

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

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








FEBRUARY 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
	 www.nvccf.org		<p><u>DON'T BE LATE!</u> To ensure the therapeutic benefits of classes/groups/workshops are not interrupted, participants must <u>BE ON TIME!</u> Those arriving <u>beyond 10 minutes after scheduled</u></p>	<p><u>START time</u> of classes/activities will NOT be permitted to participate. Yoga, Singing Bowls, LifeStretch, QiGong, Guided Imagery, any movement or meditation class, support groups, and Kool Kidz.</p>	<p>1</p> <p> Pilates class – <u>RSVP!</u> 10 am – 11 am</p> <p> Valentine Wreath class w/Jimmy – <u>FULL!</u> 11 am – 1 pm</p>	<p>2</p>
3	4 Yoga for Survivors – 9 – 10:15a Stitch ‘n Chat 10 am – 2 pm Bosom Buddies Pillow project 9 am – 2 pm	5 Mindful Self-Compassion workshop – <u>RSVP!</u> 8 weeks #1 10 am – 12 noon Breast Cancer Group 6 – 7:30 pm Multiple Myeloma Support Group 6 – 7:30 pm	6 Yoga class 11:30 am–12:30 pm Stress Relief w/Beads 1 – 3 pm <u>RSVP!!!</u> Kids Connected Support Group 6:30 – 7:30 pm	7 Qigong class - <u>RSVP!!</u> 12 – 1 pm Woman to Woman Support Group 2:30 – 4 pm	8 Reflexology Spa Day <u>RSVP!! Required</u> 11 – 2:30 pm	9 Kool Kidz workshop - <u>RSVP!!</u> Art/Craft classes 11a – 12:15pm Kids Yoga 12:30 – 1:15 pm Light Massage & Reflexology for kids by appointment only – and physician approval form. <u>(Schedule 1 week in advance!!)</u> Chair Massage for parents! 11 am – 1 pm
10	11 Decorative Painting – <u>RSVP!</u> 10 am – 12 pm LifeStretch class – <u>RSVP!!</u> 10:30 am – 11:30 am	12 Mindful Self-Compassion workshop – <u>RSVP!</u> 8 weeks #2 10 am – 12 noon General Cancer Support Group 1 – 2:30pm	13 Yoga class 11:30 am–12:30 pm Singing Bowls 12:30 – 1:30 pm Caregivers Support Group 6 – 7:30 pm	14 Expressive Painting - <u>RSVP!!</u> 11 am – 1 pm Woman to Woman Support Group 2:30 – 4 pm	15 Yoga class with Shauna <u>RSVP!</u> 1 – 2 pm	16
17	18 <u>OFFICE CLOSED</u> Presidents Day	19 Mindful Self-Compassion workshop – <u>RSVP!</u> 8 weeks #3 10 am – 12 noon Stitch ‘n Chat 10 am – 2 pm Breast Cancer Group 6 – 7:30 pm	20 Yoga class 11:30 am–12:30 pm Stress Relief w/Beads 1 – 3 pm <u>RSVP!!!</u>	21 Qigong class - <u>RSVP!!</u> 12 – 1 pm Woman to Woman Support Group 2:30 – 4 pm	22 Vision Board class – <u>RSVP!!</u> 11 am – 12:30 pm  Recipe Exchange Get Together <u>RSVP!!</u> 1 – 3 pm	23 Kool Kidz workshop - <u>RSVP!!</u> 11 am – 1:30 pm Workshop for the kids and a group class for the parents each month. 702.735.8434 <u>RSVP by Fri. 1/25th</u>
24	25 Yoga for Survivors – 9 – 10:15a	26 Mindful Self-Compassion workshop – <u>RSVP!</u> 8 weeks #4 10 am – 12 noon Mixed Media Arts class – <u>RSVP!</u> 12:30 – 2:30 pm	27 Yoga class 11:30 am–12:30 pm Healing Arts Therapy class – <u>RSVP!!!</u> 5:30 – 7 pm Caregivers Support Group 6 – 7:30 pm	28  Wonderful Wig Workshop – <u>RSVP!!</u> Limit 5 11 am – 1 pm Woman to Woman Support Group 2:30 – 4 pm	<p>All Classes are subject to change. Please call to confirm.</p>	<p><u>Please see back of calendar for more information.</u></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 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, Feb. 14th 11:00 am – 1:00 pm

QiGong - RSVP!

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

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, **NO FEBRUARY** 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, Feb. 13th 12:30 – 1:30 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, Feb. 26th 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, Feb. 11th 10 am – 11 am

Guided Imagery – RSVP!! ON HOLD TIL MARCH

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

Wednesday, 6:00 – 7:00 pm

Healing Arts Therapy – RSVP!!

Making of Art therapy with guided imagery included.

Wednesday, Feb. 27th 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



Pilates class – RSVP!

Become in touch with your body's energy using breath, imaging & movements. Please bring a towel, mats and water will be provided.

Friday, February 1st 1:00 – 3:00 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 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

Multiple Myeloma Support Group

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

1st Tuesday, February 5th 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, February 6th 6:30 – 7:30 pm

Kool Kidz Workshop (2nd Sat.) – Ages 5 – 18 - Feb. 9th

RSVP!! by Friday, Feb. 8th

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.* (Appts 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.) -- Feb. 23rd

RSVP!! by Friday, Feb. 22nd

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:



Valentine Wreath class w/Jimmy – RSVP!!

Make a beautiful wreath for Valentines Day. All materials are provided! Friday, February 1st 11 am – 1 pm

Mindful Self-Compassion 8-week workshop – RSVP!!

Cultivate skill of self-compassion. Aids in maintenance of healthy habits such as diet and exercise and satisfying personal relationships. February 5th thru March 26th 10 am – 12 noon

Reflexology Spa Day - RSVP!! Required!

Call for appointments. Physician's approval required for those who have or have had cancer. Massage of the feet!

Music while waiting and relaxing. Visits from our 2 therapy dogs.

Friday, February 8th 11 – 2:30 pm



Recipe Exchange Get Together – RSVP!!

Everyone gets together and share their favorite recipes and bring a sample or just some snacks to share. Just a great time to share and chat!

Friday, February 22nd 1:00 – 3:00 pm



Wonderful Wig Workshop – RSVP!! Limit 5

Assist in skin, nail care during chemo and wigs/head cover options too. Last Thursday every other month! 11 am – 1 pm

Friday, February 28th