

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

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



JANUARY 2019

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
		<p>1</p> <p>OFFICE CLOSED</p> <p>New Years Day</p> 	<p>2</p> <p>OFFICE CLOSED</p>	<p>3</p> <p>Qigong – RSVP! 12 pm – 1 pm</p> <p>Woman to Woman Support Group 2:30 – 4 pm</p>	<p>4</p>	<p>5</p>  <p>www.nvccf.org</p>
<p>6</p>	<p>7</p> <p>Yoga for Survivors – 9 – 10:30a</p> <p>Singing Bowls 12:15 – 1:15 pm</p> <p>NEW! Bath Bombs & Shower Melts w/Ana - RSVP!! 1:30 – 3 pm</p>	<p>8</p> <p>General Cancer Support Group 1 – 2:30pm</p>	<p>9</p> <p>Yoga class 11:30 am–12:30 pm</p> <p>Caregivers Support Group 6 – 7:30 pm</p> <p>Guided Imagery – RSVP!! 6:00 – 7:00 pm</p> <p>Kids Connected Support Group 6:30 – 7:30 pm</p>	<p>10</p> <p>Expressive Painting - RSVP!! 11 am – 1 pm</p> <p>*Acupressure – RSVP!! 1:15 – 3:00 pm</p> <p>Woman to Woman Support Group 2:30 – 4 pm</p>	<p>11</p> <p>Yoga class with Shauna RSVP! 1 – 2 pm</p>	<p>12</p> <p>Kool Kidz workshop - RSVP!! Art/Craft classes 11a – 12:15pm Kids Yoga 12:30 – 1:15 pm</p> <p>Light Massage & Reflexology for kids by appointment only – and physician approval form. (Schedule 1 week in advance!!)</p> <p>Chair Massage for parents! 11 am – 1 pm</p>
<p>13</p>	<p>14</p> <p>Decorative Painting – RSVP! 10 am – 12 pm</p> <p>LifeStretch class – RSVP!! 10 – 11 am</p> <p>Stitch ‘n Chat 11 am – 2 pm</p> <p>NEW! Qigong for Self Care – Zen Meridian Exercises – Must RSVP! 1 - 6 pm</p>	<p>15</p> <p>Neuroendocrine Support Group 11 am – 12:30 pm</p> <p>Breast Cancer Group 6 – 7:30 pm</p>	<p>16</p> <p>Yoga class 11:30 am–12:30 pm</p> <p>Stress Relief w/Beads 1 – 3 pm RSVP!!!</p>	<p>17</p> <p>Qigong – RSVP! 12 pm – 1 pm</p> <p>Woman to Woman Support Group 2:30 – 4 pm</p>	<p>18</p>	<p>19</p>
<p>20</p>	<p>21</p> <p>OFFICE CLOSED</p> <p>Martin Luther King Jr. Day</p>	<p>22</p> <p>Mixed Media Arts class – RSVP! 12:30 – 2:30 pm</p>	<p>23</p> <p>Yoga class 11:30 am–12:30 pm</p> <p>Healing Arts Therapy class- RSVP!! 5:30 – 7:00 pm</p> <p>Caregivers Support Group 6 – 7:30 pm</p>	<p>24</p> <p>Woman to Woman Support Group 2:30 – 4 pm</p>	<p>25</p> <p>Vision Board class – RSVP!! 11 am – 12:30 pm</p>	<p>26</p> <p>Kool Kidz workshop - RSVP!! 11 am – 1:30 pm</p> <p>Workshop for the kids and a group class for the parents each month. 702.735.8434 RSVP by Fri. 1/25th</p>
<p>27</p>	<p>28</p> <p>NEW! Holistic Self Care for Mind Body and Spirit – Must RSVP!! 1 – 4 pm</p>	<p>29</p> <p>Stitch ‘n Chat 11 am – 2 pm</p>	<p>30</p> <p>Yoga class 11:30 am–12:30 pm</p>	<p>31</p> <p>Woman to Woman Support Group 2:30 – 4 pm</p>	<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 – 10:15 am
Yoga class (every Wed.) **RSVP!** 11:30 am – 12:30 pm
Yoga with Shauna (2nd Friday) **RSVP!** 1:00 – 2:00 pm
Adult Yoga Workshop (Saturday) **RSVP!** 1:00 pm – 3:00 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 Jan. 2nd)** 1:00 – 3:00 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 – RSVP!!

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, Jan. 10th 11:00 am – 1:00 pm

QiGong - RSVP!

Become in touch with your body's energy using breath, energy and simple movements. Beginners welcome. **(NEW TIME)**

1st and 3rd Thursdays each month 12:00 – 1:00 pm

*Acupressure class - RSVP!!

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

Topic: Backache, memory (concentration).

Thursday, Jan. 10th 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!

Monday, Jan. 7th 12:15 – 1:15 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, Jan. 22nd 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, Jan. 14th 10 am – 11 am

Guided Imagery – RSVP!!

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

Wednesday, Jan. 9th 6:00 – 7:00 pm

Healing Arts Therapy – RSVP!!

Making of Art therapy with guided imagery included.

Wednesday, Jan. 23rd 5:30 – 7:00 pm

Stitch 'n Chat - Everyone gets together to learn knitting &/or crochet, bring your needles and some yarn. A lot of chatting while learning and have a great time. **(Check Calendar for dates)** 10 am – 2 pm

Support Groups -

General Cancer Support Group

Share with other participants as they travel on this journey with cancer. 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 & 3rd Tuesday each month **(NO Jan. 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

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. Join us!!

2nd and 4th Wednesday each month 6:00 – 7:30 pm

Neuroendocrine Group of Southern Nevada Support Group

A support group for all those affected by neuroendocrine cancer and neuroendocrine tumors, this group shares educational information as well as support.

Third Tuesday, Jan. 15th 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, **(NO Jan. 1st)** 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, **CHANGE to January 9th** 6:30 – 7:30 pm

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

RSVP!!

Jewelry/Art class 11 am – 12:15 pm

Children's Yoga 12:30 – 1:15 pm

Children Lt Massage & Reflexology **by appointment & with physician's approval form.* (Apts must be made one week in advance!!)** 11 am and 12 pm

Chair Massage for parents! 11 am – 1 pm

Kool Kidz Workshop (4th Sat.) -- Jan. 26th

RSVP!! by Friday, Jan. 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:



Bath Bomb/Shower Melts class with Ana – RSVP!!

Make & take of bath bombs and shower melts. All materials are provided, come join the fun and take home some wonderful items. Monday, January 7th 1:30 – 3:00 pm



QiGong for Self Care – Zen Meridian Exercises – Must RSVP!!

To see details of class please check out the flyer on our Facebook page OR obtain a copy at The Caring Place office. You do not have to attend the whole class, only the segments you would like. **(Info on flyer)** Monday, January 14th 1:00 – 6:00 pm



Holistic Self Care for Mind, Body and Spirit -- Must RSVP!!

To see details of class please check out the flyer on our Facebook page OR obtain a copy at The Caring Place office. **(Info on flyer)** Monday, January 28th 1:00 pm – 4:00 pm