

The Cancer Centers of Sharp HealthCare
2026 Event Calendar



2026 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 care partners.

- **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 care partners 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 care partners.

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

Newly Diagnosed Brain Tumor Class

For patients and care partners.

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 Tuesdays, 5:15 to 6:45 p.m. | 858-939-5215

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)

Out of the Fog Class

A 9-week class for people experiencing memory and attention problems associated with cancer treatment.

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

- Jan. 20 to March 10, and April 7

- April 14 to June 2, and June 30

- July 7 to Aug. 25, and Sept. 22

- Sept. 29 to Nov. 17, and Dec. 15

1-800-82-SHARP (1-800-827-4277) or sharp.com/cancersupport.

Viewing the on-demand Cancer-Related Cognitive Impairment (CRCI) workshop first is recommended.

Wednesdays

General Cancer Support Group

For patients with any cancer diagnosis.

2nd and 4th Wednesdays, 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)

Women's Cancer Support Group

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

2nd and 4th Wednesdays, 5:30 to 6:30 p.m. | 858-939-5208

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 Thursdays, 10 to 11 a.m. | 858-939-5015

Man Cave

For men with any cancer diagnosis, at any stage.

2nd and 4th Thursdays, 5:30 to 7 p.m. | 619-740-5531

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, care partners and friends.

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

On-Demand Webinars

Learn more about these on-demand webinars at sharp.com/cancersupport and 619-740-5531.

New Cancer Diagnosis

Patients and their loved ones will learn about coping, adjusting and growing through the cancer experience.

Survivorship: Life After Cancer

Learn what to expect after treatment is done. For people with cancer and their loved ones.

Cancer-Related Fatigue — Energy Management During Cancer Treatment and Beyond

Fatigue is a common concern during and after treatment and can interfere with everyday life. This webinar provides the tools to effectively manage pacing and activities during and after treatment.

Cancer and a Good Night's Sleep

Sleep problems and fatigue are two of the most common issues for cancer patients. This webinar offers ways to manage symptoms and improve sleep.

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

Many patients experience memory and attention issues during and after cancer treatment. This webinar introduces the concept of cancer brain fog and gives practical tips and tricks to help.

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

Loved ones often struggle to manage their frustrations when patients have memory and attention problems related to cancer treatment. This webinar helps you understand how to offer appropriate support.

Nutrition and Breast Cancer

Learn about dietary recommendations during and after treatment.

Relaxation and Quieting the Mind

It can be difficult to turn off our brains when we are worried. This webinar teaches many techniques to help manage anxiety, stress and worry.

Scanxiety: Managing the Fear of Cancer Recurrence

It's quite common to worry about upcoming scans and tests, both during and after treatment. Discover helpful tips in managing this discomfort.

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.

