



SUPPORT GROUPS FOR YOU AND YOUR LOVED ONES

Emotional support and connection are just as important as physical care during your cancer treatment. Support groups help you maintain a positive outlook on life and stay optimistic, which makes the cancer journey a lot easier. English- and Spanish-speaking groups focus on specific types of cancer as well as offer a variety of services, including:

- Comprehensive breast care program
- Relaxation therapies, including art expression, yoga, meditation, and stress management
- Exercise classes
- Support groups
- Relaxation/visualization
- Stress management

ST. JOHN'S CANCER CENTER OF VENTURA COUNTY

1700 NORTH ROSE AVE, SUITE 145
OXNARD, CA 93030
805.988.2641
WWW.STJOHNSHEALTH.ORG

CAMARILLO HEALTH CARE DISTRICT

3639 EAST LAS POSAS ROAD, SUITE 117
CAMARILLO, CA 93010
805-388-1952
WWW.CAMHEALTH.COM

AMERICAN CANCER SOCIETY-VENTURA COUNTY

UNIT 2186 KNOLL DRIVE, SUITE A
VENTURA, CA 93003
805-644-4237
WWW.CANCER.ORG

CANCER SUPPORT COMMUNITY FORMERLY THE WELLNESS COMMUNITY

530 HAMPSHIRE ROAD
WESTLAKE VILLAGE, CA 91361
805.379.4777
WWW.TWCVV.ORG

