



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** and we will help you locate a support group or service that suits 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 An 8-week closed support series for those grieving the loss of an adult. Call 415-514-4203 for dates and times. **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 and Mesothelioma Second Tuesdays, noon - 1:30 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 Get practical and financial counseling for preserving fertility before or during cancer treatment. Call 1-888-353-9115. **MB**

Fishbone 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 This group 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. Fees 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/crc

WINTER 2018/2019 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.

WINTER 2018/2019 CALENDAR OF EVENTS
Ida & Joseph Friend Cancer Resource Center



SPECIAL EVENTS

Look inside for detailed descriptions and more events


- **Better Sleep / Less Fatigue**
Tuesday, December 11, 5 - 6:30 pm
- **Improving Sleep and Fatigue Group Program**
Wednesdays, 1/9 - 2/13, 2:30 - 4 pm
- **Bay Area Breast Cancer Forum**
Wednesday, 1/9, 6 - 7:30 pm
- **Cancer in the Family**
Tuesday, 1/15, 6 - 7:30 pm
- **Nutrition and Prostate Cancer**
Tuesday, January 22, 4 - 5:30 pm
- **Nutrition, Exercise and Bone Health in Cancer Survivorship**
Tuesday, January 29, 5 - 6:30 pm
- **Bay Area NET Patient Education Conference**
Sunday, February 10, 8 am - 5 pm
- **Non-Toxic Tips for Healthy Living**
Tuesday, February 26, 5:30 - 7 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
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December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Wig Clinic 10am-noon Meditation 1:30-2:30pm Survivor Wellness 1:30-3pm	4 Exer. Cnsing. (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 (1 of 2) noon-2pm Laughter Yoga 5:30-6:30pm	6 Feldenkrais® 11am-noon YogaCares 11:30am-1pm Knitting noon-1pm Exer. Cnsing. (MZ) noon-4pm Strength After Br Cn 5-6:30pm	7 Core & More 10-11:30am
10 Meditation 1:30-2:30pm Survivor Wellness 1:30-3pm	11 Exer. Cnsing. (MB) 10am-1pm YogaCares 10:30am-noon Healing/Dance 11-12:30pm Open Art (MB) 1-3pm Better Sleep/Less Fatigue 5-6:30pm	12 Sing Along noon-1pm Open Art (MZ) 1-4pm	13 Feldenkrais® 11am-noon YogaCares 11:30am-1pm Knitting noon-1pm Exer. Cnsing. (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. Cnsing. (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 What Matters (2 of 2) noon-2pm	20 YogaCares 11:30am-1pm Knitting noon-1pm Exer. Cnsing. (MZ) noon-4pm	21 Core & More 10-11:30am
24 UCSF Holiday Offices Closed	25 UCSF Holiday Offices Closed	26 Open Art (MZ) 1-4pm	27 YogaCares 11:30am-1pm Knitting noon-1pm Exer. Cnsing. (MZ) noon-4pm	28 Core & More 10-11:30am
31 UCSF Holiday Offices Closed				

SPECIAL EVENTS

Better Sleep/Less Fatigue
Tuesday, December 11, 5 - 6:30 pm
Anna Levin, PhD and Neha Goyal, PhD
Learn about non-medication strategies that have been scientifically proven to help cancer patients and survivors improve their sleep and feel more energized. No charge. Register at conta.cc/2yAwAjp or call the CRC 415-885-3693. **MZ**

Improving Sleep/Fatigue Group Program
Wednesdays, 1/9 - 2/13, 2:30 - 4 pm
Anna Levin, PhD and Neha Goyal, PhD
Learn scientifically supported, non-medication-based strategies for managing cancer-related fatigue and insomnia. Open to UCSF cancer patients, survivors and caregivers. Most insurance accepted. Call 415-353-7019 to register. **MB**

Bay Area Breast Cancer Forum
Wednesday, 1/9, 6 - 7:30 pm
Hope Rugo, MD
Join UCSF health experts in an open discussion exploring the latest breast cancer research and related topics. Email melody.gawliu@ucsf.edu for details and registration.

Cancer in the Family
Tuesday, 1/15, 6 - 7:30 pm
Pamela Munster, MD
Dr. Munster, UCSF oncologist will be discussing her career in the field of hereditary cancers, as well as her personal experience with BRCA. She is the author of the new book, *Twisting Fate: My Journey with BRCA - from Breast Cancer Doctor to Patient and Back*. No charge. Register at conta.cc/2Q9dBUI or call the CRC at 415-885-3693. **MZ**

Nutrition and Prostate Cancer
Tuesday, January 22, 4 - 5:30 pm
Greta Macaire, MA, RD, CSO
UCSF's oncology dietitian will discuss the latest research on nutrition and prostate cancer and how to better meet your nutritional needs. No charge. Register at conta.cc/2QdQg4j or call the CRC at 415-885-3693. **MZ**

Nutrition, Exercise and Bone Health in Cancer Survivorship
Tuesday, January 29, 5 - 6:30 pm
Greta Macaire, MA, RD, CSO and Jane Clark, ACSM, CET
Learn nutrition and fitness tips to optimize bone health in cancer survivorship. Hear about foods that are rich in nutrients important for bone health. No charge. Register at conta.cc/2EEXmgy or call the CRC at 415-885-3693. **MZ**

Bay Area NET Patient Education Conference
Sunday, February 10, 8 am - 5 pm
Neuroendocrine tumor patients, survivors, and family members are welcome to attend this conference, co-sponsored by UCSF and the NorCal Carcinet Community. norcalcarcinet.org. **MB**

Non-Toxic Tips for Healthy Living
Tuesday, February 26, 5:30 - 7 pm
Karen Wang, PhD
Join us to understand what harmful chemicals and carcinogens are in products, and learn how to find safer choices and simple tips for creating a non-toxic home. No charge. Register at conta.cc/2QiHAtu 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, etc. 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 UCSF's Friend to Friend Shop at 415-353-7776.

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. Call 415-476-0202 or email gayle.kojimoto@ucsf.edu to register.

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

Wild Writing A simple, beautiful writing technique that helps you tell stories with depth and courage. Tuesdays, 1/15 - 2/12 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.

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Wig Clinic 10am-noon Meditation 1:30-2:30pm Survivor Wellness 1:30-3pm Look Good Feel Better 1:30-3:30pm	8 Exer. Cnsing. (MB) 10am-1pm YogaCares 10:30am-noon Healing/Dance 11-12:30pm Open Art (MB) 1-3pm Strength After Br Cn 6-7:30pm What Matters (1 of 2) noon-2pm	9 Sing Along noon-1pm Open Art (MZ) 1-4pm Sleep/Fatigue Grp (1 of 6) 2:30-4pm Laughter Yoga 5:30-6:30pm Bay Area Br Cn Forum 6-7:30pm	10 Feldenkrais® 11am-noon YogaCares 11:30am-1pm Knitting noon-1pm Exer. Cnsing. (MZ) noon-4pm	11 Core & More 10-11:30am
14 Meditation 1:30-2:30pm Survivor Wellness 1:30-3pm	15 Exer. Cnsing. (MB) 10am-1pm YogaCares 10:30am-noon Healing/Dance 11-12:30pm Open Art (MB) 1-3pm Wild Writing (MB) 2-4pm Strength After Br Cn 6-7:30pm Cancer in the Family 6-7:30pm	16 Open Art (MZ) 1-4pm	17 Feldenkrais® 11am-noon YogaCares 11:30am-1pm Knitting noon-1pm Exer. Cnsing. (MZ) noon-4pm	18 Core & More 10-11:30am Laughter Yoga 2:30-3:30pm
21 UCSF Holiday Offices Closed	22 Exer. Cnsing. (MB) 10am-1pm YogaCares 10:30am-noon Healing/Dance 11-12:30pm What Matters (2 of 2) noon-2pm Open Art (MB) 1-3pm Wild Writing (MB) 2-4pm Nutrition/Prostate Cn 4-5:30pm Strength After Br Cn 6-7:30pm	23 Open Art (MZ) 1-4pm Laughter Yoga 5:30-6:30pm	24 Feldenkrais® 11am-noon YogaCares 11:30am-1pm Knitting noon-1pm Exer. Cnsing. (MZ) noon-4pm	25 Core & More 10-11:30am
28 Meditation 1:30-2:30pm Survivor Wellness 1:30-3pm	29 Exer. Cnsing. (MB) 10am-1pm YogaCares 10:30am-noon Healing/Dance 11-12:30pm Open Art (MB) 1-3pm Wild Writing (MB) 2-4pm Nutrition/Bone Health 5-6:30pm	30 Open Art (MZ) 1-3pm Laugh/Meditate 5:30-6:30pm	31 Feldenkrais® 11am-noon YogaCares 11:30am-1pm Knitting noon-1pm Exer. Cnsing. (MZ) noon-4pm	

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Wig Clinic 10am-noon Meditation 1:30-2:30pm Survivor Wellness 1:30-3pm	5 Exer. Cnsing. (MB) 10am-1pm YogaCares 10:30am-noon Healing/Dance 11-12:30pm Open Art (MB) 1-3pm Wild Writing (MB) 2-4pm Strength After Br Cn 6-7:30pm	6 Sing Along noon-1pm Open Art (MZ) 1-4pm Laughter Yoga 5:30-6:30pm What Matters (1 of 2) noon-2pm	7 Feldenkrais® 11am-noon YogaCares 11:30am-1pm Knitting noon-1pm Exer. Cnsing. (MZ) noon-4pm	8 Core & More 10-11:30am Laughter Yoga 2:30-3:30pm
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25 Meditation 1:30-2:30pm Survivor Wellness 1:30-3pm	26 Exer. Cnsing. (MB) 10am-1pm Healing/Dance 11am-12:30pm Open Art (MB) 1-3pm Non-Toxic Tips 5:30-7pm	27 Open Art (MZ) 1-4pm Laugh/Meditate 5:30-6:30pm	28 Feldenkrais® 11am-noon Knitting noon-1pm Exer. Cnsing. (MZ) noon-4pm	