

## SUPPORT GROUPS

### **Bladder Cancer Support Group**

3<sup>rd</sup> Tuesday, 1-2:30 PM, Willow Conference Room

Every other month – January, March, May, July, September, November

### **Breast Cancer Support Group**

2<sup>nd</sup> Tuesday, 1-2:30 PM, Willow Conference Room

### **Kidney Cancer Support Group**

2<sup>nd</sup> Monday, 1-2:30 PM, Willow Conference Room

Every other month – January, March, May, July, September, November

### **Lung Cancer Support Group**

4<sup>th</sup> Wednesday, 1-2:30 PM, Willow Conference Room

### **Lymphoma & Hematologic Cancer Support Group**

3<sup>rd</sup> Wednesday, 1-2:30PM, Willow Conference Room

### **Ostomy Support Group**

3<sup>rd</sup> Wednesday, 2-3:30PM,

**\*\* This group will meet at the following location:**

**16405 Sand Canyon Avenue, Suite #230, IRVINE**

### **Prostate Cancer Education & Support Group (PACT- Man)**

1<sup>st</sup> Wednesday, 6-7:30PM, Healy Conference Room

Every other month – January, March, May, July, September, November

## EDUCATION

### **Breast Cancer Orientation Class**

This class provides important information tailored to the unique concerns of newly diagnosed breast cancer patients. Meet with the Nurse Navigator to receive guidance on medical concerns.

1<sup>st</sup> Thursday 12-1:30 PM

**Online registration required.**

[www.hoag.org/cancer-classes](http://www.hoag.org/cancer-classes)

Irvine class offerings are held at  
**Hoag Cancer Center Irvine**  
**16105 Sand Canyon Avenue**  
**Irvine, CA 92618**



## SUPPORTIVE COUNSELING

Complimentary individual and family counseling appointments are available with our oncology social worker to assist you and your family with emotional, psychosocial and practical needs.

By appointment only. Call 949-557-0244

## BODY, MIND & SPIRIT

### Brighter Image

Free professional consultation to assist Hoag patients with wigs, scarves, and hats. By appointment only. Call 949-764-5542

### Nutrition Services

The dietician team is dedicated to helping patients meet their nutritional goals and understand the valuable relationship between good nutrition and health. Call 949-764-8369.

### Reiki Circle

2nd and 4th Friday, Canyon/Creek Room  
By appointment only. Call 949-722-6237

## EVENTS AND WORKSHOPS

### Creative Expressions

#### Art Workshops

Workshops are held quarterly and utilize different art mediums at each meeting. No skillset required, all patients, family and support persons are welcome. **Registration required, please call 949-722-6237.**

#### Free-Flow Writing Workshop

A workshop designed to teach free writing techniques providing a time of supportive sharing that will encourage therapeutic effects as well as a cathartic release of emotions, stress and anxiety. This focus can improve creativity and connection.

**Registration required, please call 949-722-6237.**

#### Healthy Eating Classes

An interactive healthy cooking class and demonstration for cancer survivors, family and support persons. Offers tasters and take-home recipes. **Registration required, please call 949-722-6237.**

#### Skin Care During Treatment

Offered by Hoag Dermatologist, Dr. Dore Gilbert. Focused on ways to maximize health of skin and nails during cancer treatment. Open to individuals in active treatment or those who have recently completed treatment. **Registration required, please call 949-722-6237.**

#### To register online:

[www.hoag.org/cancer-classes](http://www.hoag.org/cancer-classes)

Updated 1/15/2020