



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, Please call for days/time. Contact Theresa Abts, LCSW, 415-353-7982. **MZ**

Bladder Cancer First Thursday, 5:30 - 7 p.m. Contact Katherine Winbrinck, MSW, at 415-353-7632. **MB**

Blood Cancer Second Tuesday, 3 - 4:30 p.m. Contact Nina Balsamo, LCSW, at 415-353-2965. **P**

Brain Tumor First Wednesday, 6 - 8 p.m. Contact Mary Lovely at 415-990-4461. **P**

Breast Cancer First Tuesday, 5 - 6:30 p.m. Contact Lauren Brown, MSW, at 415-353-9874. **MZ**

Caregivers of Brain Tumor Patients Second Wednesday, 6 - 8 p.m. Light dinner provided. Call 415-514-5674. **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. Contact Leah Hellerstein, LCSW, at 415-885-7789. **MZ**

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

Gynecological Cancer First and third Wednesdays, 2 - 3:30 p.m. Contact Theresa Abts, LCSW, at 415-353-7982. **MB**

Husbands and Significant Others Second and fourth Tuesdays, 6:30 - 8 p.m. Contact Ted Scheel, MSW, at 415-514-6338. **MZ**

Neuroendocrine Tumor Support and Education First Wednesday (odd months), 12 - 2 p.m. Contact Katherine Winbrinck, MSW, at 415-353-7632. **MB**

Lung Cancer Second Tuesdays, 5:30 - 7 p.m. Contact Leah Hellerstein, LCSW, at 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 headwear 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

SUMMER 2017 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.



SUMMER 2017 CALENDAR OF EVENTS
Ida & Joseph Friend Cancer Resource Center



SPECIAL EVENTS

Look inside for detailed descriptions and more events

- **What Matters Most: An Advance Health Care Directive and Values Exploration Workshop**
With Redwing Keyssar, RN
Two Tuesdays: June 6 and 20, noon-2 p.m.; July 11 and 25, 4-6 p.m.; OR August 1 and 15, noon-2 p.m.
- **Survivorship Wellness Series**
Mondays, beginning June 12, 1:30-3 p.m.
- **Neuroendocrine Cancer Education and Community**
Wednesday, July 5, noon-2 p.m.
- **Calorie Restriction and Cancer: Could Less be More?**
With Greta Macaire, MA, RD, CSO
Wednesday, August 23, 5-7 p.m.

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

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

UCSF Helen Diller Family
Comprehensive
Cancer Center



JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5 Wig Clinic 10 a.m.-noon Mindfulness (MB, P) noon* Look Good Feel Better (MB) 1:30-3:30 p.m. Meditation 1:30-2:30 p.m. Prepare/Surgery 6-8:30 p.m.</p>	<p>6 Exercise Counseling (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* What Matters Most (1 of 2) noon-2 p.m. Art Studio (MB) 1-3 p.m.</p>	<p>7 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.</p>	<p>1 Feldenkrais® 11 a.m.-noon Knitting noon-1 p.m. Mindfulness (MB,P) noon* Exercise Counseling (MZ) 12:30-4 p.m.</p>	<p>2 Core & More 10-11:30 a.m. Mindfulness (MB) noon*</p>
<p>12 Mindfulness (MB, P) noon* Meditation 1:30-2:30 p.m. Survivor Wellness 1:30-3 p.m.</p>	<p>13 Exercise Counseling (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.</p>	<p>14 Mindfulness (MB) noon* Singing For Life noon-1 p.m. Art Studio (MZ) 1-4 p.m. Strength After BC 6-7:30 p.m.</p>	<p>15 Feldenkrais® 11 a.m.-noon YogaCares 11:30 a.m.-1 p.m. Knitting noon-1 p.m. Mindfulness (MB,P) noon* Exercise Counseling (MZ) 12:30-4 p.m.</p>	<p>16 Core & More 10-11:30 a.m. Mindfulness (MB) noon*</p>
<p>19 Mindfulness (MB, P) noon* Meditation 1:30-2:30 p.m. Survivor Wellness 1:30-3 p.m. Prepare/Surgery 6-8:30 p.m.</p>	<p>20 Exercise Counseling (MB) 10 a.m.-1 p.m. Healing/Dance 11 a.m.-12:30 p.m. Mindfulness (MB) noon* Art Studio (MB) 1-3 p.m.</p>	<p>21 Mindfulness (MB) noon* Art Studio (MZ) 1-4 p.m. Laughter Yoga 5:30-6:30 p.m. Strength After BC 6-7:30 p.m.</p>	<p>22 Feldenkrais® 11 a.m.-noon Knitting noon-1 p.m. Mindfulness (MB,P) noon* Exercise Counseling (MZ) 12:30-4 p.m.</p>	<p>23 Core & More 10-11:30 a.m. Mindfulness (MB) noon*</p>
<p>26 Mindfulness (MB, P) noon* Meditation 1:30-2:30 p.m. Survivor Wellness 1:30-3 p.m.</p>	<p>27 Exercise Counseling (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.</p>	<p>28 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. Strength After BC 6-7:30 p.m.</p>	<p>29 Feldenkrais® 11 a.m.-noon YogaCares 11:30 a.m.-1 p.m. Knitting noon-1 p.m. Mindfulness (MB,P) noon* Exercise Counseling (MZ) 12:30-4 p.m.</p>	<p>30 Core & More 10-11:30 a.m. Mindfulness (MB) noon*</p>

JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Mindfulness (MB, P) noon* Meditation 1:30-2:30 p.m.</p>	<p>4 UCSF Holiday Offices Closed</p>	<p>5 NET Seminar noon-2 p.m. Mindfulness (MB) noon-12:30 p.m. Singing For Life noon-1 p.m. Stress Mgmt Group begins 3-4:30 p.m. Strength After BC 6-7:30 p.m. Grief Group begins 5-7 p.m.</p>	<p>6 Feldenkrais® 11 a.m.-noon YogaCares 11:30-1 p.m. Knitting noon-1 p.m. Mindfulness (MB, P) noon* Exercise Counseling (MZ) 12:30-4 p.m.</p>	<p>7 Core & More 10-11:30 a.m. Mindfulness (MB) noon-12:30 p.m.</p>
<p>10 Wig Clinic 10 a.m.-noon Mindfulness (MB, P) noon* Meditation 1:30-2:30 p.m. Look Good Feel Better (MZ) 1:30-3:30 p.m. Survivor Wellness 1:30-3 p.m.</p>	<p>11 Exercise Counseling (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. What Matters Most (1 of 2) noon-2 p.m.</p>	<p>12 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. Strength After BC 6-7:30 p.m.</p>	<p>13 Feldenkrais® 11 a.m.-noon YogaCares 11:30 a.m.-1 p.m. Knitting noon-1 p.m. Mindfulness (MB, P) noon* Exercise Counseling (MZ) 12:30-4 p.m.</p>	<p>14 Core & More 10-11:30 a.m. Mindfulness (MB) noon-12:30 p.m.</p>
<p>17 Mindfulness (MB, P) noon* Meditation 1:30-2:30 p.m. Survivor Wellness 1:30-3 p.m.</p>	<p>18 Exercise Counseling (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.</p>	<p>19 Mindfulness (MB) noon-12:30 p.m. Art Studio (MZ) 1-4 p.m. Strength After BC 6-7:30 p.m.</p>	<p>20 Feldenkrais® 11 a.m.-noon YogaCares 11:30-1 p.m. Knitting noon-1 p.m. Mindfulness (MB, P) noon* Exercise Counseling (MZ) 12:30-4 p.m.</p>	<p>21 Core & More 10-11:30 a.m. Mindfulness (MB) noon-12:30 p.m.</p>
<p>24 Mindfulness (MB, P) noon* Meditation 1:30-2:30 p.m. Survivor Wellness 1:30-3 p.m.</p>	<p>25 Exercise Counseling (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.</p>	<p>26 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.</p>	<p>27 Feldenkrais® 11 a.m.-noon YogaCares 11:30-1 p.m. Knitting noon-1 p.m. Mindfulness (MB, P) noon* Exercise Counseling (MZ) 12:30-4 p.m.</p>	<p>28 Core & More 10-11:30 a.m. Mindfulness (MB) noon-12:30 p.m.</p>
<p>31 Mindfulness (MB, P) noon* Meditation 1:30-2:30 p.m. Survivor Wellness 1:30-3 p.m.</p>				

AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7 Wig Clinic 10 a.m.-noon Mindfulness (MB, P) noon* Look Good Feel Better (MZ) 1:30-3:30 p.m. Meditation 1:30-2:30 p.m. Survivor Wellness 1:30-3 p.m.</p>	<p>8 Exercise Counseling (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.</p>	<p>9 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.</p>	<p>10 Feldenkrais® 11 a.m.-noon YogaCares 11:30 a.m.-1 p.m. Knitting noon-1 p.m. Mindfulness (MB, P) noon* Exercise Counseling (MZ) 12:30-4 p.m.</p>	<p>11 Core & More 10-11:30 a.m. Mindfulness (MB) noon-12:30 p.m.</p>
<p>14 Mindfulness (MB, P) noon* Meditation 1:30-2:30 p.m. Survivor Wellness 1:30-3 p.m.</p>	<p>15 Exercise Counseling (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.</p>	<p>16 Mindfulness (MB) noon-12:30 p.m. Art Studio (MZ) 1-4 p.m.</p>	<p>17 Feldenkrais® 11 a.m.-noon YogaCares 11:30 a.m.-1 p.m. Knitting noon-1 p.m. Mindfulness (MB, P) noon* Exercise Counseling (MZ) 12:30-4 p.m.</p>	<p>18 Core & More 10-11:30 a.m. Mindfulness (MB) noon-12:30 p.m.</p>
<p>21 Mindfulness (MB, P) noon* Meditation 1:30-2:30 p.m. Prepare for Surgery 6-8:30 p.m. Survivor Wellness 1:30-3 p.m.</p>	<p>22 Exercise Counseling (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.</p>	<p>23 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. Calorie Restriction and Cancer 5-7 p.m.</p>	<p>24 Feldenkrais® 11 a.m.-noon YogaCares 11:30 a.m.-1 p.m. Knitting noon-1 p.m. Mindfulness (MB, P) noon* Exercise Counseling (MZ) 12:30-4 p.m.</p>	<p>25 Core & More 10-11:30 a.m. Mindfulness (MB) noon-12:30 p.m.</p>
<p>28 Mindfulness (MB, P) noon* Meditation 1:30-2:30 p.m. Survivor Wellness 1:30-3 p.m.</p>	<p>29 Exercise Counseling (MB) 10 a.m.-1 p.m. Healing/Dance 11 a.m.-12:30 p.m. Mindfulness (MB) noon-12:30 p.m. Art Studio (MB) 1-3 p.m.</p>	<p>30 Mindfulness (MB) noon-12:30 p.m. Art Studio (MZ) 1-4 p.m. Laugh/Meditate 5:30-6:30 p.m.</p>	<p>31 Feldenkrais® 11 a.m.-noon Knitting noon-1 p.m. Mindfulness (MB, P) noon* Exercise Counseling (MZ) 12:30-4 p.m.</p>	

Special events

What Matters Most: An Advance Health Care Directive and Values Exploration Workshop

With Redwing Keyssar, RN
Two Tuesdays: June 6 and 20, noon-2 p.m.; July 11 and 25, 4-6 p.m.; OR August 1 and 15, noon-2 p.m.

What does quality of life mean to you in the setting of cancer? Learn how to create documentation to advocate for yourself and others to make your wishes heard. We will focus on the skill of asking ourselves "what matters most now?" with the goal of giving to our loved ones the gift of a personalized plan to honor our wishes. Please plan to attend both meetings as the second builds upon the first.

No cost. Refreshments provided. Register with Rebecca.Small2@ucsf.edu. **MZ**

Survivorship Wellness Series

Mondays, beginning June 12 (with information session on June 5), 1:30-3 p.m.

Are you a survivor of cancer who has completed your UCSF treatment? Enroll now in this NEW, 8-week program to learn about how to optimize your wellness as a survivor of cancer. Learn from Cancer Center providers about topics including health promotion and wellness goal-setting, managing stress, promoting emotional, sexual, and spiritual wellness, nutrition, physical activity, and improving sleep.

Registration required. Insurance accepted. You may join at any point in the series. To register or learn more, call the Psycho-Oncology service at 415-353-3931. **MZ**

Neuroendocrine Cancer Education and Community

Wednesday, July 5, noon-2 p.m.

Learn more and meet others living with neuroendocrine tumors (NETS). Facilitated by Maryellen Collamore, LCSW, this bi-monthly group features UCSF experts in the field to present on various topics. This session will focus on "Understanding Your NET Multidisciplinary Team" and feature a panel discussion introducing the roles of various multidisciplinary team members, including social work, nursing, financial navigation, and practice coordination. Each of these individuals plays an important role in the navigation of your neuroendocrine tumor care.

No cost. Light lunch served. Spouses and partners welcome. Call 415-353-7632. **MB**

Calorie Restriction and Cancer: Could Less be More?

With Greta Macaire, MA, RD, CSO
Wednesday, August 23, 5-7 p.m.

This seminar will delve into the emerging science of caloric restriction and cancer. You'll hear what the research to date has uncovered, potential concerns with restricting calories during cancer treatment, what to watch out for, and the reason why not all calories are created equal. You'll also receive some general guidelines for caloric needs for different age groups, activity levels, and during various phases of cancer.

No cost. Register with the Cancer Resource Center (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. **MZ**

Exercise Counseling Trained professionals help UCSF 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**

Grief Group A closed support series for those grieving the loss of a loved adult. Begins July 5 and meets weekly through August 23, at the Parnassus Heights Campus. Register at 415-353-4337. All are welcome. **MB, P**

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 Classes begin with simple laughter exercises followed by meditation. Held at the Osher Center for Integrative Medicine, 1545 Divisadero Street, 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. **MB, MZ**

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

***Mindfulness** Daily midday sessions offering a peaceful pause and guided relaxation. Weekdays at Mission Bay held in the ground floor meditation room of the Children's Hospital, Room C1401 (30 minutes). At Parnassus on Mondays and Thursdays in the meditation room M193 next to the Moffitt Lobby Information Desk (15 minutes). 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**

Prepare for Surgery Learn tools and practical information to help reduce your anxiety about an upcoming surgery. Call 415-353-7718. **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**

Stress Management 7-week course begins July 5. For UCSF cancer patients to learn strategies for coping with the stress of cancer and its treatment. Call 415-353-7019. **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**

YogaCares Gentle postures for all levels and abilities. Waiver required. Subject to change. Call 415-353-7718 for class dates. **MZ**

Unless otherwise mentioned, all classes are offered free of charge. Please call the CRC at 415-885-3693 for more information on any of these programs or to request additional services.