

NEWPORT BEACH

Oncology Support and Education Services



SUPPORT GROUPS

Bladder Cancer Support Group

2nd Monday, 1-2:30 PM, Conference Rm A
Every other month – February, April, June, August, October, December

Brain Tumor Support Group

3rd Wednesday, 3-4:30 PM, Hoag NB Conference Center, 3rd floor

Breast Cancer Support Group

4th Monday, 12-1:30 PM, Conference Rm A

Young Women's Breast Cancer Support Group

3rd Monday, 6-7:30 PM, Hoag NB Cancer Center- 1st Floor Lobby

Gastrointestinal Cancer Support Group

4th Thursday, 2-3:30 PM, Conference Rm A

Gynecologic Cancer Support Group

1st Monday, 1-2:30 PM, Conference Rm A

Lung Cancer Support Group

2nd Wednesday, 6-7:30 PM, Conference Rm A

Oral, Head & Neck Cancer Support Group (SPOHNC-Hoag)

2nd Monday, 6-7:30 PM, Conference Rm A

Ostomy Support Group

3rd Wednesday, 5-6:30PM, Conference Rm A
March, June, September, December

Prostate Cancer Education & Support Group (PACT- Man)

1st Wednesday, 6-7:30 PM, Hoag NB Cancer Center
Every other month – February, April, June, August, October, December

Recurrent and Metastatic Support Group

3rd Tuesday, 5-6:30 PM, Hoag NB Cancer Center

Bereavement Support Group

Wednesdays, weekly, 5:30-7 PM, Hoag NB Cancer Center

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.
3rd Thursday, 2-3:30 PM (NB)
Conference Room B
Registration required.
Please call 949-722-6237

Lymphedema Workshop

Minimizing your risk of Lymphedema exacerbation.
1st Tuesday, 2-3:00 PM
Conference Room A

New Patient Orientation

Overview of Hoag Family Cancer Institute including information on supportive services and programs available to you, ways to cope with a new diagnosis and resources on health care team and roles. 3rd Wednesday, 11-12 PM (NB)
Conference Room A
Registration required.
Please call 949-722-6237

Newport Beach class offerings are held at

**Patty & George Hoag
Cancer Center
One Hoag Drive (Bldg 41)**

For more information, or to confirm these days and times call Hoag Family Cancer Institute at 949-7-CANCER or visit www.hoag.org/cancersupport



NEWPORT BEACH

Oncology Support and Education Services



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 949-764-1870

BODY, MIND & SPIRIT

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.

Brighter Image

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

Reiki Circle

1st and 3rd Friday, Hoag NB Cancer Center
By appointment only. Call 949-722-6237

Meditation and Guided Imagery

A workshop designed to teach basic meditation and guided imagery techniques for reducing stress and anxiety.
1st and 4th Tuesday, 1-1:45 PM, Hoag NB Cancer Center
Classes are open to the community.

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. Offered quarterly. **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.**

For more information, or to confirm these days and times call Hoag Family Cancer Institute at 949-7-CANCER or visit www.hoag.org/cancersupport

Updated 1/16/2019