

**Adult Programs & Services
for those Touched by Cancer**

**Calendar for group classes and
Support groups.**








SEPTEMBER 2017

All classes and programs are free of charge.
**Please call to schedule appointments for Reiki,
Massage, CranioSacral & Reflexology.**
Our programs are designed to complement medical care.

New Location:

The Caring Place
3711 East Sunset Blvd.
Las Vegas, NV 89120
Phone: 702-871-7333
Fax: 702-735-8431
www.thecaringplacenv.org

Monday – Friday 9am – 5 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Classes are subject to change. Please call to confirm.				1	2  www.nvccf.org
3	OFFICE CLOSED Labor Day	Multiple Myeloma 6 – 7:30 pm Breast Cancer Grp 6 – 7:30 pm	6 Chi Gong – 11:30 a – 12:30 pm Stress Relief w/Beads 1 – 3 pm RSVP!!! Chair Yoga w/Kat 5 – 6 pm Kids Connected 6:30 – 7:30 pm	7  Creative Dance 9 - 10 am	8	9 Children's programs – RSVP! Art/Craft classes 11a – 12:15pm Kids Yoga 12:30 – 1:15 pm Cranio & Reflexology for kids by appointment only – and physician approval form a must! Chair Massage for parents! 11 am – 1:15 pm Closed at 1:30 pm
10	11 Violin Sound Healings session 2:00 – 3:00 pm	12 Neuromovement@ 12:15 – 1:15 p Cancer Support Grp 1–2:30pm	13 Chi Gong – 11:30 a – 12:30 pm  SingingBowls/Meditation 1 – 1:30 pm Bingo with Casino Friends 2 – 4 pm	14 Expressive Painting 11 am – 1 pm  Acupressure class – RSVP!! 1:15 – 2:30 pm CHAMPS Support Group 6 – 7:30 pm	15 Vision Board 11am – 12:30 p	16 Reflexology Spa Day 10 am – 1:15 pm RSVP!
17	18 Yoga for Survivors – 9 – 10:15a	19 Carcinoid Grp 11am – 12:30pm Neuromovement@ 12:15 – 1:15 p	20 Chi Gong 11:30 a – 12:30 pm Stress Relief w/Beads 1 – 3 pm RSVP!!!	21	22  Gardening class – RSVP!! 11 am – 12:30 pm	23
24	25 Yoga for Survivors – 9 – 10:15a	26 Neuromovement@ 12:15 – 1:15 p	27 Chi Gong 11:30 a – 12:30 pm *Aromatherapy class – RSVP! 1 – 2:30 pm	28 Write from the Heart 10 – 11 am RSVP! CHAMPS Support Group 3 – 4:30 pm	29	30 <u>Please see back of calendar for more information.</u>

Group Activities

Yoga

Yoga is an ancient system of breathing practices, physical exercises, postures and meditation intended to integrate body, mind, and spirit. (Check calendar for dates.)

Yoga for Survivors (Monday) 9:00 – 10:15 am
Chair Yoga w/Kat (First Wed. ea month) 5:00 - 6:00 pm

Stress Relief with Beads – jewelry class

Experience how the creative process can enhance healing. Instructed Jewelry classes. Everyone welcome to attend.

RSVP is required!! Class limited to 18 participants.
First and Third Wednesdays 1:00 – 3:00 pm

Look Good, Feel Better (ACS)

Find your inner Diva! Enjoy a wonderful morning exploring the use of make-up, wigs and scarves and celebrate your beauty.

RSVP is required! To register call 800.227.2345 (Check calendar)
First Monday each month (NO SEPT) 11:00 am – 1:00 pm

Vision Board class

Join us for this uplifting workshop! Your board can represent where you are right now in your life, what you are grateful for, or your dreams for the future. You will create a beautiful personal piece to take home, as a reminder of what makes your life full of everything you find inspiring!

Friday – (Check calendar for dates.) 11:00 am – 12:30 pm

Expressive Painting Class -

Enjoy this creative and inspiring class. No painting experience required. Second Thursday each month **11:00 am – 1:00 pm**

Chi Gong

Become in touch with your body's energy using breath, energy and simple movements. Beginners welcome. Every Wednesday (Check calendar for dates) 11:30 am – 12:30 pm

Exercise Training Class

Learn proper alignment and technique as you work out with a master trainer. Please wear tennis shoes and bring a hand towel. Beginners welcome! **NO CLASSES UNTIL NOVEMBER**
Every Tuesday (Check calendar) 11:00 am – 12:00 noon

Neuromovement® Transformational Movement Class

Neuromovement® is guided gentle movements done within your ability while lying on a mat. Each class addresses different areas of the body. Benefits include enhanced flexibility and strength, improved balance, breathing and mental clarity and reduced aches and pains. Please wear comfortable, loose fitting clothing. Every Tuesday each month. **12:15 – 1:15 pm**

Write From the Heart

An outlet for emotions for oneself and/or to share with others through journaling, poetry and short stories. Keeping notes of life's journey through random thoughts and dreams or snippets of life woven together to tell a story. Bring your favorite pen or pencil and note pad. Come join and enjoy the class. **RSVP!**
Fourth Thursday each month 2:00 – 3:00 pm

Violin Sound Healings session:

Sit back, close your eyes and let the music with guided imagery lead you to a state of deep peace. **Please RSVP!!**
Monday, September 11th 2:00 – 3:00 pm



Creative Dance -

Experience the joy of dance and movement with a mixture of methods from Tribal to Modern. No experience is required as each step is broken down for everyone to enjoy. **RSVP!!**
First Thursday each month 9:00 – 10:00 am



Acupressure class -

Learn self-care Acupressure points to target specific ailments. Combination of various points will be taught monthly. First class will be on Fatigue and Stress. **RSVP!!**
Thursday, September 14th 1:15 – 2:30 pm

Support Groups

Cancer Support Group

Share with other participants as they travel on this journey with cancer. Survivors only please.
Second Tuesday each month. **1:00 – 2:30 pm**

CHAMPS (Caring Help and Men's Place of Support)

This group is for all men who have been touched by cancer including survivors and caregivers. Come and share with others on the journey.
Second Thursday, Sept. 14th 6:00 – 7:30 pm
Fourth Thursday, Sept. 28th 3:00 – 4:30 pm

Breast Cancer Support Group

This group is for anyone with breast cancer and addresses the special concerns and issues that are unique to those on this journey.
First Tuesday, Sept. 5th 6:00 – 7:30 pm

Multiple Myeloma Support Group

A dynamic and supportive group for those with Multiple Myeloma as well as friends, family and caregivers.
First Tuesday, Sept. 5th 6:00 – 7:30 pm

Carcinoid/NETS Group of Southern Nevada Support Group

A support group for all those affected by Carcinoid Cancer (neuroendocrine) and neuroendocrine tumors, this group shares educational information as well as support.
Third Tuesday, Sept. 19th 11 am – 12:30 pm

Kids Connected

Kids Connected support group provides friendship, understanding, education, and support for children who have a parent with cancer, or have lost a parent to cancer. (Ages 5 to 18 years of age)
First Wednesday, Sept. 6th 6:30 – 7:30 pm

Children's 2nd Saturday Programs – Ages 5 – 18 - Sept. 9th **Please RSVP if attending the programs!! Thank you!**

Children's Cranio & Reflexology (by appointment) 10 & 10:30 am
Jewelry/Art class 11 am – 12:15 pm
Children's Yoga 12:30 – 1:15 pm

Children Cranio & Reflexology by appointment & with physician's approval form.* 11 am & 12 pm

Chair Massage for parents! Please call for details.

Individual Sessions – (by appointment only)

***** Please Note:** Priority for individual sessions will be given to those with highest needs.

Reiki

Reiki is a form of energy work that is used to balance and amplify energy for the physical, mental, and emotional well being of the recipient.

Energy Balancing

Energy Balancing is a relaxing form of energy work utilizing meridians and acupressure points to balance energy.

Reconnective Healing

A gentle, relaxing energy session designed to help you feel balanced.

Reflexology *

Reflexology is the discipline of stimulating reflex areas in the feet and hands that correspond to all of the glands and organs in the body, to help relieve stress and tension, improve circulation, promote healthy nerve impulses, and assist the body in healing.

Massage Therapy *

Massage therapy may assist in reducing muscle tension and pain as well as promote relaxation.

CranioSacral Therapy *

CranioSacral Therapy is a very gentle technique performed by a massage therapist that works with the cranial bones, spinal column and sacrum to balance energy.

- * **Physician's approval required for those who have or have had cancer.**
- * **All participants remain fully clothed in all individual sessions.**

Special Events:



Singing Bowls/Meditation –

Listen to the beautiful, soothing sounds of the crystal & metal singing bowls as performed. Sit back and relax with us!
Wednesday, September 13th before Bingo 1 – 1:30 pm

Bingo with Casino Friends – Come join the fun!

Play Bingo and win prizes.
Wednesday, September 13th 2:00 – 4:00 pm

Reflexology Spa Day

Call for appointments. Physician's approval required for those who have or have had cancer. **RSVP Required!**
Saturday, September 16th 10:00 am – 1:15 pm



Fall/Winter Gardening class - Come join in – **RSVP!!**

This presentation will focus on vegetable gardening for fall and winter. Ask any questions on gardening.
Friday, September 22nd 11 am – 12:30 pm

*Aromatherapy -

Come have fun learning about essential oils, their health benefits and various ways to use them safely. You will do some hands on with the oils and making "bath bombs". Join In! **RSVP!!**
Wednesday, Sept. 27th 1 – 2:30 pm