

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  -Closed-	3	4 8:30am Walking Club <hr/> 7:00pm Self-help Group	5 4:30pm Yoga	6 8:30am Walking Club	7 9:30am Yoga
8	9 6:00pm Expressive Art	10 6:00pm Ed. Seminar: "Sleep" with Dr. Memon	11 8:30am Walking Club <hr/> 10:30am Metastatic Support Group <hr/> 6:00pm Survivorship Support Circle	12 4:30pm Yoga	13 8:30am Walking Club	14 9:30 am Yoga
15	16 10:00am Look Good...Feel Better <hr/> 12:00pm Haircuts <hr/> 6:00pm Ovarian Support Group	17 5:00pm Esperanza para Mujeres	18 8:30am Walking Club <hr/> 1:00-3:00pm MP Stitches (first meeting, new group! See back for more info) <hr/> 7:00pm Self-help Group	19 12:00pm Volunteer Luncheon <hr/> 4:30pm Yoga <hr/> 6:00 pm Let's C.H.A.T. <hr/> 6:30pm Husbands Hangout	20 8:30am Walking Club	21 9:30am Yoga
22 5K Walk of Hope 	23 	24	25 8:30am Walking Club <hr/> 5:30pm Metastatic Support Group	26 4:30pm Yoga	27 8:30am Walking Club	28 9:30am Yoga
29	30 6:00pm Expressive Art					

Notes:



September 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.

** New Group **

MP Stitchers: 1st Monday 6:30-8:00pm & 3rd Wednesday 1:00-3:00pm.

Join this group of amateur and experienced stitchers who come together to crochet, knit, and talk about any topics that may come up.

**The first group will meet on 9/18 at 1:00pm.

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: 3rd Monday, 10:00am-12:00pm

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/lgfb

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