

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

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





**OCTOBER 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
	<p><b>1</b></p> <p>Yoga for Survivors – 9 – 10:30a</p> <p>Look Good Feel Better 11 – 1 p <b>RSVP!! Register by calling 800-227-2345</b></p>	<p><b>2</b></p> <p>Breast Cancer Group 6 – 7:30 pm</p> <p>Multiple Myeloma Support Group 6 – 7:30 pm</p>	<p><b>3</b></p> <p>Yoga class 11:30 am–12:30 pm</p> <p>Stress Relief w/Beads 1 – 3 pm <b>RSVP!!!</b></p> <p>Kids Konnected Support Group 6:30 – 7:30 pm</p>	<p><b>4</b></p> <p>Qigong – <b>RSVP!</b> 11 am – 12 pm</p> <p>Woman to Woman Support Grp 2:30 – 4 pm</p>	<p><b>5</b></p>	<p><b>6</b></p>  <p><a href="http://www.nvccf.org">www.nvccf.org</a></p>
<p><b>7</b></p>	<p><b>8</b></p> <p>Decorative Painting class – <b>RSVP!!!</b> 10 am – 12 pm</p>	<p><b>9</b></p> <p>General Cancer Support Group 1 – 2:30pm</p> <p> Sugar Scrubs with Ana – <b>RSVP!</b> 1–2 pm</p>	<p><b>10</b></p> <p>Guided Imagery – <b>RSVP!</b> 10 – 11 am</p> <p>Yoga class 11:30 am–12:30 pm</p> <p>Caregivers Support Group 6 – 7:30 pm</p>	<p><b>11</b></p> <p>Expressive Painting - <b>RSVP!!</b> <b>11 am – 1 pm</b></p> <p>Acupressure – <b>RSVP!!</b> 1:15 – 3:00 pm</p> <p>Woman to Woman Support Grp 2:30 – 4 pm</p>	<p><b>12</b></p> <p>Yoga with Shauna - <b>RSVP!</b> 1 – 2 pm</p>	<p><b>13</b></p> <p><b>Kool Kidz workshop - RSVP!!</b> Art/Craft classes 11a – 12:15pm Kids Yoga 12:30 – 1:15 pm</p> <p>Light Massage &amp; Reflexology for kids by <u>appointment only – and</u> <u>physician approval form.</u> <u>(Schedule 1 wk in advance)</u></p> <p>Chair Massage for parents! 11 am – 1 pm</p>
<p><b>14</b></p>	<p><b>15</b></p>	<p><b>16</b></p> <p>Stitch ‘n Chat 11 am – 2 pm</p> <p><b>Carcinoid Support Group</b> 11 am – 12:30 pm</p> <p>Breast Cancer Group 6 – 7:30 pm</p>	<p><b>17</b></p> <p>Yoga class 11:30 am–12:30 pm</p> <p>Stress Relief w/Beads 1 – 3 pm <b>RSVP!!!</b></p>	<p><b>18</b></p> <p>Qigong – <b>RSVP!</b> 11 am – 12 pm</p> <p>Woman to Woman Support Group 2:30 – 4 pm</p>	<p><b>19</b></p> <p>Yoga with Shauna – <b>RSVP!</b> 1 – 2 pm</p>	<p><b>20</b></p>
<p><b>21</b></p>	<p><b>22</b></p> <p>LifeStretch – <b>RSVP!</b> 10 –11am</p>	<p><b>23</b></p> <p>Mixed Media Art class – <b>RSVP!!</b> 12:30 – 2:30 pm</p> <p><b>Kids “Trunk or Treat” – RSVP!</b> 6 – 7:30 pm</p>	<p><b>24</b></p> <p>Healing Arts Therapy class – <b>RSVP!!</b> 10 – 11:30 am</p> <p>Yoga class 11:30 am–12:30 pm</p> <p> The Rose of Self- Compassion class – <b>RSVP!!</b> 1 – 2:30 pm</p> <p><b>Singing Bowls</b> 2:30 – 3:30 pm</p> <p>Caregivers Support Grp 6–7:30p</p>	<p><b>25</b></p> <p><b>BINGO!</b> 3 – 4 :30 pm</p>	<p><b>26</b></p> <p>Vision Board 11 am – 12:30 pm <b>RSVP!!</b></p>	<p><b>27</b></p> <p><b>Kool Kidz workshop RSVP!! 702.735.8434</b></p> <p><b><u>Will be 6 – 7:30 pm on Oct. 23<sup>rd</sup> for “Trunk or Treat” – Must RSVP by 10/19<sup>th</sup> at 702.735.8434</u></b></p>
<p><b>28</b></p>	<p><b>29</b></p> <p><b>Breast Friends Day!</b> (observing Breast Cancer Awareness month) 9 – 11 am Open lecture to public. Breast massage appointments available to TCP participants only! Times TBA</p>	<p><b>30</b></p>	<p><b>31</b></p> <p>Yoga class 11:30 am–12:30 pm</p>		<p><b>All Classes are subject to change. Please call to confirm.</b></p>	<p><b><u>Please see back of calendar for more information.</u></b></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 – 10:15 am
Yoga class (every Wed.)	<b>RSVP!</b> 11:30 am – 12:30 pm
Yoga with Rebe (Friday)	<b>RSVP!</b> 11:00 – 12:00 pm
Yoga with Shauna (2 <sup>nd</sup> Friday)	<b>RSVP!</b> 1:00 – 2:00 pm
Adult Yoga Workshop (Saturday)	<b>RSVP!</b> 11:00 am – 1:00 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 (Check calendar)**

October 1<sup>st</sup> 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, Oct. 11<sup>th</sup> 11:00 am – 1:00 pm

### QiGong - RSVP!!

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

1<sup>st</sup> & 3<sup>rd</sup> Thurs. (Check calendar for dates) 11:30 am – 12:30 pm

### Acupressure class -

Learn self-care Acupressure points to target specific ailments.

Combination of various points will be taught monthly.

Thursday, Oct. 11<sup>th</sup> **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, October 24<sup>th</sup> 2:30 – 3:30 pm

### Sugar Scrubs with Ana – RSVP!!

Making sugar scrubs. All materials provided!

Tuesday, October 9<sup>th</sup> 1:00 – 2:30 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, October 23<sup>rd</sup> 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, October 22<sup>nd</sup> 10 am – 11 am

### Guided Imagery – RSVP!!

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

Wednesday, October 10<sup>th</sup> 10 am – 11 am

### Healing Arts Therapy – RSVP!!

Making of Art therapy with guided imagery included.

Wednesday, October 24<sup>th</sup> 10 – 11:30 am

## Support Groups

### General Cancer Support Group

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

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> and 3<sup>rd</sup> Tuesday 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

### 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 and join us!

2<sup>nd</sup> and 4<sup>th</sup> Wednesday each month 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.

3<sup>rd</sup> Tuesday, October 16<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, October 2<sup>nd</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) -**RSVP!!**

1<sup>st</sup> Wednesday, October 2<sup>nd</sup> 6:30 – 7:30 pm

### Kool Kidz Workshop (2<sup>nd</sup> Sat.) – Ages 5 – 18 - October 13th

**RSVP!!**

Art project class 11 am – 12:15 pm

Children's Yoga 12:30 – 1:15 pm

Children Light Massage (clothes on) & Reflexology **by appointment & with physician's approval form.\* Must schedule a week in advance.** 11 am & 12 pm

Chair Massage for parents! 11 am – 1 pm

### Kool Kidz Workshop (4<sup>th</sup> Sat.) -- October 23rd

**RSVP!! by Friday, October 19<sup>th</sup> at 702-735-8434**

Kool Kidz Workshop

Workshop for the kids and group activity for the parents.

**Will be from 6 – 7:30 pm on Oct. 23<sup>rd</sup> for “Trunk or Treat” behind our building.**

## 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.

### Reconnective Healing

A gentle, relaxing energy session designed to help you feel balanced.

\* **Physician's approval required for those who have or have had cancer.**

\* **All participants remain fully clothed in all individual sessions.**

## Special Events:

### Sugar Scrubs with Ana – RSVP!!

Make and take sugar scrubs, all materials supplied. Come have some fun and enjoy!

Tuesday, October 9<sup>th</sup> 1 – 2:30 pm



### The Rose of Self-Compassion workshop – RSVP!! to attend

The workshop is a collaboration of mindful self-compassion teachings, guided imagery and violin sound healings.

Wednesday, October 24<sup>th</sup> 1 – 2:30 pm

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

Play Bingo and win prizes while having a great time!

Thursday, October 25<sup>th</sup> 3:00 – 4:30 pm

### Breast Friends Day –

Open to public lecture on breast health, Q & A session. 9 – 11 am  
Appointments available for TCP participants only! **Times TBA**

Monday, October 29<sup>th</sup>