

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

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



MAY 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 Road
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
	 www.nvccf.org	1 Breast Cancer Group 6 – 7:30 pm Multiple Myeloma Group 6 – 7:30 pm	2 Singing Bowls 12 – 1 pm Stress Relief w/Beads 1 – 3 pm RSVP!!! Kids Konected 6:30 – 7:30 pm	3 Woman to Woman Support Grp 2:30 – 4 pm	4 Yoga with Bruce 11am – 12pm Aromatherapy class with Jaqi RSVP!!! 12 noon – 1:30 pm	5 “Little Tokens of Love” Adult YOGA Workshop with Shelly – RSVP!!! 1 pm – 3 pm
6	7	8 Cancer Support Grp 1 – 2:30pm	9	10 Expressive Painting - RSVP!! 11 am – 1 pm *Acupressure class – RSVP!! 1:15 – 3:00 pm	 Yoga with Shauna 1 – 2 pm	12 Kool Kidz workshop - RSVP!! Art/Craft classes 11a – 12:15pm Kids Yoga 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 Closed at 1:30 pm
13	14 Decorative Painting class – RSVP!!! 10 am – 12 pm	 Mindful Self-Compassion 8-Week training program – RSVP Wk #1 10 am – 12:30 pm Stitch ‘n Chat group 11 am – 2 pm Carcinoid Support Group 11 am – 12:30 pm	16 Stress Relief w/Beads 1 – 3 pm RSVP!!!	17 Woman to Woman Support Grp 2:30 – 4 pm	18 Reflexology Spa Day RSVP!! Required 12 – 3:15 pm	19
20	21 Yoga for Survivors – 9 – 10:30a Creative Dance 11 a – 12 p	22 Mindful Self-Compassion 8-Week training program – RSVP Wk #2 10 am – 12:30 pm	23	24 Woman to Woman Support Grp 2:30 – 4 pm	25 Vision Board 11am – 12:30 p RSVP!!	26 Kool Kidz workshop 1 – 3 pm Workshop for the kids and a group class for the parents each month. RSVP!! 702.735.8434
27	28 OFFICE CLOSED 	29 Mindful Self-Compassion 8-Week training program – RSVP Wk #3 10 am – 12:30 pm	30	31 Woman to Woman Support Grp 2:30 – 4 pm	All Classes are subject to change. Please call to confirm.	Please see back of calendar for more information.

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 every Wed. starting in June 11:30a – 12:30p

Yoga with Bruce (Friday) **May 4th** 11 am – 12 pm



Yoga with Shauna (Friday) **May 11th** 1:00 - 2 pm

Adult Yoga Workshop (Saturday) **May 5th** 11 am – 1 pm

Creative Dance - (change of date)

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!!**

3rd Monday 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!! (If you do not RSVP ahead you can not attend the class.) 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 **NO MAY** 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, May 10th **11:00 am – 1:00 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.

Thursday, (**NO MAY**) 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 stomach issues & constipation/diarrhea.

Thursday, May 10th **RSVP!! 1:15 – 3:00 pm**

Aromatherapy with Jaqi-

Friday, May 4th 12:00 – 1:30 pm

Singing Bowls/Meditation -

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

Wednesday, May 2nd 12:00 – 1:00 pm

Chi Gong

Become in touch with your body's energy using breath, energy and simple movements. Beginners welcome. (**ON HOLD FOR NOW**)

Every Wednesday (**Check calendar for dates**)

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, May 1st 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, May 1st 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, May 15th 11 am – 12:30 pm

Kids Konnected

Kids Konnected 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, May 2nd 6:30 – 7:30 pm

Kool Kidz Workshop (2nd Sat.) – Ages 5 – 18 - May 12th

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.) -- May 26th

RSVP!! by Friday, May 25th

Kool Kidz Workshop 1 – 3 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

Reconnective Healing is an intelligent energy process comprised of energy, light and information. These vibrational frequencies encompass the energy systems and benefits of all energy healing techniques. It is simply a process that can be learned by everyone without any complicated steps or rituals.

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:

“Little Token of Love” – Adult Yoga workshop by Shelly **RSVP!!**
Saturday, May 5th 1:00 pm - 3:00 pm



Mindful Self-Compassion (MSC) – RSVP!!

An 8-week training program designed to cultivate the skill of self-compassion. 10:00 am to 12:30 pm
(2-1/2 hours each week) **Tuesday, May 15th thru July 3rd**

Reflexology Spa Day -

Call for appointments. Physician's approval required for those who have or have had cancer. **RSVP Required!**

Violin music while waiting and therapy dog.

Friday, May 18th 12 – 3:15 pm