

# February 2025

Sheri & Les Biller Patient and Family Resource Center  
Department of Supportive Care Medicine

## SUPPORT SERVICES CALENDAR










Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p><b>10-11 am</b> Gentle Yoga <b>12:30-1:30 pm</b> Patient Portal Workshop <b>4-5 pm</b> Tobacco Cessation</p>	<p><b>4</b></p> <p><b>10:30-11:30 am</b> Gentle Yoga  <b>11 am-12 pm</b> Patient and Family Orientation <b>12-1 pm</b> You Lost Your Hair, Now What? Scalp Care Workshop <b>12:30-3:30 pm</b> Assistance with Resources  <b>6-8 pm</b> Tobacco Cessation </p>	<p><b>5</b></p> <p><b>8 am – 12 pm</b> Assistance with Resources  <b>10:30-11:30 am</b> Chair Yoga <b>12-12:45 pm</b> Catholic Mass  <b>1-3 pm</b> HCT Discharge Class for Caregivers <b>1:30-2:30 pm</b> Qigong for Vitality <b>6-7 pm</b> Tabaco Cesación En español</p>	<p><b>6</b></p> <p><b>11am-12 pm</b> Mind-body Medicine</p>	<p><b>7</b></p> <p><b>10:30-11:30 am</b> Yoga Therapy <b>12:30-1 pm</b> Guided Meditation</p> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-top: 10px;"> <p><b>Saturday February 8</b> Chinese American Cancer Health Education Network and Support Group</p> </div>
<p><b>10</b></p> <p><b>10-11 am</b> Gentle Yoga <b>12:30-1:30 pm</b> Patient Portal Workshop <b>4-5 pm</b> Tobacco Cessation</p>	<p><b>11</b></p> <p><b>10:30-11:30 am</b> Gentle Yoga  <b>11 am-12 pm</b> Patient and Family Orientation <b>12:30-3:30 pm</b> Assistance with Resources  <b>12-1 pm</b> Medicare Overview  <b>6-8 pm</b> Tobacco Cessation</p>	<p><b>12</b></p> <p><b>8 am – 12 pm</b> Assistance with Resources  <b>10:30-11:30 am</b> Chair Yoga <b>12-12:45 pm</b> Catholic Mass  <b>12-1 pm</b> What You Need to Know About Scalp Cooling <b>12-1 pm</b> Sex, Cancer and Your Body <b>12-1:30 pm</b> Caregivers Connect <b>1:30-2:30 pm</b> Qigong for Vitality <b>5:30-7:30 pm</b> Living With Metastatic Breast Cancer Support Group <b>6-7 pm</b> Tabaco Cesación En español</p>	<p><b>13</b></p> <p><b>11am-12 pm</b> Mind-body Medicine <b>3:30-4:30 pm</b> Caring About Patient Education (CAPE): Radiation Therapy</p>	<p><b>14</b></p> <p><b>10:30-11:30 am</b> Yoga Therapy <b>12:30-1 pm</b> Guided Meditation</p> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-top: 10px;"> <p><b>Saturday February 15</b> Chronic Lymphocytic Leukemia (CLL) Caregiver and Support Group</p> </div> <p style="text-align: right;"><i>HAPPY Valentine's Day</i></p>
<p><b>17</b></p> <p><b>10-11 am</b> Gentle Yoga <b>12:30-1:30 pm</b> Patient Portal Workshop <b>4-5 pm</b> Tobacco Cessation</p>	<p><b>18</b></p> <p><b>10:30-11:30 am</b> Gentle Yoga  <b>11 am-12 pm</b> Patient and Family Orientation <b>12-1 pm</b> All about Wigs  <b>12-1:30 pm</b> Couples: Essential Skills for Overcoming the Challenges of Cancer Together <b>12:30-3:30 pm</b> Assistance with Resources  <b>3-5 pm</b> Clase de alta de trasplante para cuidadores <b>6-8 pm</b> Tobacco Cessation</p>	<p><b>19</b></p> <p><b>8 am – 12 pm</b> Assistance with Resources  <b>10:30-11:30 am</b> Chair Yoga <b>12-12:45 pm</b> Catholic Mass  <b>1-3 pm</b> HCT Discharge Class for Caregivers <b>1:30-2:30 pm</b> Qigong for Vitality <b>2:30-4 pm</b> Arts Program  <b>6-7 pm</b> Tabaco Cesación En español</p>	<p><b>20</b></p> <p><b>11am-12 pm</b> Mind-body Medicine</p>	<p><b>21</b></p> <p><b>10:30-11:30 am</b> Yoga Therapy <b>12:30-1 pm</b> Guided Meditation</p>
<p><b>24</b></p> <p><b>10-11 am</b> Gentle Yoga <b>12:30-1:30 pm</b> Patient Portal Workshop <b>4-5 pm</b> Tobacco Cessation</p>	<p><b>25</b></p> <p><b>10:30-11:30 am</b> Gentle Yoga  <b>11 am-12 pm</b> Patient and Family Orientation <b>12:30-3:30 pm</b> Assistance with Resources  <b>6-7:30 pm</b> Prostate Cancer Support Group <b>6-8 pm</b> Tobacco Cessation</p>	<p><b>26</b></p> <p><b>8 am – 12 pm</b> Assistance with Resources  <b>10:30-11:30 am</b> Chair Yoga <b>12-12:45 pm</b> Catholic Mass  <b>12-1:30 pm</b> Caregivers Connect <b>1:30-2:30 pm</b> Qigong for Vitality <b>6-7 pm</b> Tabaco Cesación En español</p>	<p><b>27</b></p> <p><b>11am-12 pm</b> Mind-body Medicine</p>	<p><b>28</b></p> <p><b>10:30-11:30 am</b> Yoga Therapy <b>12:30-1 pm</b> Guided Meditation</p>

= In Person

Unless otherwise specified, all classes are open to patients and caregivers ages 18 and over.



<p><b>All About Wigs</b> </p> <p>Join us to learn about the many different wig options, how to style and care for your wig, different wig options to choose from, how to properly put on and remove your wig, and more!</p> <p>Who: Anyone with a cancer diagnosis In-Person: Every 3<sup>rd</sup> Tuesday from 12-1 pm at the Biller Resource Center RSVP: <a href="http://CityofHope.org/PatientPrograms">CityofHope.org/PatientPrograms</a> Questions: Maiya Spinks 626-218-9105 or <a href="mailto:PositivelImageCenter@coh.org">PositivelImageCenter@coh.org</a></p>	<p><b>Assistance with Resources</b> </p> <p>Our Patient Resources Coordinators are here to meet with you and your family one-on-one to assist with your resource needs.</p> <p>Who: Patients, caregivers and the community In-Person: Tuesdays 12:30-3:30 pm and Wednesdays 8am – 12 pm at Biller Resource Center To make an appointment: 626-218-2273 or <a href="mailto:ResourceCoordinators@coh.org">ResourceCoordinators@coh.org</a></p>	<p><b>Caregivers Connect</b></p> <p>Connect with other caregivers, share their stories, reduce stress, and find support.</p> <p>Who: Caregivers of loved one with cancer, community caregivers welcome. When: 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month 12–1:30 pm Register: <a href="http://CityofHope.org/PatientPrograms">CityofHope.org/PatientPrograms</a> More information at <a href="http://CityofHope.org/Caregivers">CityofHope.org/Caregivers</a></p>	<p><b>Caring About Patient Education (CAPE)</b></p> <p>Learn about managing side effects of cancer treatment. Each session covers a different topic. Please see front side for monthly topics.</p> <p>Who: All patients and their caregivers When: February 13 from 3:30– 4:30 pm Virtual: Connect via Zoom.US Meeting ID: 794 832 2908 No passcode required Register: <a href="http://CityofHope.org/PatientPrograms">CityofHope.org/PatientPrograms</a></p>	<p><b>Catholic Mass</b> </p> <p>Weekly mass is open to everyone. Drop-ins welcome.</p> <p>Who: Patients, caregivers, the community, and staff In-Person: Every Wednesday from 12-12:45 pm at Blank Meditation Center Questions: Contact Spiritual Care services at 626-218-3898 or <a href="http://cityofhope.org/SpiritualCare">cityofhope.org/SpiritualCare</a></p>	<p><b>Chinese American Cancer Health Education Support Network and Group</b></p> <p>Health education and support in Mandarin.</p> <p>When: Meets 2<sup>nd</sup> Saturday of the month from 10 am-12 pm To RSVP call: 626-535-3983 Connect via Zoom.US Meeting ID: 945 1715 7292 Passcode: 906281</p>		
<p><b>Chronic Lymphocytic Leukemia (CLL) Patient and Caregiver Education and Support Group</b></p> <p>Sponsored by the CLL Society, this group provides education and support and offers the opportunity to discuss anxieties and concerns with others.</p> <p>Who: Patients and caregivers When: Monthly alternating on the 3<sup>rd</sup> Monday from 7-9 pm and the 3<sup>rd</sup> Saturday from 10-noon. To RSVP and for more info: <a href="mailto:support@CLLSociety.org">support@CLLSociety.org</a></p>	<p><b>Clase de alta de trasplante para cuidadores</b></p> <p>Venga a aprender cómo cuidar a su ser querido en casa después del trasplante de medula ósea.</p> <p>Quien: Para pacientes y sus familias Cuando: 3 el martes del mes de 3 a 5 pm Clase en vivo(virtual): Llama a la oficina de Trabajo Social Clínico a 626-218-2282 o <a href="mailto:HCTDischargeClass@coh.org">HCTDischargeClass@coh.org</a></p>	<p><b>Couples: Essential Skills for Overcoming the Challenges of Cancer Together</b></p> <p>Join this group to learn and gain tips and tools on how to strengthen relationships, enhance open and honest communication, problem solving skills and more.</p> <p>Who: Patients and their significant others When: 3<sup>rd</sup> Tuesday of the month 12–1:30 pm Register and Questions: Lynne Thomas at 626-218-8406 or <a href="mailto:lythomas@coh.org">lythomas@coh.org</a></p>	<p><b>HCT Discharge Planning Class for Caregivers</b></p> <p>Learn how to prepare to take your loved one home post-transplant as well as how to care for them and yourself. Led by clinicians.</p> <p>Who: Patients and caregivers When: 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month from 1–3 pm Register and Questions Contact: Madeline Santoyo 626-218-2523 or Tina Patatanyan 626-218-9938 or email <a href="mailto:HCTDischargeClass@coh.org">HCTDischargeClass@coh.org</a></p>	<p><b>Living with Metastatic Breast Cancer Support Group</b></p> <p>Benefit from the wisdom of patients and get the latest medical updates from our clinical experts. Group is a safe space to share with others.</p> <p>Who: Metastatic breast cancer <b>patients only</b> When: 2<sup>nd</sup> Wednesday of the month from 5:30–7:30 pm Register: Jenny Lu at 626-218-8407 or email <a href="mailto:jenlu@coh.org">jenlu@coh.org</a></p>	<p><b>Medicare Overview</b> </p> <p>Learn more Medicare coverage options. Led by Center for Health Care Rights (CHCR).</p> <p>Who: Open to everyone When: February 11, from 12-1 pm In-Person: Biller Resource Center Register by visiting the following: <a href="http://CityofHope.org/PatientPrograms">CityofHope.org/PatientPrograms</a> Questions call 626-218-2273 or <a href="mailto:BillerResourceCenter@coh.org">BillerResourceCenter@coh.org</a></p>		
<p><b>Patient Portal Workshop</b></p> <p>Join this class to learn how to navigate your MyCityofHope patient portal. To join, you must have an active MyCityofHope account.</p> <p>Who: patients, caregivers, proxy users When: Mondays from 12:30-1:30 pm Register: <a href="http://CityofHope.org/PatientPrograms">CityofHope.org/PatientPrograms</a></p>	<p><b>Patient and Family Orientation</b></p> <p>Learn who to call for answers and support, how to maximize your appointment time, discover helpful resources and more. Open to patients, families, and caregivers.</p> <p>Who: Patients, families, and caregivers When: Tuesdays 11 am-12 pm Register: <a href="http://CityofHope.org/PatientPrograms">CityofHope.org/PatientPrograms</a></p>	<p><b>Prostate Cancer Support Group</b></p> <p>Join to obtain educational information, share experiences and more.</p> <p>Who: Prostate cancer patients and their spouses/partners When: Last Tuesday of the month 6–7:30 pm Register and Questions: Contact Kathleen Burns at 626-218-1188 or <a href="mailto:kaburns@coh.org">kaburns@coh.org</a></p>	<p><b>Sex, Cancer and Your Body</b></p> <p>Join City of Hope experts to learn about sexual health during and after cancer treatment. Find tips and strategies on how to manage challenges that may occur. This class is offered quarterly.</p> <p>Who: a virtual class for women. Join via Zoom When: February 12, from 12-1 pm Register: <a href="http://CityofHope.org/PatientPrograms">CityofHope.org/PatientPrograms</a></p>	<p><b>Tobacco Cessation Support Group</b> <b>Tabaco Cesación en español</b></p> <p>Learn strategies to overcome withdrawal symptoms and to break habits that link to and trigger tobacco use.</p> <p>When: Mondays 4–5 pm and Tuesdays 6–8 pm <b>En español miércoles 6–7 pm</b> Register: <a href="mailto:smokingcessation@coh.org">smokingcessation@coh.org</a> or 626-218-9114</p>	<p><b>What You Need to Know About Scalp Cooling</b></p> <p>Join us to learn about what scalp cooling is all about, your scalp cooling options, how to receive insurance reimbursement, and more.</p> <p>Who: Anyone with a cancer diagnosis When: Every 2<sup>nd</sup> Wednesday of the month from 12-1 pm RSVP: <a href="http://CityofHope.org/PatientPrograms">CityofHope.org/PatientPrograms</a> Questions: Maiya Spinks 626-218-9105 or <a href="mailto:PositivelImageCenter@coh.org">PositivelImageCenter@coh.org</a></p>		
<p><b>You Lost Your Hair, Now What? Scalp Care Workshop</b></p> <p>Learn about hair loss and ways to manage it. Topics include chemotherapy-induced Alopecia, cold capping, post-chemo hair and more.</p> <p>Who: Anyone with a cancer diagnosis When: 1st Tuesday of the month from 12-1 pm RSVP: <a href="http://CityofHope.org/PatientPrograms">CityofHope.org/PatientPrograms</a> Questions: Maiya Spinks 626-218-9105 or <a href="mailto:PositivelImageCenter@coh.org">PositivelImageCenter@coh.org</a></p>	<p style="text-align: center;"><b>Integrative Oncology Classes</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> <li> Gentle Yoga – Mondays from 10-11 am</li> <li> Gentle Yoga – Tuesdays from 10:30-11:30 am</li> <li>Guided Meditation – Fridays from 12:30-1 pm</li> <li> Arts Program –Wed Feb 19, 2:30-4 pm Topic: Knit a cap/beanie using a loom</li> </ul> <p>To register for the above classes, visit <a href="http://CityofHope.org/PatientPrograms">CityofHope.org/PatientPrograms</a> or call 626-218-2273</p> </td> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> <li>Chair Yoga – Wednesdays from 10:30-11:30 am</li> <li>Yoga Therapy–Fridays from 10:30-11:30 am</li> <li>Qigong for Vitality –Wednesdays from 1:30-2:30 pm</li> <li>Mind-Body Medicine –Thursdays from 11 am-12pm</li> </ul> <p>To register for the above classes please call 949-671-4121 or <a href="mailto:BillerResourceCenterOC@coh.org">BillerResourceCenterOC@coh.org</a></p> </td> </tr> </table> <div style="text-align: right; margin-top: 20px;">  </div>					<ul style="list-style-type: none"> <li> Gentle Yoga – Mondays from 10-11 am</li> <li> Gentle Yoga – Tuesdays from 10:30-11:30 am</li> <li>Guided Meditation – Fridays from 12:30-1 pm</li> <li> Arts Program –Wed Feb 19, 2:30-4 pm Topic: Knit a cap/beanie using a loom</li> </ul> <p>To register for the above classes, visit <a href="http://CityofHope.org/PatientPrograms">CityofHope.org/PatientPrograms</a> or call 626-218-2273</p>	<ul style="list-style-type: none"> <li>Chair Yoga – Wednesdays from 10:30-11:30 am</li> <li>Yoga Therapy–Fridays from 10:30-11:30 am</li> <li>Qigong for Vitality –Wednesdays from 1:30-2:30 pm</li> <li>Mind-Body Medicine –Thursdays from 11 am-12pm</li> </ul> <p>To register for the above classes please call 949-671-4121 or <a href="mailto:BillerResourceCenterOC@coh.org">BillerResourceCenterOC@coh.org</a></p>
<ul style="list-style-type: none"> <li> Gentle Yoga – Mondays from 10-11 am</li> <li> Gentle Yoga – Tuesdays from 10:30-11:30 am</li> <li>Guided Meditation – Fridays from 12:30-1 pm</li> <li> Arts Program –Wed Feb 19, 2:30-4 pm Topic: Knit a cap/beanie using a loom</li> </ul> <p>To register for the above classes, visit <a href="http://CityofHope.org/PatientPrograms">CityofHope.org/PatientPrograms</a> or call 626-218-2273</p>	<ul style="list-style-type: none"> <li>Chair Yoga – Wednesdays from 10:30-11:30 am</li> <li>Yoga Therapy–Fridays from 10:30-11:30 am</li> <li>Qigong for Vitality –Wednesdays from 1:30-2:30 pm</li> <li>Mind-Body Medicine –Thursdays from 11 am-12pm</li> </ul> <p>To register for the above classes please call 949-671-4121 or <a href="mailto:BillerResourceCenterOC@coh.org">BillerResourceCenterOC@coh.org</a></p>						