SPECIAL EVENTS AND PROGRAMS

Lung Cancer and Mesothelioma
Second Tuesdays, 5 - 7 pm
415-585-7732

Neurotumor Support and Education (NF CASTS)
Third Wednesday, 10 - 12 pm
415-594-3902

Peer Support Program/Collaborators
Phone support with a cancer survivor who has been matched to your needs.
415-485-9065 and 913 for Margaret or Mikela or visit cancer.ucsf.edu/support-sources-peer-support-

Support service.

Friend to Friend Shop
Call 415-485-7000.

Genetic Counseling / Cancer Risk
The group sees family history and genetic testing patients, including those with all stages of cancer.
415-728-8833, MB, MZ

Nutritional Counseling to Individualize counseling sessions for UCSF cancer patients. Contact your oncology practice for a referral.
415-728-8833, MB

Nutrition Cancers Program Resources for all UCSF families and caregivers. Contact a professional medical librarian.
415-728-8833, MB

Osher Center for Integrative Medicine.

Nutritional counseling and seminars.
Exercise classes including core strength
Managing the Costs of Cancer Care:
Thursdays, April 9, 23, and 30, 11:00 – 12:30 pm
With Diana Shapira, LCSW, Lacy Petit, LCSW, and Laura Moran, LCSW

Nutrition and Prostate Cancer
Tuesday, May 26, 1:00 – 3:00 pm
With UCSF Art for Recovery

Other Services
Visit us online: cancer.ucsf.edu/csc

Other Resources
For dates and times, call 415-353-1941, MB, MZ

1 - 3 pm. Patients, their spouses, friends and family members welcome. First and third Wednesdays, 5:20 – 6:50 pm.
415-990-4461

Brain Tumor
3 - 4:30 pm. Call 415-990-4461.

Benign Breast Cancer
First Wednesday, 6 – 7:30 pm.
415-514-1707

Cancer Prevention
3 - 4:30 pm. Call 415-990-4461.

Cancer Support Services are individually planned with supportive care services and can be adapted to meet individual needs. Information on diagnosis, treatment, and support services. A specialized lending library with books, audio, video, and online publications.

Workshops and classes on a variety of topics. To learn more about UCSF’s cancer support services, please contact the Center for Oncology Adaptation and Treatment staff.

Support groups for a variety of cancers and referrals to more than 500 other Bay Area support groups. Special events are also available for persons going through chemotherapy.

Mediation and guided imagery classes.
A comfortable space to relax, knit or meditate. A knitting gathering with yarn, needles and support provided. Free knit kits are also available for persons going through chemotherapy.

Healing in Nature
A comfortable space to relax, knit or meditate. A knitting gathering with yarn, needles and support provided. Free knit kits are also available for persons going through chemotherapy.

Diabetes classes including care strength, prayer and meditation.

Nutritional counseling and seminars.
Exercise classes including core strength For more information, call 415-728-8833, MB

The Patient and Family Cancer Center provides emotional support, information on diagnosis, treatment, and support services. A specialized lending library with books, audio, video, and online publications.

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Exercise classes including core strength, prayer and medication.
**March**

- **March 3**
  - Event: Yoga (MB)
  - Time: 10am-1pm
  - Location: Integrative Cancer Care (MB)
  - Fee: $20 for patients, $25 for non-patients
  - Description: Gentle postures for all levels.

- **March 3**
  - Event: Meeting w/ Incoming New Physicians (MB)
  - Time: 2-4pm

- **March 4**
  - Event: Cooking (MB)
  - Time: 1-2pm
  - Location: Integrative Cancer Care (MB)
  - Fee: $20 for patients, $25 for non-patients
  - Description: Learn how to prepare healthy meals.

- **March 5**
  - Event: Open Art (MB)
  - Time: 10am-4pm
  - Location: Integrative Cancer Care (MB)

- **March 5**
  - Event: Meditation & Guided Imagery (MB)
  - Time: 2-3pm
  - Location: Integrative Cancer Care (MB)
  - Fee: $20 for patients, $25 for non-patients
  - Description: Learn how to clear your mind and relax your body.

**April**

- **April 1**
  - Event: Cooking (MB)
  - Time: 1-2pm
  - Location: Integrative Cancer Care (MB)
  - Fee: $20 for patients, $25 for non-patients
  - Description: Learn how to prepare healthy meals.

- **April 2**
  - Event: Open Art (MB)
  - Time: 10am-4pm
  - Location: Integrative Cancer Care (MB)

- **April 8**
  - Event: Open Art (MB)
  - Time: 10am-4pm
  - Location: Integrative Cancer Care (MB)

- **April 10**
  - Event: Meet & Mingle (MB)
  - Time: 1-2pm
  - Location: Integrative Cancer Care (MB)

- **April 15**
  - Event: Open Art (MB)
  - Time: 10am-4pm
  - Location: Integrative Cancer Care (MB)

- **April 16**
  - Event: Meeting w/ Incoming New Physicians (MB)
  - Time: 2-4pm

- **April 16**
  - Event: Open Art (MB)
  - Time: 10am-4pm
  - Location: Integrative Cancer Care (MB)

**May**

- **May 2**
  - Event: Open Art (MB)
  - Time: 10am-4pm
  - Location: Integrative Cancer Care (MB)

- **May 3**
  - Event: Meditation & Guided Imagery (MB)
  - Time: 2-3pm
  - Location: Integrative Cancer Care (MB)
  - Fee: $20 for patients, $25 for non-patients
  - Description: Learn how to clear your mind and relax your body.

**Special Events**

- **Cancer Art Workshop**
  - Time: 3–5pm MT, 10am–2pm F
  - Location: UCSF Mission Bay Campus
  - Fee: $20 per session
  - Description: Join us to create a permanent installation for the humanist, women’s, and UCSF Legacy Art Collection.！”

- **Improving Sleep and Fatigue**
  - Time: 3–5pm MW, 10am–2pm F
  - Location: UCSF Mission Bay Campus
  - Fee: $20 per session
  - Description: Learn scientifically-supported, non-

- **Horses as Healers**
  - Time: 3–5pm MT, 10am–2pm F
  - Location: UCSF Mission Bay Campus
  - Fee: $20 per session
  - Description: Learn how to channel your thoughts and emotions into powerful forms of healing.

- **Managing the Costs of Cancer Care: What Matters Most**
  - Time: 10am–11:30am MW, 1-3pm F
  - Location: UCSF Mission Bay Campus
  - Fee: $20 per session
  - Description: Learn scientifically-supported, non-

- **YogaCares**
  - Time: 8am–10am MW, 10am–11:30am F
  - Location: UCSF Mission Bay Campus
  - Fee: $20 per session
  - Description: Gentle postures for all levels.

- **YogaCares**
  - Time: 11am–noon MW, 1-3pm F
  - Location: UCSF Mission Bay Campus
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- **YogaCares**
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