

## OTHER SERVICES

### **Pilates for Survivors**

Mondays at 1 PM

Taught by: Angelique Velazquez

Contact number: 707-845-8156

www.angeliquevfit.com

Donation based class

### **Mindfulness Meditation Class for Cancer Patients**

Meets Monthly

Location: Breast & GYN Health Project

987 8<sup>th</sup> St., Arcata CA 95521

Taught By: Heidi Bourne

Contact Number: 707-825-8345

No cost (Call in advance to reserve spot)

### **Oncology Massage**

Janet Stock CMT

1598 11<sup>th</sup> St. Arcata, CA 95521

Contact Number: 707-826-0817

Sliding scale

### **Psychotherapy for Cancer Patients**

April Alexander, MSW, ASW Clinical Oncology

Social Worker

St. Joseph Hospital Medical Oncology

Contact Number: 707-445-8121 x 6349

No cost

### **STAR Oncology Rehab**

St. Joseph Hospital Out-patient Physical

& Occupational Therapy

2700 Dolbeer St., Eureka CA

Contact Number: 707-441-4454

Insurance based

## Drop –In Grief Support Groups

EVERY MONDAY:

Jacoby Store-House

8<sup>th</sup> & J St. Arcata

4<sup>th</sup> Floor Conference Room

6pm – 7:30pm

707-826-2426

EVERY WEDNESDAY:

Sequoia Springs Senior Living

2401 Redwood Way, Fortuna

6pm – 7:30pm

707-682-4759

Hospice of Humboldt

2010 Myrtle Ave., Eureka

5:30pm – 7pm

707-445-8443

EVERY FRIDAY:

Hospice of Humboldt

2010 Myrtle Ave. Eureka

1pm – 2:30pm

707-445-8443

EVERY SATURDAY:

Hospice of Humboldt

2010 Myrtle Ave., Eureka

6am – 10:30am

707-445-8443

# Humboldt County

## CANCER SUPPORT GROUPS AND ONCOLOGY RELATED SERVICES



For cancer patients,  
family, care givers, and  
friends

St. Joseph Health   
St. Joseph Hospital

## EUREKA

### **ACS Cancer Support Group**

4<sup>th</sup> Tuesday of each month  
Time: 6:30pm – 8:00pm  
Place: 2942 F Street,  
Conference Room  
Phone: 707-443-9522

### **All Cancer Support Group**

3<sup>rd</sup> Thursday of each month  
Time: 5:30pm-6:30pm  
Place: St. Joseph Hospital  
2700 Dolbeer Street- CALL FOR ROOM #  
April Alexander 707-445-8121 x 6349

### **Head and Neck Cancer Support Group**

2<sup>nd</sup> Thursday of each month  
Time: 5:30pm-6:30pm  
Place: St. Joseph Hospital  
2700 Dolbeer St-CALL FOR ROOM #  
April Alexander 707-445-8121 x 6349

### **Prostate Cancer Support Group**

2<sup>nd</sup> Wednesday of each month  
Time: 6:00-7:00pm  
Place: St. Joseph Hospital-2700 Dolbeer St  
Conference Rm #3  
Call Mike for more info: 707-496-8340

### **Thyroid Cancer Support Group**

2nd Thursday of each month  
Time: 6:30-8 p.m.  
Place: 4724 Patricia Dr.  
Contact Kathy Miller for more info  
Phone: 707- 498-3988



## ARCATA

### **Breast & GYN Health Project**

987 8<sup>th</sup> St. Arcata  
www.hcbhp.com or info@hcbhp.com  
Please call to confirm times or for more  
information. 707-825-8345

### **Breast Cancer Support Group\***

2<sup>nd</sup> & 4<sup>th</sup> Thursday of each month  
Time: 4:30pm – 6:00pm

### **Advanced Disease: Stage 4\***

Every Monday  
Time 1:00pm – 2:30pm

### **Gynecologic Cancer\***

2<sup>nd</sup> & 4<sup>th</sup> Tuesday of each month  
Time: 3:00pm – 4:30pm

### **Writing and Living with Cancer\***

1<sup>st</sup> & 3<sup>rd</sup> Monday of each month  
Time: 3:30pm-5:30pm  
*\*These groups are for cancer patients only.*

### **Leukemia and Lymphoma Cancer Support Group**

1st Tuesday of each month  
Time: 4:00pm-5:30pm  
Phone: Amanda Devons 707-616-1116  
Or email: amandadevons@gmail.com

## GARBERVILLE

### **Breast Cancer Support Group**

464 Maple Lane, Garberville  
Date: Every Wednesday  
Time: 1:00pm – 3:00pm  
Phone: 707-943-9786