

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

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



**DECEMBER 2017**

All classes and programs are free of charge.  
**Please call to schedule appointments for Reiki,  
Massage & Reflexology.**

*Our programs are designed to complement medical care.*

**The Caring Place**

3711 East Sunset Blvd.  
Las Vegas, NV 89120  
Phone: 702-871-7333  
Fax: 702-735-8431

[www.nvccf.org](http://www.nvccf.org)

Mon. – Friday 9am – 5 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Lymphedema class – <b>RSVP!</b> 10 – 11 am  Jimmy’s Wreath making <b>RSVP!</b> 11:30 am – 1:30 pm	<b>2</b>  <a href="http://www.nvccf.org">www.nvccf.org</a>
<b>3</b>	<b>4</b> Yoga for Survivors – 9 – 10:30a  Look Good Feel Better 11 – 1 p <b>RSVP!! Register by calling 800.227.2345</b>	<b>5</b> Creative Dance - 11 am – 12 pm Multiple Myeloma 6 – 7:30 pm Breast Cancer Grp 6 – 7:30 pm	<b>6</b> Chi Gong 11:30 a – 12:30 p Stress Relief w/Beads 1 – 3 pm <b>RSVP!!!</b> Kids Konnected 6:30 – 7:30 pm	<b>7</b>	<b>8</b>	<b>9</b> Children’s programs - <b>RSVP!!</b> Art/Craft classes 11a – 12:15pm Creative Dance 12:30 – 1:15 pm  CranioSacral & Reflexology for kids by <u>appointment only – and</u> <u>physician approval form.</u>  Chair Massage for parents! 11 am – 1 pm  <b>Closed at 1:30 pm</b>
<b>10</b>	<b>11</b> Decorative Painting class – <b>RSVP!!!</b> 9:30 – 11:30 am	<b>12</b> Cancer Support Grp 1–2:30pm	<b>13</b> Chi Gong – 11:30 a – 12:30 p <b>Bingo with Casino Friends</b> 2 – 4 pm	<b>14</b> Expressive Painting <b>11 am – 1 pm</b> *Acupressure class – <b>RSVP!!</b> 1:15 – 3:00 pm Woman to Woman Support Grp 2:30 – 4 pm <b>Violin Sound Healings –</b> 2:45 – 3:45 pm CHAMPS Men Support Group 6 – 7:30 pm	<b>15</b> <b>Vision Board</b> 11am – 12:30 p <b>RSVP!!</b>	<b>16</b> <b>All Classes are subject to change. Please call to confirm.</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> Chi Gong – 11:30 a – 12:30 p Aromatherapy class – <b>RSVP!!</b> 1 – 3 pm	<b>21</b>	<b>22</b>	<b>23</b> <a href="#"><u>Massage, Reflexology, &amp; Reiki available by appointment.</u></a>
<b>24</b>	<b>25</b> <b>OFFICE CLOSED</b>  <i>Happy Holidays!</i>	<b>26</b> <b>OFFICE CLOSED</b>	<b>27</b>	<b>28</b> Woman to Woman Support Grp 2:30 – 4 pm CHAMPS Men Support Group 3 – 4:30 pm	<b>29</b>	<b>30</b> <a href="#"><u>Please see back of calendar for more information.</u></a>

## 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 – 10:30 am

### 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!!**

**1st Thursday** each month 9:00 – 10:00 am

### 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.**

**1st and 3rd Wednesdays (NO Dec. 20th)** 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)**

**1st Monday** each month 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 – RSVP! (Check calendar for dates.) 11:00 am – 12:30 pm**

### Expressive Painting Class -

Enjoy this creative and inspiring class. No painting experience required.

**2nd Thursday, Dec. 14th 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

### 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. **(NO Dec.)**

Every Tuesday each month. **9:30 – 11:00 am**

### 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! (NO class til Jan.2018)**

**4th Thursday** each month 2:00 – 3:00 pm

### Violin Sound Healings/Meditation session:

Sit back, close your eyes and let the music with guided imagery lead you to a state of deep peace.

**Monday, December 14th 2:45 – 3:45 pm**

### \*Acupressure class -

Learn self-care Acupressure points to target specific ailments. Combination of various points will be taught monthly.

**This class will be on “Worry-Self Doubt” and “Immune System Boosting”.** Thursday, Dec. 14th **RSVP!! 1:15 – 3:00 pm**

### Singing Bowls/Meditation -

Listen to the beautiful, soothing sounds of the crystal & metal singing bowls as performed. Sit back and relax with us!

Thursday, 1 – 1:30 pm

## Support Groups

### Cancer Support Group

Share with other participants as they travel on this journey with cancer. Survivors only please.

**2nd 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.

**2nd Thursday, Dec. 14th 6:00 – 7:30 pm**

**4th Thursday, Dec. 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.

**1st Tuesday, Dec. 5th 6:00 – 7:30 pm**

### Woman to Woman Support Group

This group is for all women diagnosed with cancer or those in survivorship. Discussions big and small in a private and judgement free zone. Share with us and together we'll navigate womanhood in cancer with all the kindness, compassion, and support women can give.

Thursdays – (**Check calendar for dates.**) 2:30 – 4:00 pm

### Multiple Myeloma Support Group

A dynamic and supportive group for those with Multiple Myeloma as well as friends, family and caregivers.

**1st Tuesday, Dec. 5th 6:00 – 7:30 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**)

**1st Wednesday, Dec. 6th 6:30 – 7:30 pm**

### Children's 2nd Saturday Programs – Ages 5 – 18 - Dec. 9th

**RSVP!!**

Jewelry/Art class 11 am – 12:15 pm

Children's Yoga 12:30 – 1:15 pm

Children CranioSacral & 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:

### Lymphedema class - RSVP!!

Learn what lymphedema is and what the lymphatic system does. Who is at risk, also prevention and treatment. Also question & answer section.

**Friday, December 1st 10:00 – 11:00 am**

### Bingo with Casino Friends– Come join the fun!

Play Bingo and win prizes.

**Wednesday, December 13th 2:00 – 4:00 pm**

### Decorative Painting class --- RSVP!!

No experience needed come and join in on the class.

All supplies provided.

**Monday, December 11th 10 am – 12 pm**

### Aromatherapy class –

Come have fun learning about essential oils, their health benefits and various ways to use them safely. **RSVP!! (Limit 15 per class)**

**Wednesday, December 20th 1 – 3 pm**