

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

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










AUGUST 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
	All Classes are subject to change. Please call to confirm.		1 Yoga class 11:30 am–12:30 pm Stress Relief w/Beads 1 – 3 pm RSVP!!! Kids Konected 6:30 – 7:30 pm	2  Qigong class 11am – 12pm Woman to Woman Support Grp 2:30 – 4 pm	3 Yoga class with “Rebe” RSVP! 11 am – 12 pm	4  www.nvccf.org
5	6 Yoga for Survivors – 9 – 10:30a Look Good Feel Better 11 – 1 p RSVP!! Register by calling 800.227.2345	7 Breast Cancer Group 6 – 7:30 pm Multiple Myeloma Group 6 – 7:30 pm	8  Guided Imagery-RSVP!! 10 – 11 am Yoga class 11:30 am–12:30 pm Singing Bowls – 12:45 – 1:45 pm  Caregiver’s Support Group RSVP!! 6 – 7:30 pm	9 Expressive Painting - RSVP!! 11 am – 1 pm *Acupressure – RSVP!! 1:15 – 3:00 pm Woman to Woman Support Grp 2:30 – 4 pm	10 Yoga class with Shauna RSVP! 1 – 2 pm	11 Kool Kidz workshop - RSVP!! Art/Craft classes 11a – 12:15pm Kids Yoga 12:30 – 1:15 pm Reflexology for kids by <u>appointment only – and physician approval form. Must schedule 1 week in advance. 11am & 12 pm</u> Chair Massage for parents! 11 am – 1 pm Closed at 1:30 pm
12	13 Decorative Painting class – RSVP!!! 10 am – 12 pm	14 Cancer Support Grp 1–2:30pm	15 Yoga class 11:30 am–12:30 pm Stress Relief w/Beads 1 – 3 pm RSVP!!!	16 Violin Sound Healings - RSVP!! 12:30 – 2:30 pm Woman to Woman Support Grp 2:30 – 4 pm	17 Lymphedema class – RSVP!! 12:30 – 2 pm	18
19	20 Yoga for Survivors – 9 – 10:30a Creative Dance 11 a – 12 p	21 Stitch ‘n Chat 11 am – 2 pm Carcinoid Support Group 11 am – 12:30 pm	22  Healing Arts Therapy – RSVP!! 10 – 11:30 am Yoga class 11:30 am–12:30 pm Aromatherapy – RSVP!! 12:30 – 2:00 pm Caregiver’s Support Group RSVP!! 6 – 7:30 pm	23 Woman to Woman Support Grp 2:30 – 4 pm	24  LUAU!!! Pitch-In – RSVP!! 12 – 3 pm	25 Kool Kidz workshop 1 – 3 pm Workshop for the kids and a group class for the parents each month. RSVP!! 702.735.8434
26	27  LifeStretch class - RSVP!! 10 am – 11 am	28 Mixed Media Art and Crafts – RSVP!! 12:30 – 2:30 pm	29 Yoga class 11:30 am–12:30 pm	30	31 Vision Board 11 am – 12:30 pm RSVP!!	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 class (every Wed.) **RSVP!** 11:30 am – 12:30 pm
Yoga with Rebe (Friday) **RSVP!** 11 am – 12 pm
Yoga with Shauna (Friday) **RSVP!** 1:00 – 2:00 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 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 of month (Aug. 6th) 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 - (new instructor) RSVP!!

Enjoy this creative and inspiring class. No painting experience required.
2nd Thursday, August 9th 11:00 am – 1:00 pm



Qigong -

Become in touch with your body's energy using breath, energy and simple movements. Beginners welcome. **Please RSVP!!**

Thursday, Aug. 2nd (Check calendar for dates) 11 am – 12 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, August 16th 1:30 pm – 2:30 pm

*Acupressure class -

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

This class will be Lower & Upper Back Pain & Insomnia.

Thursday, August 9th **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!

Wednesday, August 8th (after Yoga) 12:45 – 1:45 pm

Mixed Media Art and Crafts – RSVP!! 12:30 – 2:30 pm

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

Tuesday, August 28th 12:30 – 2:30 pm



LifeStretch class - RSVP!!

This class allow you to discover your flexibility potential without being concerned about anything or anyone else but YOU! It encourages your individual journey and freedom to move, listen and learn about your body.

Monday, August 27th 10 am – 11 am



Guided Imagery – RSVP!!

Guided Imagery is the use of relaxation and visualization to support mental and physical well-being.

Wednesday, August 8th 10 am – 11 am



Healing Arts Therapy – RSVP!!

Making of Art therapy with guided imagery included.

Wednesday, August 22nd

Aromatherapy with Jaqi- RSVP!!

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

Wednesday, August 22nd 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, August 7th 6:00 – 7:30 pm



Caregiver's Support Group

Caring for your loved ones can be one of life's greatest gifts in the midst of what can be one of life's greatest storms. This group is just one more way to ensure you, too, can maintain your own health and wellness so you may continue to care for your loved ones.

Come & join us!

2nd and 4th Wednesday each month 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, August 21st 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, August 7th 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, August 1st 6:30 – 7:30 pm

Kool Kidz Workshop (2nd Sat.) – Ages 5 – 18 - Aug. 11th

RSVP!! by Friday, August 10th

Jewelry/Art class 11 am – 12:15 pm

Children's Yoga 12:30 – 1:15 pm

Children Reflexology **by appointment & with physician's approval form.* Must schedule 1 week in advance.** 11 am & 12 pm

Chair Massage for parents! 11 am – 1 pm

Kool Kidz Workshop (4th Sat.) -- August 25th

RSVP!! by Friday, Aug. 24th

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.

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:

Lymphedema class – RSVP!!

Learn about lymphedema. Prevention and treatment. Questions & answers too.

Friday, August 17th 12:30 – 2:00 pm

LUAU!!! & Pitch-In---

Must RSVP!! (also tell us what dish you will be bringing)

Wear a Hawaiian shirt or dress and bring a dish or side to share and to celebrate our 1-year anniversary in our new building, Hawaiian dance and music. All participants, caregivers and volunteers!!

Friday, August 24th 12 noon – 3 pm