Our Mission: To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

OUR PROGRAM
Is Always
- Available to anyone with cancer and their loved ones at any stage, from diagnosis through survivorship
- Based on empirical and clinical research
- Led by professionals
- Offered in a home-like environment
- Provided at no cost

OUR PROGRAM
Includes
- Support Groups
- Education
- Nutrition, Movement, and Mind Body Classes
- Social Events
- Teen and Family Services
- Resources & Referrals
- En Español

WE INVITE YOU TO
Join Us
Become part of our community
- Attend one of our weekly Newcomer Meetings
- Attend an Educational Seminar
- Visit our website at cscaz.org
- Call us at (602) 712-1006

Our services are provided through the generosity of individuals, corporations and foundations.

A Night of Light
CELEBRATING CANCER CHAMPIONS

Friday, December 7, 2018 • 5:30–7 pm
at Cancer Support Community Arizona Main Campus

Join us for an evening to celebrate, honor, and remember those who have been impacted by cancer. Champions celebrate their connection to cancer by receiving a ‘clay heart of hope’ that they can inscribe with a message of strength, remembrance, and love to be placed on our Tribute Tree.
Virtual Support Services

We now offer online supportive and educational programs that you can access anywhere.

CANSURROUND

This free online resource allows you to access services 24 hours a day, 7 days a week! CanSurround includes medical checklists, journaling, relaxation exercises, thought records, educational resources and more. Visit www.cscaz.org/CanSurround to get started.

FACEBOOK LIVE EVENTS

Join us on FaceBook during the below times to hear information and ask questions of the experts. Facebook.com/CSCArizona

► FRANKLY SPEAKING ABOUT CANCER: NEUROENDOCRINE TUMORS
  Saturday, October 13, 12:30–2 pm
  Boris G. Naraev, MD, PhD, FACP

► AREOLA REPIGMENTATION FOR BREAST CANCER SURVIVORS
  Thursday, October 25, 1 pm
  Reconstruction of the breasts can be a difficult decision to make after experiencing cancer. Ellie Edgar, a permanent makeup professional, will answer some common questions, what to expect, and the financial options available for breast cancer survivors.

Support

► WEEKLY PARTICIPANT AND FAMILY SUPPORT GROUPS
  Day and Evening Options Available
  These professionally-facilitated weekly support groups are for people with cancer and a separate group for family, friends and caregivers. Explore new ways of dealing with the stresses of cancer and learn techniques to become partners with your healthcare team. A brief interview is required to determine appropriate group placement. Please call (602) 712-1006.

► CANCER SPECIFIC LEARN & SUPPORT GROUPS
  Various Times and Dates
  These professionally-facilitated monthly support groups are for those diagnosed with a specific cancer to find support and learn from one another. Discuss aspects of living with cancer, treatment options, side effect management and survivorship. Open to family and friends. Current Learn & Support Groups include: Carcinoid, Lung, Multiple Myeloma, Ovarian, and Pancreatic.

► LIVING WITH CANCER SUPPORT GROUP
  2nd and 4th Tuesdays of every month, October 9 & 23, November 13 & 27, December 11, 10–11:30 am
  This support group is designed for those who are living long-term with a cancer diagnosis or those whose cancer is likely to recur. Find strength and guidance from others who are facing cancer as a chronic disease.

Education

► FRANKLY SPEAKING ABOUT CANCER: NEUROENDOCRINE TUMORS
  Saturday, October 13, 12:30–2 pm
  Boris G. Naraev, MD, PhD, FACP, leads this informative discussion around Neuroendocrine Tumors. Learn about treatment options, managing side effects and the latest research information.

► WIGS 101
  Thursday, December 6, 6–7 pm
  Join us to learn about wigs, various wig options, styling, and care information. This is an interactive session discussing everything you need to know, including quality, price and tips to choose hairstyles that look great on you. Various wig styles will be available for you to try so you can get a “heads on” experience.

Healthy Lifestyle Activities

(Open to ages 13 and up)

► SOUND HEALING MEDITATION
  1st Monday of every month, October 1, November 5, December 3, 6–7 pm
  Meditating has many benefits for the mind, body, and soul. Experience a new kind of sound therapy that uses a variety of vibration sounds to relax your mind and body.

► ZUMBA KICKBOX INFUSION
  Tuesdays, 5–5:45 pm
  Zumba Kickbox Infusion is a low impact Latin-dance inspired workout infused with kickboxing moves that can be easily modified for beginners or those requiring accommodations.

► NEXT STEP YOGA
  Thursdays, 10:30–11:30 am
  Designed for students who want to deepen their practice and are ready to use the foundation they have created in Gentle Yoga, the emphasis will be on increasing strength, creating stability, and building endurance.
Please register for all programs by calling (602) 712-1006 or emailing RSVP@cscaz.org.
For a full listing of all programs and descriptions, please visit www.cscaz.org

COMMUNITY SUPPORTED AGRICULTURE (CSA) PRODUCE PICK UP
Thursdays, 4–6 pm
We've become a pick-up site for people to have more access to fresh, organic, locally grown fruits and vegetables from Crooked Sky Farms. Current participants are welcome to sign up to receive free produce as part of a give-back program through Crooked Sky Farms. Additional options for purchase are available if interested in getting a full share from the farm. Please see staff member for more details. Limited space.

MOVING TO THE BEAT
Saturdays, 9–10 am
An exercise class designed for all – adults, teens, and families. Come dance your way to a healthy lifestyle!

JIN SHIN JYUTSU
2nd Tuesday of every month, October 9, November 13, December 11, 11:45 am–1:45 pm
Jin Shin Jyutsu® is an ancient Japanese Healing Art, assisting the harmonizing of energy pathways in our bodies. One can help eliminate energy stagnation by simply holding fingers and regain health by using hands.

QUICK HEALTHY COOKING
Thursdays, October 11, November 8, December 13, 2–3:30 pm
- October: Pumpkin Purée Dishes
- November: Healthier Spin on Thanksgiving Sides
- December: Clean Holiday Party Ideas

YOUR CANCER STORY WRITING WORKSHOP
Tuesdays, October 16, November 20, December 18, 2–3:30 pm
You have a valuable story to tell! Whether you are newly diagnosed, a many-year survivor or a caregiver, this writing workshop will provide you with various techniques for capturing and sharing your story.

SEASONAL COOKING CLASS — HOW TO USE YOUR CSA PRODUCE
Thursdays, October 18, November 15, December 20, 6–7 pm
Picked up your fresh produce from Crooked Sky Farms, but not sure how to use it? This cooking demonstration will teach you how to utilize those fresh fruits and veggies from the garden. Recipes and tasting included.

Social Connections

WORDS OF ENCOURAGEMENT
1st Monday of every month, October 1, November 5, December 3, 6–7:30 pm
Words of kindness can last a lifetime, come join us every first Monday of the month to write notes of encouragement for hospital cancer families or anyone who’s given you words of encouragement!

BUNCO
1st Tuesday of every month, October 2, November 6, December 4, 12–2 pm

SEASONAL SOIREEs
Wednesdays, October 3 & 17, November 7 & 21, December 12
Join us for some fun and festive activities for the fall! Come to the house and enjoy seeing some familiar faces along with some new ones as we gather together to socialize.
- October 3, 4–6 pm: Horror Movie Night
- October 17, 6–8 pm: Murder Mystery Clue
- November 7, 10 am–12 pm: Fall Festivities DIY Crafts
- November 21, 4–6 pm: Thanksgiving Potluck
- December 12, 6:30–8 pm: Movie on the Lawn: Christmas Classics

BINGO
Fridays, October 5, November 2, 6–7:30 pm

SURVIVOR SOCIAL
Tuesdays, October 9, November 13, December 11, 1–2:30 pm

BOOK CLUB
Tuesdays, October 16, November 20, December 18, 12–1:30 pm
October — Ordinary Grace by William K. Krueger, November — The Stolen Child by Lisa Carey, December — Birds of a Feather by Jacqueline Winspear

JUST FOR MEN: DINER TALK
Fridays, October 19, November 16, December 21, 10–11:30 am
At First Watch — Park Central Plaza.

A NIGHT OF LIGHT
Friday, December 7, 5:30–7 pm
Join us for an evening to celebrate, honor, and remember those who have been impacted by cancer. Champions celebrate their connection to cancer by receiving a ‘clay heart of hope’ that they can inscribe with a message of strength, remembrance, and love to be placed on our Tribute Tree.

Connecting Families
Our Teen Program is presented by The Bidstrup Foundation.

Youth Events
For Ages 7–12

KID SUPPORT
KidSupport Group is a support group that meets once a week for six weeks and teaches children tools to cope with a cancer diagnosis in the family. Snacks are provided. Registration required.

East Valley
Thursdays, October 4 through November 8, 6–7:30 pm
(Note: October 25 session has moved to Tuesday, October 23.)
At Children’s Cancer Network, 6150 West Chandler Blvd., #1, Chandler, AZ 85226

West Valley
Sundays, October 14 through November 18, 1–2:30 pm
At Ottawa University, 9414 North 25th Ave., Phoenix, AZ 85021
Partner Meetings

We happily host these meetings at our main campus. To get involved, please contact these organizations directly.

► PANCREATIC CANCER ACTION NETWORK (PANCAN)
Mondays, October 15, November 19, December 17, 6–8 pm
Contact Elizabeth Canuas at: (480) 703-3300 or ecanuas@pancanvolunteer.org

► COALITION FOR BLACKS AGAINST BREAST CANCER (CBC)
Sundays, October 21, November 18, December 16, 3–5 pm
Contact Marion Kelly at: (480) 301-4232 or kelly.marion@mayo.edu

► NATIONAL OVARIAN CANCER COALITION (NOCC)
Saturdays, October 20, December 15, 10:30 am–12:30 pm
Contact Sherry Baker at: (480) 566-0031 or sbaker@ovarian.org

► HEALTHY HEROES WELLNESS FOR KIDS
Saturdays, November 3 through December 8, 10:30–11:30 am
Youth impacted by cancer are invited to enjoy this fun exercise and wellness class! We’ll shake it up with some Jin Shin Jyutsu, a Japanese relaxation technique, kid-friendly yoga, and Zumba. All exercises are modifiable to the participants’ abilities.

Teen Events
For Ages 13–21

► TEEN VIDEOGAME PARTY
Saturday, October 13, 4-6 pm
Do you play Fortnite, COD, or GTA? Come nerd out with us and play your favorite videogames and board games with your CSCAZ friends. Snacks are provided.

► TEEN/FAMILY ART HOUR
Saturday, October 20, November 17, December 1, 1–3 pm
Bring your whole family to get artsy for this monthly tradition! October: carving and painting pumpkins, November: homemade clay ornaments and luminaries, December: painting ornaments and luminaries. Snacks are provided.

► TEEN COOKING CLASS
Sunday, November 4, 1–2:30 pm
Pouring yourself a bowl of cereal does not count as cooking. Come learn some new cooking skills and recipes you can impress your friends and family with. Plus, you’ll get to sample the dishes!

► TEEN FRIENDSGIVING
Sunday, November 11, 1–3 pm
Thanksgiving is a time to celebrate our friendships as much as our families. Join CSCAZ and Amanda Hope’s Rainbow Angels for our first annual Teen Friendsgiving! We’ll enjoy typical Thanksgiving food and if you’re able, bring your favorite sweets to share for our dessert potluck. Bring your appetite and a friend!

► TEEN HOLIDAY PARTY
Saturday, December 15, 5:30–7:30 pm
Say goodbye to 2018 with old and new CSCAZ friends at our Teen Holiday Party! Test your decorating skills in our gingerbread house competition and indulge in some holiday treats with us.

Family Events
For families with children up to age 21

► TEEN/FAMILY ART HOUR
Saturday, October 20, November 17, December 1, 1–3 pm

► FAMILY TRUNK OR TREAT SPOOKTACULAR
Saturday, October 27, 5:30–8 pm
The whole family is welcome to enjoy this Halloween party, CSCAZ style! There will be trick or treating out of decorated vehicles, yard games, Halloween crafts, and a costume contest. Bring a photo of a loved one who has passed for our Día de los Muertos altar. Dinner is provided.

► FAMILY SEMINAR ON RESPIRE CARE
Saturday, December 1, 11:30–1 pm
Our friends at Ryan House will share with us the ins and outs of respite care for children with cancer and other life-threatening illnesses. Come learn about their services and how they can support and provide relief to your family. Lunch is provided.

► FAMILY FIELD TRIP TO RYAN HOUSE
Tuesday, December 11, 6–7 pm
At Ryan House. After learning about their services on December 1, we will take a field trip to visit and tour Ryan House’s beautiful campus and learn more about the services and support they can provide to your family.
**East Valley**

**Via Linda Senior Center**

**DRUMMING FROM THE HEART**
2nd Monday of each month
October 8, November 12, December 10, 6–7:30 pm

*Drumming from the Heart* sessions provide a rhythmical and focused space for you to de-stress your mind, body and spirit by using music and guided voice. Led by REMO certified instructor Frank Thompson and psychologist Dr. David Engstrom.

**West Valley**

**Ottawa University**

**CANCER SUPPORT GROUP**
Wednesdays, 10–11:30 am
Location: Ottawa University in Surprise
This professionally facilitated support group is open to anyone impacted by a cancer diagnosis. Explore ways to deal with stressors of the diagnosis and find support with others in a caring environment.

**Sun Health Locations**
To register for these programs, please call Sun Health at (623) 207-1703.

**HEALTHY MEAL PREPARATION FOR CANCER**
Fridays, October 5 & 19, November 2, December 7, 10–11am
Location: The Colonnade, Da Vinci Room
Learn how to create easy and affordable dishes packed with antioxidants and flavor while staying on a budget. Recipes tasting included. Open to cancer survivors, family, and friends.
- October 5: Calcium-Rich & Dairy Free
- October 19: Vegetarian Potluck Ideas
- November 2: Healthy Vegetables for Thanksgiving
- December 7: Healthy Chocolate Holiday Treats

**MINDFULNESS: PRACTICAL SOLUTIONS FOR DEALING WITH LIFE’S PROBLEMS**
Thursday, October 18, 9:30–11 am
Location: PORA
Susan High, LPC, licensed counselor and certified Yoga/Mindfulness Instructor will lead an interactive session on mindfulness — reducing your stress and increasing your sense of well-being.

**OUTSMARTING BREAST CANCER**
Thursday, December 13, 1:30 pm
Location: PORA
Dr. Selyne Samuel, MD, a renowned tertiary cancer center, will discuss the latest research in breast cancer treatment, noninvasive breast biopsies, the complexities of genetic testing, and the management of high risk patients.
LUNCH AND LEARN SERIES

Each month we invite you to join us and learn about a topic related to cancer care and survivorship. Experts from Banner – University Medical Center Phoenix will share insights, treatment options, management of side effects and tools to improve outcomes. Lunch is provided, advanced registration is preferred.

Location: All workshops will be held in the Sandstone Conference Room, First Floor.

َا ◆ GENTLE YOGA
Fridays, October 12 & 26, November 9, December 14, 10–11 am
Location: Sandstone Conference Room, First Floor
This class is designed to focus on breath work and gentle movement. Learn relaxing postures and modified moves at a slow pace. This class is great for those who are new to yoga as well as those who have restrictions due to treatment.

َا ◆ BREAST CANCER PANEL OF EXPERTS
Friday, October 5, 12–1 pm
Featuring:
Dr. Richard Perry, Surgery
Dr. Molly Walsh, Oncoplastics
Dr. Michael Morris, Radiology
Dr. Abhilash Nambiar, Radiation Oncology
Dr. Lawrence Kasper, Medical Oncology
Dr. Christina Ramirez, Pathology
Justin Gasparini, Genetics

َا ◆ LUNG CANCER
Monday, November 5, 12–1 pm
Featuring: Mark Tasset, MD, FACS, Cardiothoracic surgeon

َا ◆ GENETICS
Thursday, December 13, 12–1 pm
Featuring: Justin Gasparini, GC, MS, Cancer Genetic Counselor
Nuestra Misión: Asegurar que todo individuo impactado por el cáncer recupere su poder por medio del conocimiento, reforzado por acción y sostenido por la comunidad.

Los servicios que proveemos son posibles gracias a la generosidad y las contribuciones individuales, corporativas y de diversas fundaciones.

La Posada Familiar
SÁBADO 8 DE DICIEMBRE DE 5–7 PM
Traiga su platillo favorito para compartir en esta celebración familiar y navideña. Celebraremos nuestra gratitud por las bendiciones que hemos recibido este año. Este evento es para toda la familia.

En el Cancer Support Community Campus Principal.
Programas en Español
Apoyo
► GRUPO DE APOYO
Primer y tercer martes del mes, 2 y 16 de octubre, 6 y 20 noviembre, 4 y 18 de diciembre de 6–7:30 pm
Explore nuevas maneras de manejar el estrés del cáncer y aprenda de las experiencias de otros pacientes y sus familias.

► HACIENDO PAPEL PICADO
Miércoles 10 de octubre, de 6–7:30 pm y lunes 15 de octubre, de 1–2:30 pm
Ven a disfrutar de este arte folclórico mexicano. Haremos papel picado para el Día de los Muertos. Habrá bocadillos.

► HACIENDO VELAS Y CANDELEROS
Martes 13 de noviembre, de 1–2:30 pm y 27 de noviembre, de 6–7:30 pm
Aprenderemos a hacer velas caseras y un candelero. Traiga toda la familia para disfrutar de esta manualidad. Habrá bocadillos.

► LA POSADA FAMILIAR
Sábado 8 de diciembre de 5–7 pm
Traiga su plato favorito para compartir en esta celebración familiar y navideña. Celebraremos nuestra gratitud por las bendiciones que hemos recibido este año. Este evento es para toda la familia.

Vida Saludable
► VIDA SALUDABLE
Lunes, 8 de octubre, 12 de noviembre, 17 de diciembre de 6–7 pm
¡Vivir saludable es muy importante! En estos meses aprenderemos a cómo manejar el estrés y como movemos para sentirnos mejor con Johanne Lauktien, instructora certificada.

► COCINANDO CON MARI
Lunes, 22 de octubre, 26 de noviembre, 10 de diciembre de 6–7 pm
¡Comer saludable es muy importante! En estos meses aprenderemos a cocinar sabroso con Mari, Nutrióloga.

Social
► PALABRAS DE CARIÑO
Cada primer lunes del mes
1 de octubre, 5 de noviembre, 3 de diciembre, 6–7:30 pm
Palabras de cariño duran toda la vida. Venga y escriba cartas de apoyo para las familias con cáncer que están internadas o para cualquier persona que le brindo apoyo a usted durante los tiempos más necesarios.

► LA UNIVERSIDAD ES PARA TI TAMBIÉN!
Miércoles, 7 de noviembre, de 6–7:30 pm
¿Tienes familiares jóvenes y adolescentes? La Fundación Be a Leader platicara de cómo apoyar a los jóvenes para que sigan estudiando después de la high school. Hablaremos sobre la ayuda financiera, los diferentes títulos, y lo que debería hacer para prepararse. Habrá bocadillos.

Educacion
► ¡LA UNIVERSIDAD ES PARA TI TAMBIÉN!
Miércoles, 7 de noviembre, de 6–7:30 pm
¿Tienes familiares jóvenes y adolescentes? La Fundación Be a Leader platicara de cómo apoyar a los jóvenes para que sigan estudiando después de la high school. Hablaremos sobre la ayuda financiera, los diferentes títulos, y lo que debería hacer para prepararse. Habrá bocadillos.

Programas en inglés
Todas las personas que hablan español están invitadas a participar en todos los programas de Cancer Support Community AZ. ¡Los esperamos!

Actividades de Estilo de Vida Saludables
(Edades 13+)
► PRODUCES ORGANICOS GRATUITOS
Cada jueves de 4-6 pm
Llévese su fruta y vegetales frescos y orgánicos a casa. Gracias a Crooked Sky Farm, participantes pueden inscribirse para recibir produce orgánico totalmente gratis. Si está interesado/a, también existe la opción de comprar más produce de lo que se le regala. Favor de preguntarle a un miembro de CSCAZ para más información.

► CLASE DE COCINAR (TEMPORAL)
— COMO COCINAR SU PRODUCE ORGANICO
Jueves, el 18 de octubre, 15 de noviembre, 20 de diciembre de 6–7 pm
¿Recoge su produce orgánico los jueves, pero no sabe cómo cocinarlo? Esta clase de cocinar le enseñará cómo utilizar las frutas y las verduras del jardín. Recetas y degustación incluidas.

► YOGA
Cada martes del mes de 6–7 pm,
Cada miércoles del mes de 12:15–1:15 pm
Vengan a estirarse y relajarse en nuestras clases de yoga. Nosotras proveemos todo el equipo que necesita. Principiantes bienvenidos.

► FUERZA Y EQUILIBRIO
Cada miércoles del mes de 11 am–12 pm
Ejercicios sencillos para fortalecer el cuerpo y ayudar con el equilibrio. Vengan a disfrutar de un ambiente divertido y social.

► MOVIENTO EN RITMO
Cada sábado del mes de 9–10 am
Una clase de ejercicio diseñada para todos — adultos, jóvenes, y familias. ¡Venga a bailar hacia una vida más saludable!
Conectando Familias
Para más información acerca de los programas para niños, adolescentes y familias, por favor contactar a Brielle Giesemann al (602) 358-0289 o bgiesemann@cscaz.org

Eventos Para Jóvenes
Edades de 7–12.

GRUPO DE APOYO KIDSUPPORT EN EL ESTE
KidSupport Group es un grupo de apoyo que se reúne una vez a la semana durante seis semanas y enseña a los niños herramientas para hacer frente a un diagnóstico de cáncer en la familia. Habrá bocadillos y el grupo se reparte en inglés. Se requiere registración.

► En el Este
Cada Jueves, 4 de octubre — 8 de noviembre, de 6–7:30 pm Nota: La sesión del 25 de oct. ha cambiado para martes, 23 de oct. En el Children’s Cancer Network, 6150 West Chandler Blvd., #1, Chandler, AZ 85226

► En el Oeste
Sundays, October 14 through
Cada Domingo, 14 de octubre — 18 de noviembre, de 1–2:30 pm En Ottawa University, 9414 North 25th Ave., Phoenix, AZ 85021

► Héroes Saludables
Cada Sábado, 3 de noviembre — 8 de diciembre, de 10:30–11:30 am Los jóvenes están invitados a disfrutar de esta clase divertida. Lo sacudiremos con algo de Jin Shin Jyutsu, una técnica de relajación japonesa, junto con yoga para niños y Zumba. Todos los ejercicios son modificables a las habilidades de los participantes. Habrá bocadillos.

► Eventos Para Adolescentes
Edades de 13–21

► Fiesta de Videojuegos para los Adolescentes
Sábado, el 13 de octubre, de 4–6 pm ¿Juegas Fortnite, COD, o GTA? Acompañanos y juega tus videojuegos y juegos de mesa favoritos con tus amigos de CSCAZ. Habrá bocadillos.

► Clase de Cocina para Adolescentes
Domingo, 4 de noviembre, 1–2:30 pm Servir un plato de cereal no cuenta como cocinar. Ven a aprender nuevas habilidades de cocina y recetas con las que podrás impresionar a tus amigos y familiares. ¡Además, podrás probar los platillos!

► Celebración del Día de Acción de Gracias para Adolescentes
Domingo, 11 de noviembre, 1–3 pm El Día de Acción de Gracias es un tiempo para celebrar nuestras amistades tanto como nuestras familias. ¡Únete a CSCAZ y Amanda’s Hope Rainbow Angels para nuestro primer anual Teen Friendsgiving! Disfrutaremos de la comida típica del Día de Acción de Gracias y, si puede, trae tus dulces favoritos para compartir en nuestro potluck de postres. ¡Trae tu apetito y un amigo!

► Celebración Navideña para Adolescentes
Sábado, 15 de diciembre, 5:30–7:30 pm ¡Despide de 2018 con viejos y nuevos amigos de CSCAZ en nuestra Celebración Navideña para Adolescentes! Tómate un descanso para estudiar para los exámenes finales mientras probas tus habilidades de decoración en nuestra competencia de casa de jengibre, y disfruta de algunas sorpresas navideñas con nosotros.

Para Familias
Para familias con hijos/as hasta los 21 años.

► Hora de Arte con la Familia
Sábado, 20 de octubre, 6–7 pm Nuestra familia puede disfrutar de esta fiesta de Halloween, en estilo CSCAZ! Habrá dulces, juegos de patio, manualidades de Halloween, y un concurso de disfraces. Traiga una foto de un ser querido que falleció para nuestro altar del Día de los Muertos. Comida incluida.

► Fiesta de Truco o Trato Familiar
Sábado, 27 de octubre, 5:30–8 pm ¡Toda la familia puede disfrutar de esta fiesta de Halloween, a estilo CSCAZ! Habrá dulces, juegos de patio, manualidades de Halloween, y un concurso de disfraces. Traiga una foto de un ser querido que falleció para nuestro altar del Día de los Muertos. Comida incluida.

► Seminario Familiar sobre el Cuidado de Relevo
Sábado, 1 de diciembre, 11:30 am–1 pm Nuestros amigos de Ryan House compartirán con nosotros los pormenores del cuidado de relevo para niños con cáncer y otras enfermedades potencialmente mortales. Ven y aprende sobre sus servicios y cómo pueden apoyar y brindar alivio a su familia. Almuerzo incluido.

► Salida Familiar a Ryan House
Martes, 11 de diciembre, 6–7 pm En Ryan House. Después de conocer los servicios de Ryan House, realizaremos una excursión para visitar y recorrer el hermoso campus de Ryan House y aprender más sobre los servicios y el apoyo que pueden brindarte a su familia.
## PARTICIPANT PROGRAM CALENDAR
### OCTOBER 2018

**PLEASE REGISTER FOR ALL PROGRAMS BY CALLING (602) 712-1006 OR EMAILING RSVP@CSCAZ.ORG**

For in-depth program descriptions, please visit www.cscaz.org

### Programs Location Color Guide:
- Main Campus
- Offsite
- Español
- Virtual Support Services

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<td>1</td>
<td>Participant Support Group 1-2:30 pm Sound Healing Meditation 6-7 pm Words of Encouragement (Palabras de Carino) 6-7:30 pm</td>
<td>2</td>
<td>Participant Support Group 10-11:30 am</td>
<td>3</td>
<td>Newcomer Meeting 10 am Cancer Support Group at Ottawa University 10-11:30 am Strength and Balance Class 11 am-12 pm Gentle Yoga 12:15-1:15 pm</td>
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<td>8</td>
<td>Participant Support Group 1-2:30 pm Vida Saludable 6-7 pm Drumming from the Heart at Las Lomas Senior Center 6-7:30 pm</td>
<td>9</td>
<td>Living with Cancer Support Group 10-11:30 am Volunteer Orientation 10 am-12 pm Jin Shin Jyutsu 11:45 am-1:45 pm Survivor Social 1-2:30 pm Zumba Kickbox Infusion 5-5:45 pm</td>
<td>10</td>
<td>Cancer Support Group at Ottawa University 10-11:30 am Strength and Balance Class 11 am-12 pm Gentle Yoga 12:15-1:15 pm Friends &amp; Family Support Group 6-7:30 pm Participant Support Group 6-7:30 pm</td>
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<td>15</td>
<td>Clay 10 am-12 pm Haciendo Papel Picado 6-7 pm PanCan Meeting 6-8 pm</td>
<td>16</td>
<td>Participant Support Group 10-11:30 am Book Club <em>Ordinary Grace</em> by William Kent Krueger 12-1:30 pm Your Cancer Story Writing Workshop 2-3:30 pm Zumba Kickbox Infusion 5-5:45 pm Gentle Yoga 6-7 pm Grupo de Apoyo 6-7:30 pm</td>
<td>17</td>
<td>Newcomer Meeting 10 am Cancer Support Group at Ottawa University 10-11:30 am Strength and Balance Class 11 am-12 pm Gentle Yoga 12:15-1:15 pm Friends &amp; Family Support Group 6-7:30 pm Participant Support Group 6-7:30 pm</td>
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<tr>
<td>22</td>
<td>Participant Support Group 1-2:30 pm Cozinando Con Mari 6-7 pm</td>
<td>23</td>
<td>Living with Cancer Support Group 10-11:30 am Participant Support Group 10-11:30 am Survivor Social 1-2:30 pm Zumba Kickbox Infusion 5-5:45 pm Gentle Yoga 6-7 pm</td>
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<td>Clay 10 am-12 pm Participant Support Group 1-2:30 pm</td>
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OPEN TO OPTIONS™

Making a decision about cancer treatment can be an overwhelming experience for many people. Important decisions need to be made about treatment for new or recurrent cancer as well as ending treatment.

One proven strategy for getting the most out of your visit is to be as prepared as possible. Having a written list of questions can help you feel more organized and comfortable in asking the questions you need to have answered as you work together with your doctor to make a decision about which treatment is right for you.

Open To Options™ supports you as you identify important questions about your cancer treatment options and concerns based upon your personal needs.

To schedule a session, call us directly at (602)712-1006.

## Programs Location Color Guide
- Virtual Support Services
- Main Campus
- Offsite
- Español
- Spanish

### Monday

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>10–11:30 am</td>
<td>Cancer Support Group at Banner - University Medical Center Phoenix 12–1 pm</td>
</tr>
<tr>
<td>12–1 pm</td>
<td>Sound Healing Mediation 6–7 pm</td>
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<tr>
<td>12–1 pm</td>
<td>Group Phoenix, 1–2:30 pm</td>
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<tr>
<td>10 am–12 pm</td>
<td>Clay</td>
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<tr>
<td>1–3 pm</td>
<td>Teen Social “Friends - University, 1–2:30 pm</td>
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### November 2018

**Participate Program Calendar**

**Please register for all programs by calling (602) 712-1006 or emailing RSVP@CSCAZ.ORG**

For in-depth program descriptions, please visit www.cscaz.org
A Night of Light
FRIDAY, DECEMBER 7, 5:30–7 PM

Join us for an evening to celebrate, honor, and remember those who have been impacted by cancer. Champions celebrate their connection to cancer by receiving a ‘clay heart of hope’ that they can inscribe with a message of strength, remembrance, and love to be placed on our Tribute Tree.
THANK YOU!

HOSPITAL PARTNERS

Banner University Medical Center
Phoenix

Dignity Health.

TRANSFORMATIONAL SPONSORS

$50,000 AND ABOVE
DAVID R. FRAZER

Arbonne
arizona credit union

$25,000 – $49,999
DAWN & ERSTON SENGER
DIANE WALKER

$15,000 – $24,999
aps

$10,000 – $14,999
EDITH ARROWSMITH
THE BIDSTRUP FOUNDATION

RISE FOR A REASON SATURDAY, OCTOBER 27 8:30 – 11:30 AM

A FUNDRAISING BRUNCH, SILENT AUCTION AND MIMOSA BAR
CELEBRATING OUR PAST, PRESENT AND FUTURE
To learn more, visit www.CSCAZ.org/RiseForAReason