

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

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



APRIL 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

Mon. – Friday 9am – 5 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Yoga for Survivors – 9:15 – 10:15 am Look Good Feel Better 11 – 1 p RSVP!! Register by calling 800.227.2345 Meditation & Journaling: A Workshop – RSVP!! “A Friend” 6 – 7:30 pm	3 Creative Dance 11 a – 12 pm Singing Bowls 12 – 1 pm NEW Cancer Thriving & Surviving --- RSVP!! Wk #1 1 - 3:30 pm Breast Cancer Group 6 – 7:30 pm Multiple Myeloma Group 6 – 7:30 pm	4 Stress Relief w/Beads 1 – 3 pm RSVP!! Kids Konneted 6:30 – 7:30 pm	5	6	7  www.nvccf.org
8	9 Decorative Painting class – RSVP!!! 10 am – 12 pm Aromatherapy w/Jaqui 12 – 1:30 pm	10 General Cancer Support Grp 1 – 2:30pm Cancer Thriving & Surviving --- RSVP!! Wk #2 1 - 3:30 pm	11	12 Expressive Painting 11 am – 1 pm RSVP!! *Acupressure class – RSVP!! 1:15 – 3:00 pm Woman to Woman Support Grp 2:30 – 4 pm	13 Vision Board 11am – 12:30 p RSVP!! Lymphedema Awareness Workshop RSVP!! 1 – 2:30 pm	14 Kool Kidz workshop - RSVP!! Art/Craft classes 11a – 12:15pm Kids Yoga 12:30 – 1:15 pm CranoSacral & Reflexology for kids by appointment only – and physician approval form. Chair Massage for parents! 11 am – 1 pm Closed at 1:30 pm
15	16 Yoga for Survivors – 9:15 – 10:15 a Meditation & Journaling: A Workshop – RSVP!! “My Legacy” 6 – 7:30 pm	17 Stitch ‘n Chat group 11 am – 2 pm Cancer Thriving & Surviving --- RSVP!! Wk #3 1 - 3:30 pm	18 Stress Relief w/Beads 1 – 3 pm RSVP!!!	19 NEW Oncology Nutrition workshop RSVP!! 12 – 1:30 pm Woman to Woman Support Grp 2:30 – 4 pm	20 Cancer Survivors workshop 1 – 2:30 pm RSVP!!	21
22	23 Yoga for Survivors – 9:15 – 10:15 am	24 Cancer Thriving & Surviving --- RSVP!! Wk #4 1 - 3:30 pm	25 BINGO! 2:30 – 4:30 pm	26 Woman to Woman Support Grp 2:30 – 4 pm	27	28 Kool Kidz workshop (NEW TIME) 11 am – 1:30 pm Workshop for the kids and a group class for the parents each month. RSVP!! 702.735.8434
29	30					
					<p>All Classes are subject to change. Please call to confirm.</p>	
					<p>Please see back of calendar for more information.</p>	

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
Yoga with Bruce (Friday) 12:45 – 1:45 pm
Adult Yoga Workshop (Saturday) (NO April) 11 am – 1 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!!**

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 - RSVP!!

Enjoy this creative and inspiring class. No painting experience required.
2nd Thursday, April 12th 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.
Thursday, (NO APRIL) 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 Fear/Phobias and Irritability/Frustration.
Thursday, April 12th **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!

Tuesday, April 3rd 12:00 – 1:00 pm

Aromatherapy with Jaqi-

Come have fun learning about essential oils, their health benefits and various ways to use them safely. **RSVP!!**

Monday, April 9th 12:00 – 1:30 pm

Support Groups

General 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, April 3rd 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, April 3rd 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, April 4th 6:30 – 7:30 pm

Kool Kidz Workshop (2nd Sat.) – Ages 5 – 18 - April 14th

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! 11 am – 1 pm

Kool Kidz Workshop (4th Sat.) -- April 28th

RSVP!! by Friday, April 27th

Kool Kidz Workshop (NEW TIME) 11 am – 1:30 pm

Workshop for the kids and group activity for the parents.

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.

Reconnective Healing (waiting on description)

is a relaxing

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:



Cancer Thriving & Surviving Workshop – RSVP!!

Learn to set personal goals and develop the skills you need to overcome barriers and successfully manage your health. **6-week workshop** (2-1/2 hours each week) **Tuesdays, April 3rd thru May 8th** 1 – 3:30 pm

Meditation & Journaling: A Workshop- RSVP!!

This workshop aspires to share meditation techniques that relax our mind and body. Create a positive space for wonderful memories to be written freely pen to paper, then spoken to clarify and share. **6:00 – 7:30 pm** Monday, April 2nd – “S Sense of Humor” and 16th – “My Legacy”

Lymphedema Awareness - RSVP!!

Learn what lymphedema is and what the lymphatic system does. Who is at risk, also prevention and treatment. Also question & answer section.
Friday, April 13th 1 – 2:30 pm

Cancer Survivor Workshop (Tina Lund)

You're a cancer survivor, now what? This mini-workshop will help you to reflect on what's meaningful after all the challenges of cancer. Short activities, group work and goal setting included.

Friday, April 20th 1 – 2:30 pm



Oncology Nutrition Workshop w/Megan – RSVP!!

General healthy eating and maintaining weight during treatment. Will have some recipes and handouts on tips to alleviate side effects of chemotherapy.

Thursday, April 19th 12 – 1:30 pm

Bingo with Casino Friends– Come join the fun!

Play Bingo and win prizes.

Wednesday, April 25th 2:30 – 4:30 pm