



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 and third Tuesdays. Call 415-353-7982. **MZ**

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

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

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

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

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

Colorectal Cancer Second and fourth Mondays, 6 - 7:30 pm. Partners welcome. 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 pm. Call 415-476-9597. **MZ**

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

Grief Group A closed support series for those grieving the loss of a loved adult. Wednesdays, October 3 - November 21 from 5:30 - 7 pm. Register at 415-514-4203. **MB**

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

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

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

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

Lung Cancer Second Tuesdays, 5:30 - 7 pm. 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 pm. Patients, their spouses, friends and caregivers welcome. Please call 415-353-7982. **MZ**

Prostate Cancer Support for Gay Men Partners welcome. First and third Mondays, 6 - 7:30 pm. 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 Shop Wigs, mastectomy bras, breast forms, 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



Visit us online: cancer.ucsf.edu

FALL 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, 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 are 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.



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



SPECIAL EVENTS

Look inside for detailed descriptions and more events

- 6th Annual Gynecologic Cancer Symposium**
Saturday, September 8, 8:30 am - 1:30 pm
- Compass: Acting Mindfully for a Valued Life**
Thursdays, October 4 - November 15, 1:30 - 3 pm
- Cancer as a Wake-Up Call**
Tuesday, October 9, 5:30 - 7 pm
- Sex and Intimacy for Men with Prostate Cancer**
Saturday, October 13, 10:30 am - 4 pm
- Taste for the Cure: A Taste of Science**
Saturday, October 20, 10 am - 2 pm
- Managing Holiday Stress: Workshop for Cancer Patients and Survivors**
Tuesday, November 6, 2:30 - 4:30 pm
- Nutrition and Prostate Cancer**
Tuesday, November 13, 4 - 5:30 pm

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

SEPTEMBER

OCTOBER

NOVEMBER

FALL 2018 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 UCSF HOLIDAY OFFICES CLOSED 	4 Exer. Cnsng. (MB) 10am-1pm Healing/Dance 11-12:30pm Open Art (MB) 1-3pm	5 Sing Along noon-1pm Open Art (MZ) 1-4pm What Matters Most (1 of 2) noon-2pm	6 Feldenkrais® 11am-noon YogaCares 11:30am-1pm Knitting noon-1pm Exer. Cnsng. (MZ) noon-4pm Strength After Br Cn 5-6:30pm	7 Core & More 10-11:30am SATURDAY, SEPTEMBER 8 Gynecologic Cancer Symposium 8:30am-1:30pm 
10 Wig Clinic 10am-noon Meditation 1:30-2:30pm Survivor Wellness 1:30-3pm Look Good Feel Better 1:30-3:30pm	11 Exer. Cnsng. (MB) 10am-1pm YogaCares 10:30am-noon Open Art (MB) 1-3pm Look Good Feel Better 1:30-3:30pm	12 Sing Along noon-1pm Open Art (MZ) 1-4pm	13 Feldenkrais® 11am-noon YogaCares 11:30am-1pm Knitting noon-1pm Exer. Cnsng. (MZ) noon-4pm Strength After Br Cn 5-6:30pm	14 Core & More 10-11:30am Laughter Yoga 2:30-3:30pm
17 Meditation 1:30-2:30pm Survivor Wellness 1:30-3pm	18 Exer. Cnsng. (MB) 10am-1pm YogaCares 10:30am-noon Healing/Dance 11-12:30pm Open Art (MB) 1-3pm	19 Open Art (MZ) 1-4pm Laughter Yoga 5:30-6:30pm	20 Feldenkrais® 11am-noon YogaCares 11:30am-1pm Knitting noon-1pm Exer. Cnsng. (MZ) noon-4pm Strength After Br Cn 5-6:30pm	21 Core & More 10-11:30am
24 Meditation 1:30-2:30pm Survivor Wellness 1:30-3pm 	25 Exer. Cnsng. (MB) 10am-1pm YogaCares 10:30am-noon Healing/Dance 11am-12:30pm Open Art (MB) 1-3pm	26 Open Art (MZ) 1-4pm Laugh/Meditate 5:30-6:30pm 	27 Feldenkrais® 11am-noon YogaCares 11:30am-1pm Knitting noon-1pm Exer. Cnsng. (MZ) noon-4pm Strength After Br Cn 5-6:30pm	28 Core & More 10-11:30am Laughter Yoga 2:30-3:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Wig Clinic 10am-noon Meditation 1:30-2:30pm Survivor Wellness 1:30-3pm	2 Exer. Cnsng. (MB) 10am-1pm YogaCares 10:30am-noon Healing/Dance 11-12:30pm Open Art (MB) 1-3pm Wild Writing 2-4pm	3 Sing Along noon-1pm Open Art (MZ) 1-4pm Laughter Yoga 5:30-6:30pm	4 Feldenkrais® 11am-noon YogaCares 11:30am-1pm Knitting noon-1pm Exer. Cnsng. (MZ) noon-4pm Strength After Br Cn 5-6:30pm Compass: Mindfulness (1 of 7) 1:30-3pm 	5 Core & More 10-11:30am
8 Meditation 1:30-2:30pm Survivor Wellness 1:30-3pm	9 Exer. Cnsng. (MB) 10am-1pm YogaCares 10:30am-noon Healing/Dance 11-12:30pm Open Art (MB) 1-3pm Wild Writing 2-4pm Cancer Wake-up Call 5:30-7pm	10 Sing Along noon-1pm Open Art (MZ) 1-4pm What Matters Most (1 of 2) noon-2pm	11 Feldenkrais® 11am-noon YogaCares 11:30am-1pm Knitting noon-1pm Exer. Cnsng. (MZ) noon-4pm Strength After Br Cn 5-6:30pm	12 Core & More 10-11:30am Laughter Yoga 2:30-3:30pm SATURDAY, OCTOBER 13 Sex and Intimacy, Prostate Cancer 10:30am-4pm
15 Meditation 1:30 - 2:30pm Survivor Wellness 1:30-3pm	16 Exer. Cnsng. (MB) 10am-1pm YogaCares 10:30am-noon Healing/Dance 11-12:30pm Open Art (MB) 1-3pm Wild Writing 2-4pm	17 Open Art (MZ) 1-4pm Laughter Yoga 5:30-6:30pm	18 Feldenkrais® 11am-noon YogaCares 11:30am-1pm Knitting noon-1pm Exer. Cnsng. (MZ) noon-4pm Strength After Br Cn 5-6:30pm	19 Core & More 10 - 11:30am SATURDAY, OCTOBER 20 Taste for the Cure 10am - 2pm
22 Meditation 1:30-2:30pm Survivor Wellness 1:30-3pm	23 Exer. Cnsng. (MB) 10am-1pm YogaCares 10:30am-noon Healing/Dance 11-12:30pm Open Art (MB) 1-3pm Wild Writing 2-4pm	24 Open Art (MZ) 1-4pm Laugh/Meditate 5:30-6:30pm	25 Feldenkrais® 11am-noon YogaCares 11:30am-1pm Knitting noon-1pm Exer. Cnsng. (MZ) noon-4pm Strength After Br Cn 5-6:30pm	26 Core & More 10-11:30am Laughter Yoga 2:30-3:30pm
29 Meditation 1:30-2:30pm Survivor Wellness 1:30-3pm	30 Exer. Cnsng. (MB) 10am-1pm YogaCares 10:30am-noon Healing/Dance 11-12:30pm Open Art (MB) 1-3pm Wild Writing 2-4pm	31 Open Art (MB) 1-3pm 		

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Special events

6th Annual Gynecologic Cancer Symposium

Saturday, September 8, 8:30 am-1:30 pm
 UCSF's Division of Gynecologic Oncology presents the latest science, in-treatment alternatives and survivorship strategies. \$10 fee includes lunch. Register at www.eventbrite.com. **MB**

Compass: Acting Mindfully for a Valued Life

October 4 - November 15, 1:30-3 pm
 Learn mindfulness and psychological flexibility for a more satisfying life. 7-week therapeutic program for UCSF cancer patients and survivors. Most insurance accepted. Register at 415-353-7019 **MZ**

Cancer as a Wake - Up Call

Tuesday, October 9, 5:30-7 pm
 With Laura Nasi, MD and introduction by Donald Abrams, MD
 Dr. Nasi, author of *Cancer as a Wake-Up Call*, will explore how lifestyle, nutrition, stress, exercise, sleep and relationships can affect the psycho-immuno-endocrine network to help our systems recognize, repair and/or eliminate cancer cells. No charge. Register at www.conta.cc/2LiVwFn or call the CRC at 415-885-3693. **MZ**

Sex and Intimacy for Men with Prostate Cancer - First time at UCSF

Saturday, October 13, 10:30 am-4 pm
 With patient advocates and survivors Dick Ridington and Stan Rosenfeld
 We will discuss the effects of various treatment options, medications and helpful techniques. For men only, who are either considering treatment or have been treated. No charge. Lunch not included. Register at www.conta.cc/2NAkKf1 or call the CRC at 415-885-3693. **MZ**

Taste for the Cure: A Taste of Science

Saturday, October 20, 10 am-2 pm
 UCSF Breast Care Center's annual event features the latest developments in breast cancer research, treatment, programs and clinical trials as well as science demonstrations and healthy food tasting. No charge. Open to all. Register at www.2018tasteforthecure.eventbrite.com

Managing Holiday Stress: Workshop for Cancer Patients and Survivors

Tuesday, November 6, 2:30-4:30 pm
 Workshop based on Cognitive Behavioral Therapy (CBT) for managing stress during the holidays - and year-round! Open to UCSF cancer patients. Facilitated by Psycho-Oncology. Registration required. Fees may apply; most insurance accepted. Register by calling 415-353-7019. **MZ**

Nutrition and Prostate Cancer

Tuesday, November 13, 4-5:30 pm
 With Greta Macaire, MA, RD, CSO
 Learn about the latest research on nutrition and prostate cancer and how to better meet your nutritional needs. Register at <https://conta.cc/2JMAWtWy> or call the CRC at 415-885-3693. **MZ**

Ongoing classes

Core & More Pilates-based mat exercises to enhance range of motion, flexibility, balance and muscular strength. Waiver required. Call 415-722-5314. **MZ**

Exercise Counseling Trained professionals help cancer patients design personal 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. Drop-in format. **MZ**

Laughter Yoga & Meditation

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 and make-up techniques to help cope with appearance-related side effects of cancer treatment. Register with the American Cancer Society at 1-800-227-2345. Every other month. Trilingual English/Cantonese/Mandarin class on Tuesday, September 11. **MZ**

Managing Arm Lymphedema Learn self-techniques to reduce swelling in 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**

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 Along 1st and 2nd Wednesdays in the main lobby at 1600 Divisadero St. Bring an instrument and/or your singing voice or just come 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. Thursdays. Register at 415-353-7908. **MZ**

Survivorship Wellness Mondays. 8-week interdisciplinary program focusing on optimizing health and wellness after cancer treatment. Initial orientation is required. UCSF patients only. Most insurance accepted. Call 415-353-3931. **MZ**

What Matters Most? Monthly 2-week advance health care directive and values exploration workshop. Contact Gayle. Kojimoto@ucsf.edu or 415-476-0202 to register. **MZ**

Wig Clinic Custom, professional wig trimming. Bring in your wig for personal, customized, professional trimming. Offered monthly by appointment. Call Friend to Friend at 415-353-7776. **MZ**

Wild Writing A simple, beautiful writing technique that helps you tell stories with depth and courage. Tuesdays, October 2-30 from 2-4 pm. Contact 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.

LOCATIONS: MB - Mission Bay Campus MZ - Mount Zion Campus P - Parnassus Campus

