Studio (MZ) 1-4 p.m.
Laughter Yoga 5:30-6:30 p.m.

22
Feldenkrais® 11 a.m.-noon
YogaCares 11:30 a.m.-1 p.m.
Knitting noon-1 p.m.
Mindfulness (MB, P) noon*
Exer. Cnsing. (MZ) 12:30-4 p.m.

23
Core & More 10-11:30 a.m.
Mindfulness (MB) noon-12:30 p.m.

26
Mindfulness (MB, P) noon*
Meditation 1:30-2:30 p.m.
Survivor Wellness 1:30-3 p.m.

27
Exer. Cnsing. (MB) 10 a.m.-1 p.m.
YogaCares 10:30 a.m.-noon
Healing/Dance 11 a.m.-12:30 p.m.
Mindfulness (MB) noon-12:30 p.m.
Art Studio (MB) 1-3 p.m.

28
Mindfulness (MB) noon-12:30 p.m.
Singing for Life noon-1 p.m.
Art Studio (MZ) 1-4 p.m.
Laugh/Meditate 5:30-6:30 p.m.
Bay Area Breast Cancer Forum 6-7:30 p.m.



Special events

What Matters Most?

Tuesday, Dec. 5 & 19, noon - 2 p.m.
Wednesday, Jan. 10 & 24, 4:15 - 6:15 p.m.
Tuesday, Feb. 6 & 20, noon - 2 p.m.

A two-week 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. To register call 415-514-6693 or email Rebecca.Small2@ucsf.edu. **MZ**

Good Grief: It's the Holidays

Wednesday, Dec. 6, 5:30 - 7:30 p.m.
For anyone dealing with grief over the holidays. An open gathering to provide support, ritual, food, art and music, hosted by UCSF Spiritual Care Services. Call 415-514-4203. **MB**

Bay Area Breast Cancer Forum

Wednesday, Dec. 13, 6 - 7:30 p.m.
Wednesday, Feb. 28, 6 - 7:30 p.m.
Hosted by Hope Rugo, MD, the December forum will focus on "Updates from the San Antonio Breast Cancer Symposium 2017". February forum topic TBD. Light dinner served. Contact 415-514-5626 or Melody.Gawliu@ucsf.edu for more information. **MZ**

Neuroendocrine Tumor Patient & Family Conference

Sunday, Jan. 21, 8:30 a.m. - 5 p.m.

Join others who are living with neuroendocrine tumors (NETs) in a day packed with information on the latest research and practices in detection, management and treatment. Physician experts from UCSF and elsewhere will be presenting and answering questions throughout the day. We will also focus on strategies and best practices for living well with NETs. Presented by UCSF and NorCal Carcinoma in collaboration with Stanford and NET Research Foundation and with generous support provided by industry partners. Register at cancer.ucsf.edu/netconference. **MB**

Pick This, Not That: Healthy Swaps in the Kitchen

With Greta Macaire, MA, RD, CSO
Wednesday, Feb. 7, 5 - 7 p.m.

Learn simple, healthy swaps that will increase the nutrient density of your diet without adding hours to your food prep time. You'll take away ingredient swaps for healthier cooking and better convenience food choices for when you don't have time to cook. Register online or by calling 415-885-3693. **MZ**

Nutrition and Prostate Cancer

With Greta Macaire, MA, RD, CSO
Tuesday, Feb. 20, 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**

Psychology programs

Offered through psycho-oncology for UCSF cancer center patients. Fees may apply.

Survivorship Wellness Mondays 1:30 - 3 p.m. An 8-week interdisciplinary program focusing on optimizing health and wellness after cancer treatment. You may join anytime but an initial orientation is required. Call 415-353-3931. **MZ**

Compass: Acting Mindfully for a Valued Life January 25, 1:30 - 3 p.m. Learn how to use mindfulness and psychological flexibility for a more satisfying life. 7-week therapeutic program. Call 415-353-7019. **MZ**

Sleep & Fatigue Clinic A 7-week group that focuses on scientifically-supported, non-medication-based strategies for managing cancer-related fatigue and insomnia. Call 415-353-7019 for dates and more information. **MB**

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. Held at 1545 Divisadero St., 5th floor. 415-353-7718. **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 at UCSF. **MZ**

Managing Arm Lymphedema Learn self-techniques to reduce swelling in your arms and hands. Call 415-353-7672. **MZ**

Meditation & Guided Imagery For both novice and experienced meditators. Held at 1545 Divisadero St., Room 523. Drop-in format. **MZ**

***Mindfulness** Weekdays at Mission Bay in the Children's Hospital meditation room, C1401 (20 min). Mondays and Thursdays at Parnassus next to the Information Desk in the meditation room, M193 (15 min). 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**

Singing for Life First, second and fourth Wednesdays in the main lobby at 1600 Divisadero St. Drop-in format. **MZ**

Strength After Breast Cancer For those who have had lymph node removal, this exercise class helps prevent or reduce lymphedema. Offered as a 5-week series. Please arrive 30 minutes early to first session. Register at 415-353-7672. **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**

Wild Writing/Poetry Learn techniques for getting thoughts, feelings and memories on paper. Email Cynthia.Perlis@ucsf.edu for dates. **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. Call the CRC at 415-885-3693 for more information on the programs or to request additional services.