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.

Road to the Herberger
A special collaboration between Herberger Theater Center and Cancer Support Community Arizona.

In January 2019, your art will be displayed at the Herberger Art Gallery. Below are your opportunities to participate and tell your story through your art!

► Creating Face Masks
Tuesday, July 17, 2–4 pm and Saturday, July 21, 1–3 pm
Join us for a relaxing afternoon to have your face cast and your story captured. Pre-registration is required.

► Painting with Frank Ybarra
Wednesday, September 26, 3:30–5:30 pm
Join us as local artist, Frank Ybarra, leads this inspiring class of creating art on canvas as you explore and experiment with paint. No experience required. All supplies provided. Limited space.

Reserve your spot today!
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.

► GYNECOLOGIC CANCER SURVIVOR CELEBRATION
Saturday, September 15, 10 am–1 pm
Join us to celebrate all women with a gynecologic cancer diagnosis. This multifaceted event will be sure to educate, encourage and inspire you. Join us for an informational session, meditative movement and lunch and networking with other survivors. Held in Partnership with the Ovarian Cancer Alliance of Arizona.

Education

► ORAL HEALTH FOR CANCER CARE
Thursday, August 23, 6–7:30 pm
Debbie Holexa, RDH, MAEd, Dental Hygiene Program Director at Mesa Community College will talk about what every cancer patient needs to know regarding oral health care. Learn what to do before, during and after treatment to support your oral health needs.

► FACT OR FICTION: COMMON CANCER NUTRITION MYTHS
Thursday, September 13, 6-7:30 pm
Danielle Penick, MS, RD, CNSC, LDN, Registered Dietitian will explore the common cancer nutrition concerns and talk about what’s real and what’s not. Should you really avoid sugar? Can you make your body alkaline? What about soy? Learn the truth behind these common cancer nutrition questions.

► MAYO CLINIC MOLECULAR BIOLOGY LAB TOUR
Thursday, September 20, 10–11 am
Join Joseph C. Loftus, PhD for a behind-the-scenes tour of this working lab and learn about his research in neuro-oncology. Limited space.

► BIDEN CANCER SUMMIT
Friday, September 21
(More Info To Come!)
The Biden Cancer Summit will focus on the journey from prevention, through cancer diagnosis, treatment, and survivorship. Visit www.BidenCancer.org for a personal message from former Vice President Biden.

Healthy Lifestyle Activities
(Open to ages 13 and up)

► 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.

► SEASONAL COOKING CLASS — HOW TO USE YOUR CSA PRODUCE
Thursdays, July 19, August 16 and September 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.

► FRANKLY SPEAKING ABOUT CANCER: METASTATIC BREAST CANCER
Thursday, September 27, 6–7:30 pm
Jasgit Sachdev, MD, Director of Breast and GYN Early Trials at HonorHealth Research Institute leads this informative discussion around the specific needs that women facing metastatic breast cancer face. Learn about treatment options, managing side effects and the latest research information. Note: There will be both an in-person presentation and an opportunity to join via Facebook Live.
Programs Location Color Guide: ▶ Main Campus ▶ Offsite ▶ Español ▶ Virtual Support Services

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

► 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!

► RHYTHMS FOR A HEALTHY LIFE
Fourth Tuesday of each month, July 24, August 28 and September 25, 1–2:30 pm
Join us for an opportunity to create, participate and listen to music. This expressive outlet can decrease stress, alleviate anxiety, express emotions and help you relax. Instruments provided. Let’s get the beat going!

► QUICK HEALTHY COOKING
Thursdays, July 26, August 9 and September 13, 2–3:30 pm
July – Fruit Salads, August – Summer Salads, September – Fall Soups.

► YOUR CANCER STORY WRITING WORKSHOP
Tuesdays, August 21 and September 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.

Social Connections

► WORDS OF ENCOURAGEMENT
First and third Mondays of each month: July 2 & 16, August 6 & 20, September 17 & 21, 6–7:30 pm
Words of kindness can last a lifetime, come join us every first and third Monday of the month to write notes of encouragement for hospital cancer families or anyone who’s given you words of encouragement!

► BUNCO
Tuesdays, July 3, August 7 and September 4, 12–2 pm

► WALKING CLUB
Fridays, July 6 & 20, August 3 & 17, September 7 & 21, 9–10 am
At Scottsdale Fashion Square. Meet at Paradise Bakery. Walk at your own pace in the air-conditioned mall that covers up to 3 miles in perimeter. Covered garage leads you right into the mall. Complimentary water and ice courtesy of Paradise Bakery.

► BINGO
Friday, September 7, 6–7:30 pm

► SURVIVOR SOCIAL
Tuesdays, July 10 & 24, August 14 & 18, September 11 & 25, 1–2:30 pm

Road to the Herberger

A special collaboration between Herberger Theater Center and Cancer Support Community Arizona.

In January 2019, CSCAZ will be the featured charity at the Herberger Art Gallery with art created by cancer survivors and caregivers. Below are your opportunities to participate and tell your story through art! Pre-registration required.

► CREATING FACE MASKS
Tuesday, July 17, 2–4 pm and Saturday, July 21, 1–3 pm
Create a cast of your face using sterile medical gauze. Come prepared to answer a few questions related to your experience with cancer. Space is limited.

► PAINTING WITH FRANK YBARRA
September 26, 3:30–5:30 pm
Join us as local artist, Frank Ybarra, leads this inspiring class of creating art on canvas as you explore and experiment with paint. No experience required. All supplies provided. Limited space.

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

► HPV PREVENTION AND CANCER
Wednesday, September 19, Live at 12:30 pm
Natalie Godbee, DO, Gynecologic Oncologist with Cancer Treatment Centers of America discusses why HPV prevention is so important and how it can impact a future cancer diagnosis.

► FRANKLY SPEAKING ABOUT CANCER: METASTATIC BREAST CANCER
Thursday, September 27, Live at 6:00 pm
Jasgit Sachdev, MD, Director of Breast and GYN Early Trials at HonorHealth Research Institute leads this informative discussion around the specific needs that women facing metastatic breast cancer face. Learn about treatment options, managing side effects and the latest research information. Note: There will be both an in-person presentation and an opportunity to join via Facebook Live.
PROGRAM DESCRIPTIONS
JULY | AUGUST | SEPTEMBER | 2018

BOOK CLUB
Tuesdays, July 17, August 21 and September 18, 12–1:30 pm
July – *The Tea Girl of Hummingbird Lane* by Lisa See, August – *Life on the Mississippi* by Mark Twain, September – *House of Silk* by Anthony Horowitz

JUST FOR MEN: DINER TALK
Fridays, July 20, August 17 and September 21, 10–11:30 am
At First Watch – Park Central Plaza.

DIAMONDBACKS GAME
Sunday, August 5 & 26, 12:30 pm
At Chase Field, 401 East Jefferson St., Phoenix, AZ 85004. Come and enjoy a game of baseball as the Arizona Diamondbacks take on the Giants (8/5) and the Mariners (8/26). Let's go Dbacks! Limited seats. RSVP required.

YOUNG ADULT DIAMONDBACK OUTING
Monday, September 17, game starts at 6:40 pm
The Young Professionals Council (YPC) invites anyone ages 21–40 impacted by cancer to join them for a fun baseball outing as the Diamondbacks take on the Chicago Cubs in what's sure to be a fun end-of-season matchup. Limited seats.

TEEN ART HOUR
Saturday, August 18 and September 15, 1–3 pm
The whole family is invited to learn a new creative craft in this monthly program — teens will have a separate room. Light refreshments and snacks provided.

TEEN MALL SCAVENGER HUNT: FASHION SQUARE MALL
Saturday, September 8, 1–3 pm
At Scottsdale Fashion Square Mall. Ready, set, clues! Get together with other CSCAZ Teens while you get lost in the fashion, sports, and fun scenery of Fashion Square Mall as you search for clues.

Family Services
For families with children up to age 18

INDOOR FAMILY BBQ
Saturday, July 21, 1–3 pm
Beat the heat while spending time with the family. Join us for an indoor BBQ with tasty food and refreshments while making face masks supporting our Road to the Herberger. See front page for details.

FAMILY DIAMONDBACKS GAME
Sunday, August 5 & 26, 12:30 pm
At Chase Field, 401 East Jefferson St., Phoenix, AZ 85004. Come and enjoy a game of baseball. Watch the Arizona Diamondbacks play while sharing some food and fun with the whole family. Let's go Dbacks!

FAMILY ART HOUR
Saturday, August 18 and September 15, 1–3 pm
Bring the whole family and come learn a new creative craft. Light refreshments and snacks will be provided.

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

PANCREATIC CANCER ACTION NETWORK (PANCAN)
Saturdays, July 7, 9 am–1 pm, August 18 and September 22, 10 am–12 pm
Contact Elizabeth Canuas at: (480) 703-3300 or ecanuas@pancanvolunteer.org

COALITION FOR BLACKS AGAINST BREAST CANCER (CBBC)
Sundays, July 15, August 19 and September 16, 3–5 pm
Contact Marion Kelly at: (480) 301-4232 or kelly.marion@mayo.edu

NATIONAL OVARIAN CANCER COALITION (NOCC)
Saturdays, August 11 and September 8, 10 am–12 pm
Contact Sherry Baker at: (480) 566-0031 or sbaker@ovarian.org

BOOK CLUB
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Bring the whole family and come learn a new creative craft. Light refreshments and snacks will be provided.

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

Teen Events
For Ages 13–21

TEEN PAMPER DAY
Sunday, July 29, 11 am–2 pm
At Coiffeur’s Salon, 1024 North First Avenue, Phoenix AZ 85003. Guys and Gals, come get a fresh haircut and style so you are ready to head back to school, and girls can also enjoy getting your makeup and nails done!

TEEN BACK TO SCHOOL BASH
Sunday, August 12, 1–3 pm
At Amanda Hope Rainbow Angels, 340 East Coronado Road, Ste. 100, Phoenix, Arizona 85004. Come join us for an End of Summer party and to welcome the new school year! There will be tacos, music, games and prizes!
### Offsite Programs

#### July | August | September | 2018

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

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**East Valley**

**Via Linda Senior Center**

**DRUMMING FROM THE HEART**

2nd Monday of each month

- July 9, August 13, September 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.

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**West Valley**

**Banner Boswell Medical Center**

**CANCER SUPPORT GROUP**

2nd and 4th Wednesdays of each month

- July 11 & 25, August 8 & 22, September 12 & 26, 10–11:30 am

*Location:*
- August 8: Ponderosa Room, 2nd Floor
- All other program dates: Chapman Room, 2nd Floor

This professionally facilitated support group is open to anyone dealing with a cancer diagnosis. Explore ways to deal with stressors of the diagnosis and find support with others in a caring environment. Open to both diagnosed and family.

**Sun Health Locations**

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

**HEALTHY MEAL PREPARATION FOR CANCER**

Fridays, July 6 & 20, August 3 & 17, September 7, 10–11 am

*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 and menu tasting included. Open to cancer survivors, family and friends.

- July 6: Foods for Sleep
- July 20: Top ‘Cancer-Fighting’ Spices
- August 3: Bean Bonanza
- August 17: Crazy for Kale
- September 7: Cold Soups

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**Location Guide**

**Main Campus:**

360 East Palm Lane

Phoenix, AZ 85004

**Off-Campus Locations:**

**Banner Boswell Medical Center**

13180 North 103rd Drive

Sun City, AZ 85351

**Banner – University Medical Center Phoenix**

1111 East McDowell Road

Phoenix, AZ 85006

**First Watch — Park Central Plaza**

3110 North Central Avenue

Phoenix, AZ 85012

**Scottsdale Fashion Square Mall, 7014 East Camelback Road**

Scottsdale, AZ 85251

**Sun Health Locations:**

- **The Colonnade**
  19116 North Colonnade Way
  Surprise, AZ 85374

- **Via Linda Senior Center**
  10440 East Via Linda
  Scottsdale, AZ 85258
OUR PREMIER HOSPITAL PARTNER

Programs are held at Banner - University Medical Center Phoenix  
1111 East McDowell Road  |  Phoenix, AZ 85006  |  (602) 839-2000  |  www.bannerhealth.com  
For reservations, please call CSCAZ at (602) 712-1006 or email RSVP@cscaz.org  
Programs are open to anyone impacted by cancer. Validated parking.

**GENTLE YOGA**  
Fridays, July 13 & 27, August 10 & 24, September 14 & 28, 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. Seated options available

**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.

► DISPELLING THE MYTHS OF PALLIATIVE CARE  
Friday, July 20, 12–1 pm  
Featuring: Domingo Maynes, MD, Medical Director and Carla Klier LCSW, Social Worker

► NUTRITION FOR CANCER CARE  
Friday, August 24, 12–1 pm  
Featuring: Ellen Ostrand, RD, CSO, Board Certified Specialist in Oncology Dietitian

► PROSTATE CANCER UPDATE  
Friday, September 21, 12–1 pm  
Featuring: Scott Kalinowski, MD, Urologist and Christy Smith, ANP, Nurse Practitioner
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.

¡Programas para Lucir!

**NAVEGANDO LA EXPERIENCIA DEL CANCER CON DR. BORGHERO**
Sábado 25 de agosto, 9:30 am–2 pm
- Como lidiar con los efectos secundarios del tratamiento del cáncer.
- La importancia de una vida saludable, incluyendo la importancia del cuidado dental durante el tratamiento.
- Se cubrirá aspectos de la nutrición, manejo del estrés, y recursos en la comunidad.
- Almuerzo incluido.

**CELEBRANDO LA CULTURA LATINA**
Sábado 29 de septiembre, 5–7:30 pm
- ¡Traiga a su familia y acompañenos en celebrar nuestra cultura Latina!
- Habrá piñatas, entretenimiento, comida, y diversión
- Tendremos diferentes culturas Latinas presentes
Programas en Español

Apoyo

► GRUPO DE APOYO
17 y 31 de julio, 7 y 21 de agosto, 4 y 18 de septiembre de 6 a 7:30 pm
Explore nuevas maneras de manejar el estrés del cáncer y aprenda de las experiencias de otros pacientes y sus familias.

► SUPPORT GROUP
Tuesdays, July 17 and 31, August 7 and 21, September 4 and 18, 6–7:30 pm
Explore new ways to manage stress and learn from the experiences of other patients and their families.

Vida Saludable

► VIDA SALUDABLE
9 de julio, 13 de agosto, 10 de septiembre. Segundo lunes del mes de 6 a 7 pm
¡Vivir saludable es muy importante! En estos meses aprenderemos a cómo manejar el estrés y como movernos para sentirnos mejor con Johanne Lautkien, instructora certificada.

► HEALTHY LIFESTYLES
Second Monday of the month, July 9, August 13 and September 10, 6–7 pm
Living healthy is very important! In these months, we will learn how to handle stress and how to move and feel better with Johanne Lautkien, a certified instructor.

► COCINANDO CON MARI
23 de julio, 27 de agosto, 24 de septiembre. Cuarto lunes del mes de 6 a 7 pm
¡Comer saludable es muy importante! En estos meses aprenderemos a cocinar sabroso con Mari, Nutrióloga.

► COOKING WITH MARI
Fourth Monday of the month, July 23, August 27 and September 24, 6–7 pm
Living healthy is very important! In these months, we will learn to cook tasty meals with Mari, a nutritionist.

Social

► PALABRAS DE CARÍÑO
Cada primer y tercer lunes del mes: 2 y 16 de julio, 6 y 20 de agosto, 17 de septiembre de 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 brinda apoyo a usted durante los tiempos más necesarios.

► WORDS OF ENCOURAGEMENT
First and third Mondays of each month: July 2 & 16, August 6 & 20, September 17, 6–7:30 pm
Words of kindness last a lifetime, come join us every first and third Monday of the month to write notes of encouragement for hospital cancer families or anyone who’s given you words of encouragement!

► LOTERIA Y PIRINOLA
Jueves 26 de julio de 6-7:30 pm
Digamos “¡Buenas!” con la lotería. Vengan a divertirse con su familia y amigos mientras jugamos lotería y le damos vuelta al juguete tradicional de México, la pirinola.

► LOTERIA AND PIRINOLA
Thursday, July 26, 6–7:30 pm
Let’s yell, “Winner!” with a game of loteria. Come have fun with your family and friends while we play loteria and spin the pirinola, a traditional Mexican board game.

► PARTIDO DE BEISBOL DE LOS DBACKS
Domingo, 5 de agosto y 26 de agosto a las 12:30 pm
Venga y disfrute de un partido de beisbol. Veamos los Diamondbacks de Arizona jugar mientras comparte comida y diversión con toda la familia. ¡Arriba los Dbacks!

► DBACKS BASEBALL GAME
Sunday, August 5 & 26, 12:30 pm
Come and enjoy a game of baseball. Watch the Arizona Diamondbacks play while sharing some food and fun with the whole family. Let’s go Dbacks!

► PINTANDO EN FAMILIA CON FRANK YBARRA
Sábado 15 de septiembre, 1–3 pm
Venga y disfrute una noche de arte con su familia. El artista local, Frank Ybarra, dirigirá la clase inspiradora y nos enseñará cómo crear una pintura de arte. No se ocupa experiencia y todos los materiales serán proveídos.

► FAMILY PAINT DAY WITH FRANK YBARRA
Saturday, September 15, 1–3 pm
Come join us with your family as local artist, Frank Ybarra, leads this inspiring class of creating art on canvas. No experience is needed and all the supplies will be provided.

► CELEBRANDO LA CULTURA LATINA
Sábado 29 de septiembre, 5–7:30 pm
¡Piñatas, música, familia y más! Qué bonita es la cultura Latina. Acompáñenos a celebrar diferentes culturas Latinas con comida, juegos, y entretenimiento.

► LATINO CULTURE CELEBRATION
Saturday, September 29, 5–7:30 pm
Piñatas, music, family and more! The Latino culture sure is beautiful. Join us in celebrating different Latino cultures with food, games, and entertainment.

Educacion

► NAVEGANDO LA EXPERIENCIA DEL CANCER
Sábado 25 de agosto, 9:30am–2 pm
En este taller informativo, Yerko Borghero, MD, oncólogo en Banner MD Anderson, se enfocará en cómo lidiar con los efectos secundarios asociados con el tratamiento del cáncer al igual que la importancia de una vida saludable incluyendo la importancia del cuidado dental durante el tratamiento. En este taller también cubriremos aspectos de nutrición, manejo del estrés y recursos en la comunidad. Almuerzo incluido.

► NAVIGATING THE CANCER EXPERIENCE
Saturday, August 25, 9:30 am–2 pm
In this informative workshop, Yerko Borghero, MD, oncologist in Banner MD Anderson, will focus on how to deal with the side effects associated with cancer treatment as well as the importance of a healthy lifestyle including the importance of dental health. The workshop will focus on nutrition, how to manage stress, and community resources. Lunch included.
PreGuntale al eXPerto:
CANCER DE SENO
Sábado 8 de septiembre,
12:30–2 pm
En esta presentación, Sandra Ortega, especialista de pacientes del Banner MD Anderson, le va ayudar entender el proceso después de un diagnóstico de cáncer del seno. Aprenda de los recursos disponibles del cáncer del seno y hágale preguntas a la especialista de pacientes. Bocadillos y bebidas incluido.

ASK THE EXPERT:
BREAST CANCER
Saturday, September 8, 12:30–2 pm
In this presentation, Sandra Ortega, Nurse Navigator in Banner MD Anderson, will help you understand the process after a breast cancer diagnosis. Learn about breast cancer resources and ask a Nurse Navigator your questions. Snacks and refreshments included.

Programas en inglés
Toda persona de habla Hispánica está invitada a participar en todos los programas de Cancer Support Community AZ. (Estos servicios se presentan en inglés) ¡Los esperamos!

Actividades de Estilo de Vida Saludable
(Edades 13+)

PRODUCE 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. Espacio limitado.

CLASE DE COCINAR (TEMPORAL) — COMO COCINAR SU PRODUCE ORGÁNICO
Jueves 19 de julio, 16 de agosto,
20 de septiembre de 6–7 pm
¿Recoge su produce orgánico los jueves, pero no sabe cómo cocinarlo? Esta clase de cocinar le enseñara como utilizar las frutas y las verduras del jardín. Recetas y degustación incluidas.

Conectando Familias
Para más información acerca de los programas para niños, adolescentes y familias, por favor contactar a Carrie Cantrell al (602) 712-1006 o ccantrell@cscaz.org

Eventos Para Adolescentes
Edades de 13–21

DIA EN EL SALÓN DE BELLEZA PARA LOS ADOLESCENTES
Domingo, 29 de julio, 11 am–2 pm
En el Coiffeur’s Salon, 1024 North 1st Avenue, Phoenix, AZ 85003. Damas y Caballeros, vengan y reciban un corte de pelo para el regreso a escuela. ¡Y las damas también podrán hacerse sus uñas y maquillaje!

FIESTA DE REGRESO A ESCUELA
Domingo, 12 de agosto de 1–3 pm
En Amanda Hope Rainbow Angels, 326 E. Coronado Rd, Ste 103, Phoenix, AZ 85004. Vengan y disfruten de la fiesta de regreso a escuela para darle la bienvenida al nuevo año escolar. ¡Abran tacos, música, juegos, y premios!

BÚSQUEDA DE TESOROS: FASHION SQUARE MALL
Sábado, 8 de septiembre, 1–3 pm
¡En sus marcas, listos, pistas! Únete con otros jóvenes del CSCAZ y explora la moda, deportes, y ambiente del Fashion Square Mall mientras buscan las pistas de los tesoros.

Para Familias
Para familias con hijos/as hasta los 18 años.

ASADO FAMILIAR
Sábado, 21 de julio, 1–3 pm
Venzan el calor mientras que pasan tiempo en familia. Vengan y disfruten de un asado con comida sabrosa y bebidas refrescantes. Haremos mascarillas de yeso. Su mascarilla será demostrada en el teatro del Herberger.

HORA DE ARTE CON LA FAMILIA
Sábado, 18 de agosto y 15 de septiembre, 1–3 pm
Traiga toda la familia y aprenda una nueva manualidad artística. Bocadillos y refrescos serán proveídos.

PARTIDO DE BEISBOL DE LOS DBACKS
Domingo, 5 de agosto y 26 de agosto a las 12:30 pm
Venga y disfrute de un partido de beisbol. Vea los Diamondbacks de Arizona jugar mientras comparte comida y diversión con toda la familia. ¡Arriba los Dbacks!
## PARTICIPANT PROGRAM CALENDAR
### JULY 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**  

### MONDAY
- **2**  
  Participant Support Group  
  1–2:30 pm  
  Words of Encouragement (Palabras de Carino)  
  at Via Linda Senior Center  
  6–7:30 pm

### TUESDAY
- **3**  
  Participant Support Group  
  10–11:30 am  
  Bunco  
  12–2 pm

### WEDNESDAY
- **4**  
  CSC ADMINISTRATIVE OFFICES CLOSED FOR INDEPENDENCE DAY

### THURSDAY
- **5**  
  Learn & Support: Multiple Myeloma  
  10 am–12 pm  
  Tai Chi  
  12–1 pm  
  CSA Produce Pick Up  
  4–6 pm

### FRIDAY
- **6**  
  CSC ADMINISTRATIVE OFFICES CLOSED  
  Walking Club at Scottsdale Fashion Square  
  9–10 am  
  Healthy Meal Preparation for Cancer  
  at The Colonnade  
  10–11 am

### SATURDAY
- **7**  
  Moving to the Beat  
  9–10 am  
  PanCan Meeting  
  9 am–1 pm

### MONDAY
- **9**  
  Participant Support Group  
  1–2:30 pm  
  Vida Saludable  
  Drumming from the Heart  
  at Via Linda Senior Center  
  6–7:30 pm

### TUESDAY
- **10**  
  Living with Cancer Support Group  
  10–11:30 am  
  Survivor Social  
  1–2:30 pm  
  Gentle Yoga  
  6–7 pm  
  Volunteer Orientation  
  6–8 pm

### WEDNESDAY
- **11**  
  Newcomer Meeting  
  10 am  
  Cancer Support Group at Banner Boswell Medical Center  
  10–11:30 am  
  Strength and Balance Class  
  11 am–12 pm  
  Gentle Yoga  
  12:15–1:15 pm  
  Friends & Family Support Group  
  6–7:30 pm  
  Participant Support Group  
  6–7:30 pm

### THURSDAY
- **12**  
  Tai Chi  
  12–1 pm  
  CSA Produce Pick Up  
  4–6 pm

### FRIDAY
- **13**  
  CSC ADMINISTRATIVE OFFICES CLOSED  
  Gentle Yoga at Banner - University Medical Center  
  Phoenix  
  10–11 am

### SATURDAY
- **14**  
  Moving to the Beat  
  9–10 am  
  Leon & Support: Pancreatic  
  10–11:30 am  
  Leon & Support: Carcinoid  
  12:30–2:30 pm

### MONDAY
- **16**  
  Participant Support Group  
  1–2:30 pm  
  Words of Encouragement (Palabras de Carino)  
  at Via Linda Senior Center  
  6–7:30 pm

### TUESDAY
- **17**  
  Participant Support Group  
  10–11:30 am  
  Book Club  
  The Tea Girl of Hummingbird Lane by Lisa See  
  12–1:30 pm  
  Creating Face Masks  
  2–4 pm  
  Newcomer Meeting  
  6 pm  
  Gentle Yoga  
  6–7 pm  
  Grupo de Apoyo  
  6–7:30 pm

### WEDNESDAY
- **18**  
  Strength and Balance Class  
  11 am–12 pm  
  Gentle Yoga  
  12:15–1:15 pm  
  Friends & Family Support Group  
  6–7:30 pm  
  Participant Support Group  
  6–7:30 pm

### THURSDAY
- **19**  
  Tai Chi  
  12–1 pm  
  CSA Produce Pick Up  
  4–6 pm  
  Seasonal Cooking Class: How to Use Your CSA Produce  
  6–7 pm

### FRIDAY
- **20**  
  CSC ADMINISTRATIVE OFFICES CLOSED  
  Walking Club at Scottsdale Fashion Square  
  9–10 am  
  Healthy Meal Prep. for Cancer at The Colonnade  
  10–11 am  
  Just for Men: Diner Talk at First Watch  
  10–11:30 am  
  L&D: Dispelling the Myths of Palliative Care at Banner - University Medical Center  
  Phoenix  
  12–1 pm

### SATURDAY
- **21**  
  Moving to the Beat  
  9–10 am  
  Indoor Family BBQ and Creating Face Masks  
  1–3 pm

### MONDAY
- **23**  
  Participant Support Group  
  1–2:30 pm  
  Living with Cancer Support Group  
  10–11:30 am  
  Participant Support Group  
  10–11:30 am  
  Rhythms for a Healthy Life  
  1–2:30 pm  
  Survivor Social  
  1–2:30 pm  
  Gentle Yoga  
  6–7 pm

### TUESDAY
- **24**  
  Newcomer Meeting  
  6 pm  
  Gentle Yoga  
  6–7 pm  
  Grupo de Apoyo  
  6–7:30 pm

### WEDNESDAY
- **25**  
  Newcomer Meeting  
  10 am  
  Cancer Support Group at Banner Boswell Medical Center  
  10–11:30 am  
  Strength and Balance Class  
  11 am–12 pm  
  Gentle Yoga  
  12:15–1:15 pm  
  Friends & Family Support Group  
  6–7:30 pm  
  Participant Support Group  
  6–7:30 pm

### THURSDAY
- **26**  
  Tai Chi  
  12–1 pm  
  Quick Healthy Cooking: Fruit Salads  
  2–3:30 pm  
  CSA Produce Pick Up  
  4–6 pm  
  Loteria & Pinolada  
  6–7:30 pm

### FRIDAY
- **27**  
  CSC ADMINISTRATIVE OFFICES CLOSED  
  Gentle Yoga at Banner - University Medical Center  
  Phoenix  
  10–11 am

### SATURDAY
- **28**  
  Moving to the Beat  
  9–10 am

### SUNDAY
- **29**  
  Teen Pamper Day at Coiffeur’s Salon  
  11 am–2 pm

### YOU’RE INVITED TO JOIN CanSurround ONLINE SUPPORT
Cancer Support Community Arizona has enhanced our FREE programs to include online emotional support 24 hours a day, 7 days a week! This NEW program is brought to you through a partnership with CanSurround, an innovative program that provides you online access to medical checklists, journaling, educational resources, relaxation exercises, and much more.

Anyone impacted by cancer can utilize our online program by visiting [https://www.cansurround.com/cscaz](https://www.cansurround.com/cscaz) and participation is always free thanks to the support of Thunderbirds Charities.

For questions, call (602) 712-1006.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>6  Participant Support Group</td>
<td>7  Participant Support Group</td>
<td>1  Strength and Balance Class</td>
<td>2  Learn &amp; Support: Multiple Myeloma</td>
<td>3  CSC ADMINISTRATIVE OFFICES CLOSED</td>
<td>4  SATURDAY Moving to the Beat</td>
</tr>
<tr>
<td>Words of Encouragement (Palabras de Cariño)</td>
<td>Group Meeting</td>
<td>Gentle Yoga 12:15–1:15 pm</td>
<td>Tai Chi 12–1 pm</td>
<td>Walking Club at Scottsdale Fashion Square 9–10 am</td>
<td>9–10 am</td>
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<td>6–7:30 pm</td>
<td>Gentle Yoga</td>
<td>Friends &amp; Family Support Group</td>
<td>Tibetan Singing Bowl Meditation 1:30–2:30 pm</td>
<td>Healthy Meal Preparation for Cancer at The Colonnade 10–11 am</td>
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<td>6–7:30 pm</td>
<td>Group de Apoyo</td>
<td>Participant Support Group</td>
<td>CSA Produce Pick Up 4–6 pm</td>
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<td>9  Tai Chi 12–1 pm</td>
<td>10  CSC ADMINISTRATIVE OFFICES CLOSED</td>
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<td>Cancer Support Group at Banner Boswell Medical Center 10–11:30 am</td>
<td>Quick Healthy Cooking: Summer Salads 2–3:30 pm</td>
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<td>Strength and Balance Class 11 am–12 pm</td>
<td>CSA Produce Pick Up 4–6 pm</td>
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<td>12  Sunday Family Dbacks Game at Chase Field 12:30 pm</td>
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<tr>
<td>13  Participant Support Group</td>
<td>14  Living with Cancer Support Group</td>
<td>15  Strength and Balance Class</td>
<td>16  Tai Chi 12–1 pm</td>
<td>17  CSC ADMINISTRATIVE OFFICES CLOSED</td>
<td>18  SATURDAY Moving to the Beat 9–10 am</td>
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<tr>
<td>Vida Saludable</td>
<td>Group Meeting</td>
<td>Gentle Yoga 12:15–1:15 pm</td>
<td>Cancer Support Group at Banner Boswell Medical Center 10–11:30 am</td>
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<td>Family Dbacks Game at Chase Field 12:30 pm</td>
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<td>at Viva Linda Senor Center 6–7:30 pm</td>
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<tr>
<td>Gentle Yoga at Banner University Medical Center Phoenix 10–11 am</td>
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<td>18  Sunday CBBC Meeting 2–5 pm</td>
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<td>20  Participant Support Group</td>
<td>21  Participant Support Group</td>
<td>22  Newcomer Meeting 10 am</td>
<td>23  Tai Chi 12–1 pm</td>
<td>24  CSC ADMINISTRATIVE OFFICES CLOSED</td>
<td>25  SATURDAY Moving to the Beat 9–10 am</td>
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<tr>
<td>1–2:30 pm</td>
<td>Book Club Life “on the Mississippi” by Mark Twain 12–1:30 pm</td>
<td>Cancer Support Group at Banner Boswell Medical Center 10–11:30 am</td>
<td>Cancer Support Group at Banner Boswell Medical Center 10–11:30 am</td>
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<td>Navegando la Experiencia del Cancer con Yolko Borghino, M.D. 9:30 am–2 pm</td>
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<tr>
<td>Words of Encouragement (Palabras de Cariño)</td>
<td>Writing Workshop 3–3:30 pm</td>
<td>Strength and Balance Class 11 am–12 pm</td>
<td>10 am–12 pm</td>
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<td>6–7:30 pm</td>
<td>Gentle Yoga 6–7 pm</td>
<td>Gentle Yoga 12:15–1:15 pm</td>
<td>Oral Health for Cancer Care with Debbie Hilexa, RDH, MAE 6–7:30 pm</td>
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<td>Group de Apoyo</td>
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<td>26  Sunday Family Dbacks Game at Chase Field 12:30 pm</td>
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<td>27  Participant Support Group</td>
<td>28  Living with Cancer Support Group</td>
<td>29  Strength and Balance Class</td>
<td>30  Tai Chi 12–1 pm</td>
<td>31  CSC ADMINISTRATIVE OFFICES CLOSED</td>
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<tr>
<td>1–2:30 pm</td>
<td>Group Meeting</td>
<td>Gentle Yoga 12:15–1:15 pm</td>
<td>Cancer Support Group at Banner Boswell Medical Center 10–11:30 am</td>
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<tr>
<td>Cocinando con Mari</td>
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<td>Friends &amp; Family Support Group</td>
<td>10 am–12 pm</td>
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<td>31  CSC ADMINISTRATIVE OFFICES CLOSED</td>
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## PARTICIPANT PROGRAM CALENDAR
### SEPTEMBER 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

### MONDAY

<table>
<thead>
<tr>
<th>9</th>
<th>Moving to the Beat</th>
<th>9–10 am</th>
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### TUESDAY

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<tr>
<th>10</th>
<th>Participant Support Group</th>
<th>1–2:30 pm</th>
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<tbody>
<tr>
<td>11</td>
<td>Living with Cancer Support Group</td>
<td>10–11:30 am</td>
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<td></td>
<td>Support Group Participating Site</td>
<td>10–11:30 am</td>
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<td></td>
<td>Survivor Social</td>
<td>1–2:30 pm</td>
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<td>Newcomer Meeting</td>
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<td>Gentle Yoga</td>
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<td>Volunteer Orientation</td>
<td>6–8 pm</td>
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<tr>
<th>12</th>
<th>Cancer Support Group</th>
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<td>at Banner Boswell Medical Center</td>
<td>10–11:30 am</td>
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<tr>
<td></td>
<td>Strength and Balance Class</td>
<td>11 am–12 pm</td>
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<td></td>
<td>Gentle Yoga</td>
<td>12:15–1:15 pm</td>
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<td></td>
<td>Friends &amp; Family Support Group</td>
<td>6–7:30 pm</td>
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<td>Participant Support Group</td>
<td>6–7:30 pm</td>
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### WEDNESDAY

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<th>13</th>
<th>Tai Chi</th>
<th>12–1 pm</th>
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<tbody>
<tr>
<td></td>
<td>Quick Healthy Cooking: Fall Soups</td>
<td>2–3:30 pm</td>
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<td></td>
<td>CSA Produce Pick Up</td>
<td>4–6 pm</td>
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<td></td>
<td>Fact or Fiction: Common Cancer Nutrition Myths with Danielle Penick, MS, RD, CNSC, LDN</td>
<td>6–7:30 pm</td>
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### THURSDAY

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<thead>
<tr>
<th>14</th>
<th>CSC ADMINISTRATIVE OFFICES CLOSED</th>
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### FRIDAY

<table>
<thead>
<tr>
<th>15</th>
<th>Moving to the Beat</th>
<th>9–10 am</th>
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### SATURDAY

<table>
<thead>
<tr>
<th>16</th>
<th>Sunday CBRC Meeting</th>
<th>3–5 pm</th>
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**CELEBRANDO LA CULTURA LATINA**

Sábado 29 de septiembre, 5 – 7:30 PM

¡Qué bonita es la cultura Latina! Los invitamos a usted y su familia a la fiesta de celebración de la cultura Latina. Tendremos piñatas, comida, entretenimiento, y mucho más. Estaremos celebrando diferentes culturas Latinas. Para más información, llame al (602) 252-6988

**LATINO CULTURE CELEBRATION**

Saturday, September 29, 5 – 7:30 PM

Latino culture sure is beautiful! We invite you and your family to celebrate the Latino culture. We will have piñatas, food, entertainment, and much more. Come enjoy the different Latino cultures.
THANK YOU!

HOSPITAL PARTNERS

Banner
University Medical Center
Phoenix

Dignity Health.

TRANSFORMATIONAL SPONSORS

$50,000 AND ABOVE

DAVID R. FRAZER

$25,000 – $49,999

DAWN & ERSTON SENGER
DIANE WALKER

$15,000 – $24,999

$10,000 – $14,999

EDITH ARROWSMITH
THE BIDSTRUP FOUNDATION

CELEBRANDO LA CULTURA LATINA
SÁBADO 29 DE SEPTIEMBRE, 5–7:30 PM
¡Piñatas, música, familia y más!
Qué bonita es la cultura Latina.
Acompáñenos a celebrar diferentes culturas Latinas con comida, juegos, y entretenimiento.

LATINO CULTURE CELEBRATION
SATURDAY, SEPTEMBER 29, 5–7:30 PM
Piñatas, music, family and more!
The Latino culture sure is beautiful.
Join us in celebrating different Latino cultures with food, games, and entertainment.