

2025 Event Calendar

The Cancer Centers of Sharp HealthCare



SHARP

2025 Support Groups, Workshops and Webinars

Our team of caring professionals is here to support you.

Our monthly support groups and workshops are free, and most can be accessed virtually. Our webinars are also free, and you can attend via phone, computer or mobile device. To register, call the phone number listed in the description or visit sharp.com/cancersupport.

Mondays

Brain Tumor Support Groups

For patients and caregivers.

- **Brain Tumor Patients**
1st Monday, noon to 1 p.m. | 858-939-5015
- **Brain Tumor Care Partners**
1st Monday, 4 to 5 p.m. | 858-939-5015

Care Partner Support Group

For family members and friends.

2nd Monday, 4 to 5 p.m. | 858-939-5015

Head and Neck Cancer Support Group

For patients experiencing any type of head or neck cancer.

3rd Monday, 3:30 to 4:30 p.m. | 858-939-5208

Living With a Brain Tumor Class

For patients and family members.

4th Monday, noon to 1 p.m. | 858-939-5015

Newly Diagnosed Brain Tumor Class

For patients and family members.

2nd Monday, noon to 1 p.m. | 858-939-5015

Young Survivors Support Groups

Support and socialization for patients in their 20s, 30s and early 40s.

- **Stage 0 to 3**
2nd Monday, 5 to 6 p.m. | 858-939-5208
- **Living With Advanced Cancer**
1st Monday, 5:30 to 6:30 p.m. | 858-939-5015

Tuesdays

Breast Cancer Support Group

For women with stage 0 to 3 breast cancer.

2nd and 4th Tuesday, 5:30 to 6:30 p.m. | 858-939-5215

Art and Chat Support Group

Learn about the power of art and join other patients and survivors to create art and community.

1st and 3rd Tuesday, 2 to 3:30 p.m. | 1-800-82-SHARP
(1-800-827-4277)

Lunch and Learn Workshop

Open to patients with cancer, survivors and caregivers. A different topic is covered each month.

1st Tuesday, noon to 1:30 p.m. | 619-740-5531

Lymphedema Class

Learn how to reduce risk and identify the early signs of lymphedema.

2nd Tuesday, noon to 1 p.m. | 1-800-82-SHARP (1-800-827-4277)

Wednesdays

Colorectal Cancer Support Group

For patients with colorectal cancer, at any stage.

1st Wednesday, 1 to 2 p.m. | 619-740-5531

General Cancer Support Group

For patients with any cancer diagnosis.

2nd and 4th Wednesday, 2:30 to 3:30 p.m. | 858-939-5208

Grupo de apoyo general para el cáncer en español

Para pacientes con cualquier diagnóstico de cáncer.
Primer miércoles del mes, 11 a.m. hasta el mediodía
1-800-82-SHARP (1-800-827-4277)

New Cancer Diagnosis Webinar

Learn about coping, adjusting and growing through the cancer experience. For patients and their loved ones.

1st Wednesday, 2 to 3:30 p.m. | 858-939-5015

Survivorship: Life After Cancer Webinar

For patients with cancer and their loved ones to learn about what to expect after treatment is done.

3rd Wednesday, 2 to 3:30 p.m. | 619-740-5531

Women's Cancer Support Group

For women with any type of cancer, stage 0 to 3.

2nd and 4th Wednesday, 5:30 to 6:30 p.m. | 858-939-5015

Thursdays

Cancer Survivor Support Group

This support group is a safe place to explore life after cancer, including living well and managing the “what now?” and “what if?” questions that often come up.

1st Thursday, 5:30 to 6:30 p.m. | 619-740-5531

Living With Advanced Cancer Support Group

For patients with any type of metastatic (stage 4) cancer.

1st and 3rd Thursday, 10 to 11 a.m. | 858-939-5015

Man Cave

For men with any cancer diagnosis, at any stage.

2nd and 4th Thursday, 5:30 to 6:30 p.m. | 619-740-5531

Lung Cancer Support Group

For patients with stage 0 to 3 lung cancer.

3rd Thursday, 5:30 to 6:30 p.m. | 858-939-5215

Fridays

Cancer and the Arts Workshop

Structured healing art activities for patients with cancer.

No previous art experience required.

4th Friday, 11 a.m. to 1 p.m. | 619-740-5531

Practicing Calm

Learn strategies to help reduce tension and increase a sense of well-being. Open to patients, family members and friends.

Every Friday, 9:30 to 10 a.m. | 858-939-5208

Rotational Workshops

An on-demand version of these online workshops may be available if you are unable to attend a live session. Please call 619-740-5531 for more information.

Energy Management During Cancer Treatment and Beyond

10 to 11:30 a.m. | 1-800-82-SHARP (1-800-827-4277)

• Jan. 17 and July 18

A Good Night's Sleep: Managing Sleep and Fatigue

10 to 11:30 a.m. | 1-800-82-SHARP (1-800-827-4277)

• March 21 and Sept. 19

Cancer-Related Cognitive Impairment (CRCI): Improving Memory and Concentration

10 to 11:30 a.m. | 1-800-82-SHARP (1-800-827-4277)

• April 18 and Oct. 17

How to Help and Support Someone With Chemo Brain: A Class for Loved Ones

10 to 11:30 a.m. | 1-800-82-SHARP (1-800-827-4277)

• June 20 and Dec. 19

Nutrition and Breast Cancer

Learn about dietary recommendations during and after treatment in this on-demand webinar at sharp.com/cancersupport.

Out of the Fog: An 8-Week Class for People Experiencing Memory and Attention Problems Associated With Cancer Treatment

1-800-82-SHARP (1-800-827-4277) | Attending the CRCI workshop first is strongly suggested.

Tuesdays, 11:30 a.m. to 1 p.m.

• Jan. 21 to March 11

• April 15 to June 3

• July 8 to Aug. 26

• Sept. 30 to Nov. 18

Relaxation and Quieting the Mind

10 to 11:30 a.m. | 1-800-82-SHARP (1-800-827-4277)

• May 16 and Nov. 21

Scanxiety: Managing the Fear of Cancer Recurrence

10 to 11:30 a.m. | 1-800-82-SHARP (1-800-827-4277)

• Feb. 21 and Aug. 15

The Cancer Centers of Sharp HealthCare

Online Resources

sharp.com/cancerresources

- Links to Sharp workshops and support groups
- Expansive list of community resources in San Diego
- Printable health form to provide regular updates to your care team
- Free advance care planning to help you consider your health care options
- Breast cancer diagnosis and treatment guide
- Cancer nutrition information, including on-demand videos

We also welcome current patients with cancer to join our private Facebook group to connect with other patients and share resources. To join, search for “Sharp HealthCare Cancer Patient Community” on Facebook and one of our staff members will confirm your information and give you access.

