

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

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








JULY 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
1	2 Yoga for Survivors – 9 – 10:30a	3 Mindful Self-Compassion 8-wk Workshop -- Wk #7 10 am – 12:30 pm Breast Cancer Group 6 – 7:30 pm Multiple Myeloma Group 6 – 7:30 pm	4 OFFICE CLOSED  <i>Happy 4th of July</i>	5 Stitch 'n Chat 11 am – 2 pm Woman to Woman Support Grp 2:30 – 4 pm	6	7  www.nvccf.org
8	9 Decorative Painting class – RSVP!!! 10 am – 12 pm	10 Mindful Self-Compassion 8-wk Workshop -- Wk #8 (last day) 10 am – 12:30 pm Violin Sound/Meditation 12:30 – 1:30 pm  Utensil Beading with Nina 1:15 – 3pm Cancer Support Grp 1–2:30pm	11 Yoga class 11:30 am–12:30 pm	12 Expressive Painting - RSVP!! 11 am – 1 pm *Acupressure class – RSVP!! 1:15 – 3:00 pm Woman to Woman Support Grp 2:30 – 4 pm	13	14 Kool Kidz workshop - RSVP!! Art/Craft classes 11a – 1:00pm NO Yoga – this month Light Massage & Reflexology for kids by <u>appointment only a week in advance</u> – and physician <u>approval form.</u> 11 am & 12 pm Chair Massage for parents! 11 am – 1 pm
15	16 Creative Dance 11 a – 12 p	17 Stitch 'n Chat 11 am – 2 pm Carcinoid Support Group 11 am – 12:30 pm	18 Yoga class 11:30 am–12:30 pm Stress Relief w/Beads 1 – 3 pm RSVP!!!	19	20	21
22	23 Yoga for Survivors – 9 – 10:30a	24  Mixed Media Art and Crafts – RSVP!! 12:30 – 2:30p	25 Yoga class 11:30 am–12:30 pm Aromatherapy class 12:30 –2pm  Sampling Meditation Techniques Class -- RSVP!! 6 – 7:30 pm	26	27 Vision Board 11 am – 12:30 pm RSVP!! Yoga class with Shauna RSVP! 1 – 2 pm BINGO!! 2:30 – 4:00 pm	28 Adult YOGA workshop with Shelly – RSVP!!
29	30	31				
					<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 class (every Wed.) **RSVP!** 11:30 am – 12:30 pm
Yoga with Shauna (Friday) **RSVP!** 1:00 – 2:00 pm
Adult Yoga Workshop (July 28th -Sat.) **RSVP!** 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.
1st and 3rd Wednesdays (NO July 4th) 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 JULY) 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, July 12th 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.
Tuesday, July 10th 12:30 pm – 1:30 pm

*Acupressure class -

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

This class will be Depression and Immune System Boosting.
Thursday, July 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!

NO July 12:30 – 1:30 pm

Aromatherapy with Jaci- RSVP!!

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

Wednesday, July 25th 12:30 – 2:00 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, July 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

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, July 17th 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.

1st Tuesday, July 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, (NO JULY) 6:30 – 7:30 pm

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

RSVP!!

Art/Crafts class 11 am – 1:00 pm

Children's Yoga – NO July

Children Light Massage & Reflexology of hand & feet by

Appointment a week in advance & with physician's approval form.* 11 am and 12 pm

Chair Massage for parents! 11 am – 1 pm

Kool Kidz Workshop (4th Sat.) -- NO JULY

RSVP!! by Friday.

Kool Kidz Workshop 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

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:



Utensil Beading with Nina – RSVP!!

Bead wire-wrapping on utensils. No experience required! Come join in and have fun! **Tuesday, July 10th 1:15 – 3 pm**



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, July 24th 12:30 – 2:30 pm



Sampling Meditation Techniques – RSVP!!

Learn three (3) meditation techniques that benefit 24/7, anywhere, anytime, anyplace. Bring your open mind & kind heart, relax & enjoy.

Tuesday, July 25th 6 – 7:30 pm

Bingo with Casino Friends– Come join the fun!

Play Bingo and win prizes.

Thursday, July 27th 2:30 – 4:00 pm