

Cancer Education and Support Groups



Support Groups

Brain Tumor Support Group

3rd Wednesday of every month

1 - 2:30 p.m.

For adult patients, families and caregivers of those diagnosed with tumors of the brain.

Entre Amigos Grupo de Apoyo

Cuarto Jueves de cada mes

6 - 8 p.m.

Grupo de apoyo en Español para pacientes con cancer.

Por favor registrarse con:

Angela Acevedo, RN-BC

714-734-6226

Gynecologic Cancers

Support Group

4th Wednesday of every month

6:30 - 8 p.m.

Head and Neck Cancer

Support Group

3rd Monday of every month

7 - 8:30 p.m.

J-Pouch Support Group

Held quarterly

Call for dates and times:

Darcie Peterson, ANP-BC, CWOCN

714-771-8000, ext. 13521

Liver Disease Support Group

3rd Tuesday of every ODD month

6 - 7:30 p.m.

For patients and families with hepatitis or other liver disease, and cancer in the liver.

Survivorship Educational Series

Call for dates and times:

714-734-6227

Prostate Cancer Support Group

3rd Tuesday of every EVEN month

6:30 - 8 p.m.

Location and Registration

Cancer Education and Support Groups are held at:

The Center for Cancer Prevention and Treatment at St. Joseph Hospital
1000 W. La Veta Ave.
Orange, CA 92868

Registration Required:

714-734-6227

(unless otherwise noted)



sjo.org/cancer

Cancer Education and Support Groups



Classes

Dance Therapy Class

Every Monday from 5:30 - 6:30 p.m.
Medical Office Building
3rd Floor—DPC Learning Center
1010 W. La Veta Ave., Suite #310
Orange, CA 92868

This free class is a fun approach to exercise that promotes a great connection between the mind and body. No dance experience required. Please bring a towel and water; wear exercise attire.

Register: 714-734-6288

Yogalates Mat Class

Every Friday from 9 - 10 a.m.

This free exercise class is designed to help all cancer patients improve core strength, flexibility, balance and breath control. Please bring towel, water and small mat; wear exercise attire.

Register: 714-734-6288

Preoperative Robotic Prostatectomy and Radiation Treatment Class

1st Monday of every month
3 - 4 p.m.

This free class provides preoperative education to patients and their families prior to surgery for prostatectomy. Patients undergoing radiation treatment for their prostate disease will also be supported, as management and rehabilitation needs are very similar.

Register: 714-734-6227

Look Good... Feel Better Program

English Session:

1st Wednesday of every EVEN month
6 - 8 p.m.

Spanish Session:

1st Thursday of every ODD month
1 - 3 p.m.

A free program for women receiving chemotherapy or radiation treatments; teaches make-up, hair styling and skin care techniques to help deal with appearance changes that may occur.

Register: Please call the American Cancer Society at 1-800-227-2345

Quit Smoking Classes

The Center for Heart and Vascular Wellness and Prevention
1120 W. La Veta Ave., Ste. 150
Orange, CA 92868

Are you ready to quit smoking and improve your health? We're here to help. All participants receive three weeks of free nicotine patches the third week of class, followed by an additional three weeks of patches after completing the program. Call for additional information.

Register: 714-744-8849