

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

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



**FEBRUARY 2018**

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>All Classes are subject to change. Please call to confirm.</b>	<b><u>Massage, Reflexology, &amp; Reiki available by appointment.</u></b>		1	2	3  <a href="http://www.nvccf.org">www.nvccf.org</a>
4	5 Yoga for Survivors – 9 - 10:30am  Look Good Feel Better 11 – 1 p <b>RSVP!! Register by calling 800.227.2345</b>  Singing Bowls 1:00 – 2:00 pm	6 <b>Mindfulness seminar 7wk course Wk #4 10 am – 12:30 pm</b>  Creative Dance 11 am – 12 pm  Breast Cancer Support Group 6 – 7:30 pm  Multiple Myeloma Support Group 6 – 7:30 pm	7 Chi Gong 11:30 a – 12:30 p  Stress Relief w/Beads 1 – 3 pm <b>RSVP!!!</b>  Kids Connected 6:30 – 7:30 pm	8 Expressive Painting <b>11 am – 1 pm</b>  Woman to Woman Support Grp 2:30 – 4 pm	9	10 <b>Children's programs - RSVP!!</b> Art/Craft classes 11a – 12:15pm Kids Yoga 12:30 – 1:15 pm  CranioSacral & Reflexology for kids by <u>appointment only – and physician approval form.</u>  Chair Massage for parents! 11 am – 1 pm  <b>Closed at 1:30 pm</b>
11	12 Decorative Painting class – <b>RSVP!!!</b> 10 am – 12 pm  <b>Wendy's Sock Mice's making class RSVP!!</b> 12:30 – 2:30 pm	13 <b>Mindfulness seminar 7wk course Wk #5 10 am – 12:30 pm</b>  Cancer Support Grp 1–2:30pm	14 Chi Gong – 11:30 a – 12:30 p  <b>Valentine's Day Tea Party!! RSVP!!!</b> 12:30 to 3:30 pm Bring finger sandwiches.	15 Woman to Woman Support Grp 2:30 – 4 pm	16	17  <b>Adult YOGA Workshop</b> 11 am – 1 pm <b>RSVP!!</b>
18	19 <b>OFFICE CLOSED President's Day</b>	20 <b>Mindfulness seminar 7wk course Wk #6 10 am – 12:30 pm</b>	21 Chi Gong – 11:30 a – 12:30 p  Stress Relief w/Beads 1 – 3 pm <b>RSVP!!!</b>  <b>Violin Sound Healings – 2:45 – 3:45 pm</b>	22 Woman to Woman Support Grp 2:30 – 4 pm	23 <b>Vision Board 11am – 12:30 p RSVP!!</b>	24 <b>Kool Kidz workshop 1 – 3 pm</b> Workshop for the kids and a group class for the parents each month. <b>RSVP!! 702.735.8434</b>
25	26 Yoga for Survivors – 9 - 10:30am	27 <b>Mindfulness seminar 7wk course Wk #7 10 am – 12:30 pm Final week</b>	28 Chi Gong – 11:30 a – 12:30 p  Aromatherapy 1 – 3 pm <b>RSVP!!</b>  <b>BINGO 2:30 – 4:30 pm</b>			<b><u>Please see back of calendar for more information.</u></b>

## 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 Tuesday each month 11:00 am – 12:00 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.**

1st and 3rd 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)**

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

### Decorative Painting class –

No experience needed for this class. All materials provided so please **RSVP!!** so the instructors will have enough supplies. Make different crafts each month. Join in the fun!!

2nd Monday each month (check calendar) 10 am – 12 noon

### Expressive Painting Class -

Enjoy this creative and inspiring class. No painting experience required. 2nd Thursday, Feb. 8th

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

### 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.

Wednesday, Feb. 21st 2 pm – 3 pm

### \*Acupressure class -

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

**This class will be Guilt and Resentment.**

Thursday, Feb. 8th **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!

Monday, February 5th 1:00 – 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

### 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, Feb. 6th 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.

Thursday's – (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, Feb. 6th 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, Feb. 7th 6:30 – 7:30 pm

### Kool Kidz 2nd Sat. Programs – Ages 5 – 17 - Feb. 10th

**RSVP!!** (TCP & NCCF kids)

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.

### Kool Kidz 4th Sat. Workshop -- Feb. 24th

**RSVP!!** by Friday, January 19th (NCCF & TCP kids)

Kool Kidz Workshop 1 – 3 pm

Creative Dance for the kids and Stress Relief with Beads activity for the parents this month.

## 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.

### 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:

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

Play Bingo and win prizes.

Wednesday, February 28th 2:30 – 4:30 pm

### Valentine's Day Tea Party –

Wear your Sunday hat and dress up if you prefer. Please bring a small Platter of your favorite finger sandwiches to share. Cookies and scones will already be provided so please just bring finger sandwiches.

There will be a prize for the best dressed Tea Party attire.

**Must RSVP!!! by February 9th!!**

Wednesday, February 14th 12:30 – 3:30 pm

### Wendy's Sock Mice Making Class – RSVP!! Limit to 20

Come make some adorable Sock Mice holding a heart.

Monday, February 12th 12:30 – 2:30 pm



### **Adult YOGA Workshop - RSVP!!!**

Wear comfortable clothes. Join in on this new fun workshop.

Saturday, February 17th 11 am – 1 pm