

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

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



**JUNE 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](http://www.nvccf.org)

Mon. – Friday 9am – 5 pm

| Sunday | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   |
|--------|---|---|---|--|---|--|
|        | <br><a href="http://www.nvccf.org">www.nvccf.org</a> |   |   |  | 1   | 2  |
| 3      | 4<br>Yoga for Survivors – 9 – 10:30a<br>Look Good Feel Better 11 – 1 p<br><b>RSVP!! Register by calling<br/>800.227.2345</b>          | 5<br><b>Mindful Self-Compassion</b> 8-wk<br>Workshop -- <b>RSVP!</b> Wk #3<br>10 – 12:30 pm<br>Breast Cancer Group 6 – 7:30 pm<br>Multiple Myeloma Group<br>6 – 7:30 pm   | 6<br> Yoga class<br>11:30 am–12:30 pm<br>Stress Relief w/Beads 1 – 3 pm<br><b>RSVP!!!</b><br><b>Violin Sound/Meditation</b><br>2:45 – 3:45 pm<br>Kids Connected 6:30 – 7:30 pm | 7<br>Woman to Woman Support Grp<br>2:30 – 4 pm   | 8<br>Yoga class with Shauna<br><b>RSVP!!</b> 1 – 2 pm   | 9<br><b>Kool Kidz workshop - RSVP!!</b><br>Art/Craft classes 11a – 12:15pm<br>Kids Yoga 12:30 – 1:15 pm<br>CranioSacral & Reflexology for<br>kids by appointment only – and<br><u>physician approval form.</u><br>Chair Massage for parents!<br>11 am – 1 pm<br><b>Closed at 1:30 pm</b> |
| 10     | 11<br>Decorative Painting class –<br><b>RSVP!!!</b> 10 am – 12 pm   | 12<br><b>Mindful Self-Compassion</b> 8-wk<br>Workshop -- <b>RSVP!</b> Wk #4<br>10 – 12:30 pm<br><b>Aromatherapy</b> class 12:45-2:15p<br><b>RSVP!!</b><br>Cancer Support Grp 1–2:30pm   | 13<br>Yoga class 11:30 am–12:30 pm  | 14<br>Expressive Painting - <b>RSVP!!</b><br><b>11 am – 1 pm</b><br><b>Singing Bowls/Meditation</b><br>1:15 – 2:15 pm<br>Woman to Woman Support Grp<br>2:30 – 4 pm | 15<br> Yoga class with “Rebe”<br><b>RSVP!!</b> 11 am – 12 noon | 16   |
| 17     | 18<br>Yoga for Survivors – 9 – 10:30a<br>Creative Dance 11 a – 12 p   | 19<br><b>Mindful Self-Compassion</b> 8-wk<br>Workshop -- <b>RSVP!</b> Wk #5<br>10 am – 12:30 pm<br>Stitch ‘n Chat 11 am – 2 pm<br>Carcinoid Support Group<br>11 am – 12:30 pm   | 20<br>Yoga class 11:30 am–12:30 pm<br>Stress Relief w/Beads 1 – 3 pm<br><b>RSVP!!!</b>  | 21<br>Woman to Woman Support Grp<br>2:30 – 4 pm  | 22  | 23<br><b>Kool Kidz workshop</b><br><b>NEW TIME 11 am – 1:30 pm</b><br>Workshop for the kids and a<br>group class for the parents each<br>month. <b>RSVP!! 702.735.8434</b>   |
| 24     | 25  | 26<br><b>Mindful Self-Compassion</b> 8-wk<br>Workshop -- <b>RSVP!</b> Wk #6<br>10 am – 12:30 pm<br> <b>Mixed Media Art and<br/>Crafts – RSVP!!</b> 12:30 – 2:30p | 27<br>Yoga class 11:30 am–12:30 pm<br> Interior Design that’s<br>Budget Friendly with Jimmy<br><b>RSVP!</b> 1 – 2:30 pm  | 28<br>Woman to Woman Support Grp<br>2:30 – 4 pm<br><b>BINGO!!</b> 2:30 – 4 pm  | 29<br><b>Vision Board</b> 11am – 12:30 p<br><b>RSVP!!</b>   | 30<br><a href="#">Please see back of calendar<br/>for more information.</a><br>All Classes are subject to<br>change.<br>Please call to confirm.  |

## 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 am – 10:30 am



**Yoga class** (every Wed.) 11:30 am – 12:30 pm

Yoga with Bruce (Friday) **NO JUNE** 12:45 – 1:45 pm

Yoga with Shauna (2<sup>nd</sup> Friday) 1:00 – 2:00 pm

Yoga with Rebe Yogini (3<sup>rd</sup> Friday) 11 am – 12 pm

Adult Yoga Workshop (Saturday) **NO JUNE** 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!!**

**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!! Class limited to 18 participants.**

1<sup>st</sup> and 3<sup>rd</sup> 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**

1<sup>st</sup> Monday (Check calendar) 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!!

2<sup>nd</sup> Monday each month (check calendar) 10 am – 12 noon

### Expressive Painting Class - RSVP!!

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

2<sup>nd</sup> Thursday, June 14<sup>th</sup> **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.

Wednesday, June 6<sup>th</sup> 2:45 pm – 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 . NO CLASS IN JUNE**

Thursday, **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, June 14<sup>th</sup> 1:15 – 2:15 pm

### Aromatherapy with Jaqi-

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

Tuesday, June 12<sup>th</sup> 12:45 – 2:15 pm

## Support Groups

### Cancer Support Group

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

2<sup>nd</sup> 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.

1<sup>st</sup> Tuesday, June 5<sup>th</sup> 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

### 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, June 19<sup>th</sup> 11 am – 12:30 pm

### Multiple Myeloma Support Group

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

1<sup>st</sup> Tuesday, June 5<sup>th</sup> 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)

1<sup>st</sup> Wednesday, June 6<sup>th</sup> 6:30 – 7:30 pm

### Kool Kidz Workshop (2<sup>nd</sup> Sat.) – Ages 5 – 18 - June 9<sup>th</sup>

**RSVP!!**

Jewelry/Art class 11 am – 12:15 pm

Children's Yoga 12:30 – 1:15 pm

Children CranioSacral & Reflexology **by appointment a week in advance & with physician's approval form.\*** 11 am & 12 pm

Chair Massage for parents! 11 am – 1 pm

### Kool Kidz Workshop (4<sup>th</sup> Sat.) -- June 26<sup>th</sup>

**RSVP!! by Friday, May 25<sup>th</sup>**

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 complementary medicine, which enhances the body's ability to heal itself and promotes stress reduction and relaxation. It is a highly developed system of energy-based healing techniques that utilizes energy to balance, harmonize and transform the body's energy processes by cleaning, energizing and balancing the body's bio-electromagnetic field, or aura.

### 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:

### 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 15<sup>th</sup> thru July 10<sup>th</sup> (no 5/22<sup>nd</sup>)**



### Mixed Media Art and Crafts – RSVP!!

Participants will have the opportunity to use different art media to make an item and personalize it. Come enjoy this new class.

**Tuesday, June 26<sup>th</sup> 12:30 – 2:30 pm**



### Interior Design that's Budget Friendly with Jimmy -- RSVP!!

Join in for an informative afternoon of easy and inexpensive interior design ideas for your home. Feel free to bring a photo of any area in your home you would like ideas for some refreshing ideas.

**Wednesday, June 27<sup>th</sup> 1:00 – 3:00 pm**

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

Play Bingo, have FUN and win prizes.

**Thursday, June 28<sup>th</sup> 2:30 – 4:00 pm**