

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 4:30pm Yoga	2 8:30am Walking Club	3 9:30am Yoga
4	5	6	7 8:30am Walking Club <hr/> 7:00pm Self-help Group	8 4:30pm Yoga	9 8:30am Walking Club	10 9:30 am Yoga
11	12 6:00pm Expressive Art	13	14 8:30am Walking Club <hr/> 10:30am Metastatic Support Group <hr/> 6:00pm Survivorship Support Circle	15 12:00pm Volunteer Luncheon <hr/> 4:30pm Yoga <hr/> 6:30pm Husbands Hangout <hr/> 6:00pm Let's C.H.A.T	16 8:30am Walking Club	17 9:30am Yoga
18	19 10:00am Look Good...Feel Better <hr/> 12:00pm Haircuts <hr/> 6:00pm Ovarian Support Group	20 5:00pm Esperanza para Mujeres ft. "Cinco Desayos"	21 8:30am Walking Club <hr/> 7:00pm Self-help Group	22 4:30pm Yoga	23 8:30am Walking Club	24 9:30am Yoga
25	26 6:00pm Expressive Art	27 6:00pm Educational Seminar: Depression & Anxiety	28 8:30am Walking Club <hr/> 5:30pm Metastatic Support Group	29 4:30pm Yoga	30 8:30am Walking Club	31 9:30am Yoga

Notes:



August 2019

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: 1st & 3rd Wednesday, 7:00-8:30pm

Metastatic: 2nd Wednesday, 10:30am-12:00pm & 4th Wednesday, 5:30-7:30pm

Ovarian Cancer: 3rd Monday, 6:00-7:30pm

Let's C.H.A.T: 3rd Thursday 6:00-7:30pm

This group is open to anyone affected by cancer, whether the caregiver or patient, both men & women. As an introductory group, members can meet others who are interested in seeking additional support but do not know where to turn.

Survivorship Support Circle: 2nd 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: 3rd Tuesday, 5:00-7:00pm

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.

Husband's Hangout: 3rd 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.

Exercise & Movement

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

Classes are led by certified Yoga Instructors Christi Vidrio and Kriss Matias 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 JCPenney & 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!**

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:

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. Register online at www.michellesplace.org/lqfb

Hair & Wig Cuts & Styling: monthly, 3rd 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.**

Services by appointment:

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

Call or email Melissa for more information. melissa@michellesplace.org or 951-699-5455