

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30am Yoga
2	3	4	5 8:30am Walking Club _____ 7:00pm Self-help Group	6 4:30pm Yoga	7 8:30am Walking Club	8 9:30 am Yoga _____ 1:00- 4:00pm Expressive Art Holiday Workshop
9	10	11 5:00pm Esperanza para Mujeres	12 8:30am Walking Club _____ 10:30am Metastatic Self-help Group _____ 1:00pm Self-help Group _____ 6:00pm Survivorship Support Circle	13 4:30pm Yoga	14 8:30am Walking Club	15 9:30am Yoga
16	17 10am Look Good...Feel Better <b>Cancelled</b> _____ 6:00pm Ovarian Support Group	18	19 8:30am Walking Club _____ 7:00pm Self-help Group	20 12:00pm Volunteer Christmas Party _____ 4:30pm Yoga _____ 6:30pm Husbands Hangout	21 8:30am Walking Club _____ 5:30pm Kids Konnected <b>Cancelled</b>  -Closed at 12pm-	22 9:30am Yoga
23	24* 	25*	26 8:30am Walking Club <b>Cancelled</b> _____ 5:30pm Metastatic Self-help Group <b>Cancelled</b>	27 4:30pm Yoga <b>Cancelled</b>	28 8:30am Walking Club	29 9:30am Yoga <b>Cancelled</b>
30	31* 	January 1st*	*In Observance of the holidays, we will be closed 12/24, 12/25, 12/31 & 1/1. Happy Holidays from our family to yours!			

December 2018



## Exercise & Movement

**Yoga Class:** Thursday's from 4:30-5:30pm, Saturday's from 9:30-10:30am.

Classes are led by certified Yoga Instructor Christi Vidrio, and are **open to all**. Bring your yoga mat & water bottle. Our gentle yoga class focuses on breathing and relaxation. No experience required. Everyone is welcome.

**Walking Club:** Every Wednesday and Friday morning at 8:30am.

The FUN way to get fit with **FRIENDS!** Meets outside the Mall by Starbucks (between JC'Penny & Sears, look for the purple shirts).

## Mind & Body

**Reiki Sessions:** days vary, by appointment only

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. **To schedule your appointment, call or email Melissa. RSVP is required!**

**Qigong:** \*new\* some Fridays, with healer Jan Tucker.

A 5,000 year old Chinese healing method, (pronounced chee-gong), translated as "working with your vital energy", enables healing of the body, mind, and emotions. **RSVP required to Melissa.**

**Expressive Art Class:** Every other Monday, see schedule.

The expressive art class uses art as a form of therapy and self-exploration! Sessions will help you practice creativity while opening the door to calming strategies and awareness techniques. **\*Materials Provided**

## Personal Services

**Look Good Feel Better:**

As this program is being restructured, we will not be hosting until 2019. Stay tuned for the next class!

The Look Good Feel Better program is a fun way to help patients learn beauty techniques and feel better about themselves during cancer treatment. For more information, visit [www.lookgoodfeelbetter.org](http://www.lookgoodfeelbetter.org).

**Hair & Wig Cuts & Styling:** monthly, 3<sup>rd</sup> Monday by appointment only.

A licensed stylist will be at Michelle's Place to cut hair for our clients. **To schedule your appointment, call or email Melissa.**

## Support Groups

### Self-Help

Our self-help groups are designed to benefit women who are recently diagnosed, currently going through treatment, and survivors. Women gather to share their experiences, ask questions, and give support.

**Evening:** 1<sup>st</sup> & 3<sup>rd</sup> Wednesday, 7:00-8:30pm

**Daytime:** 2<sup>nd</sup> Wednesday, 1:00-2:30pm

**Metastatic:** 2<sup>nd</sup> Wednesday, 10:30am-12:00pm & 4<sup>th</sup> Wednesday, 5:30-7:30pm

**Ovarian Cancer:** 3<sup>rd</sup> Monday, 6:00-7:30pm

**Survivorship Support Circle:** 2<sup>nd</sup> Wednesday, 6:00-7:30pm.

Designed to benefit survivors who have finished treatment and are working through their new "normal". Survivors will share their journey, support, and share resources with one another.

**Esperanza para Mujeres:** 3<sup>rd</sup> Tuesday, 5:00-7:00pm

(Will meet on the 2<sup>nd</sup> Tuesday for December)

Spanish speaking support group where all family members are welcome. Please contact Mercedes or Laura at Michelle's Place 951-699-5455 or [Spanish-nav@michellesplace.org](mailto:Spanish-nav@michellesplace.org).

**KIDS KONNECTED:** 3<sup>rd</sup> Friday, 5:30-7:00pm.

A nurturing environment for kids that provides friendship, understanding, education, and support through play and talk therapy. For more information, visit their website at [www.kidskonnected.org](http://www.kidskonnected.org). **RSVP REQUIRED to Melissa**

**Husband's Hangout:** 3<sup>rd</sup> Thursday, 6:30-8:30pm

Old Town Barber- 28410 Old Town Front St., Suite 104, Temecula

Husbands and partners may find themselves in the difficult position of supporting their life partner while managing their own distress. Join other men for a fun hangout with pizza and beer at Old Town Barber to escape day-to-day stresses for a little while.

### Services by appointment:

Reiki, Qigong, Look Good Feel Better, Hair & Wig cuts, & Lymphedema Fittings

Call or email Melissa for more information. [melissa@michellesplace.org](mailto:melissa@michellesplace.org) or 951-699-5455