

DECEMBER

SUPPORT PROGRAMS & PUBLIC TALKS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Bereavement Support Group - Mondays, 1- 2 p, DRMC. RSVP: 760-323-6394			<ul style="list-style-type: none"> Pet Therapy 9-11a Reiki, 12-3p, Apt: 760-416-4821 	<ul style="list-style-type: none"> Pet Therapy 9-11a 	
4	<ul style="list-style-type: none"> Massage Therapy 9a-3p Adaptive Yoga 10-11a Pet Therapy, 1-3p Look Good, Feel Better 130-330p RSVP: 800-395-5665	<ul style="list-style-type: none"> Pet Therapy 9-11a Massage Therapy 9a – 12p 	<ul style="list-style-type: none"> Pet Therapy, 9-11a Environmental Music 10:30a & 3p Tai-Chi, 10-11a Reiki, 12-3p, apt: 416-4821 Chairside Art Therapy 12-3p. 	<ul style="list-style-type: none"> Pet Therapy 9-11a Reiki, 12-3p, apt: 416-4821 	<ul style="list-style-type: none"> Pet Therapy 9-11a 	
11	<ul style="list-style-type: none"> Massage Therapy 9a-3p Adaptive Yoga 10-11a New Patient Orientation Lunch, 12-130p Pet Therapy 1-3p 	<ul style="list-style-type: none"> Pet Therapy 9-11a Massage Therapy 9a – 12p 	<ul style="list-style-type: none"> Pet Therapy, 9-11a Environmental Music 10:30a & 3p Tai-Chi, 10-11a Reiki, 12-3p, apt: 416-4821 Chairside Art Therapy 12-3p. 	<ul style="list-style-type: none"> Pet Therapy 9-11a Reiki, 12-3p, apt: 416-4821 	<ul style="list-style-type: none"> Pet Therapy 9-11a 	
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Classes meet in the Comprehensive Cancer Center, Palm Springs, Third Floor East Conference Room, unless noted otherwise. For more information and to register, please call the phone numbers noted on the reverse side of this calendar.

CCC is located at:
 1180 N. Indian Canyon Drive
 Suite E218
 Palm Springs, CA 92262
 Tel: 760.416.4800

Satellite Facility:
 CCC La Quinta
 47647 Caleo Bay, Suite 260
 La Quinta, CA 92253
 Website: www.desertcancercenter.com

SUPPORT PROGRAMS & PUBLIC TALKS

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New Patient Orientation Luncheon

Are you a new patient? Join us for lunch and an introduction to services at the Comprehensive Cancer Center and what to expect during your course of chemotherapy or radiation therapy. The Orientation Luncheon is held the 2nd Monday of the month from 12:00-1:30 pm. Please call (760) 416-4802 to register.

Look Good...Feel Better



Sponsored by the American Cancer Society, this program gives cancer patients a hands-on

experience using make-up, turbans, scarves and wigs to enhance their personal appearance during and after radiation therapy and chemotherapy. Held the 1st Monday of even months from 1:30-3:30 pm. Those interested in participating can call (800) 395-5665.

Breast Cancer Support and Education

We offer breast cancer support and education for patients and families. Meets the 1st Wednesday of the month at 1:30 pm. For information and to register, please call (760) 416-4790.

Lenscape Program

Using photography, patients can create meaningful works of art to chronicle their cancer experience. No art experience is required and all materials are provided. For more information, please call (760) 416-4834.



Art Therapy Program

Learn how art can help you cope with the cancer experience. Our clinician will meet with patients and family members during treatment. Materials are provided. For more information, please call (760) 416-4834.

Complementary Medicine Program

This program offers patients referrals to a wide variety of complementary medicine modalities, including Chinese Medicine, chiropractics, nutrition, education regarding herbs/supplements, biofeedback, spiritual care counseling and strengthening/physical rehabilitation. For more information, please call (760) 416-4834.

Massage Therapy

Massage therapy is available to patients on Mondays and Tuesdays. For more information, please call (760) 362-3632.

Adaptive Yoga



Yoga classes are geared for patients of all abilities and those with physical limitation. No experience is necessary. Patients and family members are welcome to attend. Physician permission required. Meets every Monday from 10-11 am. Cost per session is \$5.00.

To register, please call (760) 416-4864.

Bereavement Support Group

A Desert Regional Medical Center chaplain will facilitate a bereavement support group every Monday, 1 – 2 pm on campus at Hanson House. The group meets for a ten week period (coinciding with the ten stages of grief). The group is offered at no charge to the public, employees and volunteers. If you are interested in attending, please contact the Volunteer Office at 760-323-6394 or e-mail steve.dinga@tenethealth.com.



PATIENT EDUCATION

TELEPHONE CONFERENCES



CancerCare offers telephone conferences periodically on a range of cancer topics. Please log on to www.cancer.org for more information, or contact the Comprehensive Cancer Center at (760) 416-4834.

Tai Chi



This class focuses on calm movement, breathing and relaxation to help reduce stress and improve balance and strength. No experience required. Meets Wednesdays 10-11 am in CCC 3rd FL conference room. Cost per session: \$7. To register, call (800) 491-4990.

Reiki

Reiki is a Japanese energy-based technique that strives to promote relaxation, reduce stress and anxiety, and foster overall wellness. Trained volunteer practitioners place their hands lightly on or just above a person, with the goal of facilitating the person's own healing response. Every Wednesday & Thursday 12 – 3 p.m. Sessions are complimentary and are approximately 45 minutes. For an appointment, please call (760) 416-4821.

Pet Therapy

"Paws and Hearts" specially trained doggies visit the Comprehensive Cancer Center every day to offer companionship to you and your family. Please see the reverse side for times.



New! Chariside "Make It and Take It" Art Therapy



While you have treatment at the Comprehensive Cancer Center, a social worker can join you for an art project that you can take home with you. Many activities can be created in about 30 minutes to an hour. Offered every Wednesday, 12-3pm. Those interested in participating can call 760-416-4809.