

Adult Programs & Services



FEBRUARY 2012


Please call to schedule a class or session.
All classes and programs are free of charge.

Our programs are designed to complement medical care.

The Caring Place

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Las Vegas, NV 89103
Phone: 702-871-7333
Fax: 702-871-7334

www.thecaringplacenv.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Reiki 9 & 10 am Reiki 9 & 10 am Reiki 9, 10 & 11 am Mild Yoga 9:30 - 10:45 am Healing Touch 10:30 - 1:30 pm Qigong 11:30 - 12:30 pm Open Jewelry 1 - 4 pm Reiki 12:30 & 1:30 pm Reiki 2, 3, 4 pm Reiki 3:45 thru 5 pm Kids Connected 7 - 8 pm	2 Reiki 10:00 am Reiki 11:00 am Reiki 1:00 pm Reiki 2:00 pm Reiki 3:00 pm Reiki 2, 3, 4 pm Gentle Chair Yoga 2 - 3 pm Voice Meditation 3 - 3:30 pm Caregivers Grp 5:30 - 6:30 pm Cancer Group 6 - 7 pm	3 Guided Imagery 10 - 11 am Reiki 10:00 am Reiki 11:00 am Reiki 12:00 pm Closed at 1 pm	4  The Caring Place is a program of Nevada Childhood Cancer Foundation www.nvccf.org
5	6 Reiki 9, 10, 11 & 12 pm Reiki 9, 10, 11 & 12 pm Look Good, Feel Better 11am Reiki 1:00 pm Reiki 2:00 pm Reiki 3:00 pm Scrapbook Project Class 1:45 - 3:45 pm Reiki 3 - 4 pm Personal Art 4 - 5:30 pm	7 Strength Yoga 9 - 10:30 am Reiki 9, 10, 11 & 12 pm Exercise Training 11 - 12 pm Cancer Support Grp 2 - 3:30 pm Reiki 2, 3 & 4 pm Hypnotherapy 4, 5 & 6 pm Singing Bowls 5 - 6:00 pm Reiki 5 & 6 pm Reiki 5:30 & 6:30 pm Reiki 6 - 7 pm Breast Cancer Grp 6 - 7:30 pm Ovarian Cancer Grp 6 - 7:30 pm	8 Reiki 9 & 10 am Reiki 9 & 10 am Reiki 9, 10 & 11 am Mild Yoga 9:30 - 10:45 am Healing Touch 10:30 - 1:30 pm Qigong 11:30 - 12:30 pm Reiki 12:30 & 1:30 pm Open Jewelry class 1 - 4 pm Reiki 2:00 pm Reiki 3:00 pm Reiki 4:00 pm Reiki 3:45 thru 5 pm	9 Reiki 10 & 11 am Zentangle® (Intro) 10 - 12:30 pm Reiki 1, 2 & 3 pm Tai Chi 1 - 2 pm Gentle Chair Yoga 2 - 3 pm Reiki 2, 3 & 4 pm Voice Meditation 3 - 3:30 pm Native Flutes 5 - 6 pm Reflexology 5, 6 & 7 pm Reflexology 5, 6 & 7 pm CHAMPS Support 6:30 - 8 pm WECARE Support 6:30 - 8 pm	10 Guided Imagery 10 - 11 am Reiki 10:00 am Reiki 11:00 am Reiki 12:00 pm Reiki 10:30 am Reiki 11:30 am Closed at 1 pm	11 Reflexology 9:00 am Reflexology 10:00 am Reflexology 11:00 am Reflexology 9:00 am Reflexology 10:00 am Reflexology 11:00 am Multiple Myeloma Support Group 11 - 1 pm Closed at 1 pm
12	13 Reiki 9:00 am Reiki 10:00 am Reiki 11:00 am Reiki 12:00 pm Decorative Painting Class 9:30 - 11:30 am Healing Touch 11:00 am Healing Touch 12:00 pm Healing Touch 1:00 pm Inspiration Club 12 - 1 pm Reiki 3 - 4 pm	14 Strength Yoga 9 - 10:30 am Reiki 9, 10, 11 & 12 pm Reiki 10 & 11 am Exercise Training 11 - 12 pm Grief Support 12:30 - 2 pm Reiki 2, 3, 4 pm Cancer Support Grp 2 - 3:30 pm Hypnotherapy 4, 5 & 6 pm Reiki 4:30 - 5:30 pm Reiki 5 & 6 pm Reiki 5:00 & 6:00 pm Reiki Circle 6 - 7 pm	15 Reiki 9:00 am Reiki 10:00 am Reiki 9 & 10 am Reiki 9, 10, 11 am Carcinoid Support Grp 10:30 am Healing Touch 10:30 - 1:30 pm Qigong 11:30 - 12:30 pm Jewelry (Beading) 1 - 4 pm Reiki 2:00 pm Reiki 3:00 pm Reiki 4:00 pm Reiki 3:45 thru 5 pm	16 SoulCollage 9:30 - 12 pm Reiki 10 & 11 am Reflexology 11:00 am Reflexology 11:45 am Reflexology 12:30 pm Tai Chi 1 - 2 pm Gentle Chair Yoga 2 - 3 pm Reiki 2:00 pm Reiki 3:00 pm Reiki 4:00 pm Voice Meditation 3 - 3:30 pm Singing Bowls 5 - 6 pm	17 Guided Imagery 10 - 11 am Reiki 10:30 am Reiki 11:30 am Closed at 1 pm	18
19	20 OFFICE CLOSED (President's Day)	21 Strength Yoga 9 - 10:30 am Reiki 9, 10, 11 & 12 pm Exercise Training 11 - 12 pm Massage 2:30 - 3:30 pm Reiki 1, 2 & 3 pm Reiki 2, 3 & 4 pm Cancer Support Grp 2 - 3:30 pm Flo-Chi 4 - 5 pm Singing Bowls 5 - 6 pm	22 Reiki 9 & 10 am Reiki 9 & 10 am Reiki 9, 10 & 11 am Mild Yoga 9:30 - 10:45 am Qigong 11:30 - 12:30 pm Reiki 12:30 & 1:30 pm Open Jewelry class 1 - 4 pm Reiki 2, 3 & 4 pm Reiki 3:45 thru 5 pm	23 Zentangle® 9:30 - 12:30 pm (Continuation) Tai Chi 1 - 2 pm Reiki 1, 2 & 3 pm Reiki 2, 3 & 4 pm Gentle Chair Yoga 2 - 3 pm Voice Meditation 3 - 3:30 pm CHAMPS Gathering 5 - 6 pm Native Flutes 5 - 6 pm	24 Guided Imagery 10 - 11 am Reiki 10:00 am Reiki 11:00 am Reiki 12:00 pm Healing Touch 10:30 am Healing Touch 11:30 am Closed at 1 pm	25 All Classes are subject to change. Please call to confirm.
26	27 Reiki 9:00 am Reiki 10:00 am Reiki 11:00 am Reiki 12:00 pm Naturopathic Medicine Presentation 10 - 11:30 am Inspiration Club 12 - 1 pm Reiki 1, 2, & 3 pm Reiki 3 - 4 pm	28 Strength Yoga 9 - 10:30 am Reiki 9, 10, 11 & 12 pm Exercise Training 11 - 12 pm Grief Support 12:30 - 2 pm Reiki 2:00 pm Reiki 3:00 pm Reiki 4:00 pm Cancer Support Grp 2 - 3:30 pm Hypnotherapy 4 pm	29 Reiki 9 & 10 am Reiki 9 & 10 am Reiki 9, 10 & 11 am Mild Yoga 9:30 - 10:45 am Healing Touch 10:30 - 1:30 pm Qigong 11:30 - 12:30 pm Jewelry class (Beading) 1 - 4 pm Reiki 2, 3 & 4 pm Reiki 3:45 thru 5 pm			

Group Activities

Yoga

Yoga is an ancient system of breathing practices, physical exercises, postures and meditation intended to integrate body, mind, and spirit.

Strength Yoga, every Tuesday, 9 –10:30 am

Mild Yoga, every Wednesday, (No 15th) 9:30 – 10:45 am

Gentle Chair Yoga

This is a gentle class that utilizes a chair for support and balance. It incorporates a deep understanding of the mind, body and spirit through gentle movement, breath awareness and meditation.

Every Thursday 2 – 3 pm

Guided Imagery

Guided Imagery is the use of relaxation and mental visualization to improve mood and/or physical well-being. Positive mental imagery may promote relaxation and reduce stress and anxiety, improve mood, reduce pain, and support the immune system.

Every Friday 10:00 – 11:00 am

Meditation and Singing Bowls

Learn practical techniques that can be integrated into your daily life; to calm and balance your mind and increase your happiness then enjoy a guided relaxation with the timeless, healing sounds of Tibetan and crystal singing bowls.

Tuesday's 7th & 21st 5 – 6 pm

Thursday 16th 5 – 6 pm

Reiki Circle

Tap into the flow of positive universal energy. Enjoy an evening learning about, receiving and sharing Reiki energy.

2nd Tuesday 6:15 – 7:30 pm

Jewelry Making

Experience how the creative process can enhance healing. No art experience or talent is required. You will have a wonderful time making beaded jewelry and forming friendships.

Every Wednesday, 1 – 4 pm

Look Good, Feel Better (ACS)

Find your inner Diva! Learn how to cope with appearance-related side effects of treatment. Enjoy a wonderful morning exploring the use of make-up, wigs and scarves and celebrate your beauty once again. Includes a fabulous makeup kit.

First Monday, February 6th 11 – 1 pm

Native American Flutes

Relax and enjoy a beautiful and inspiring live performance by The Native American Flute Circle.

2nd and 4th Thursdays each month Feb. 9th and 23rd 5 – 6 pm

My Personal Masterpiece Art – An Expression of Me

This class is designed to awaken the painter inside everyone. Begin with a personal journal entry and create a painting inspired by your thoughts. No experience necessary.

Monday, February 6th 4 – 5:30 pm

Zentangle® Art Class

Zentangle® is an easy to learn method of creating beautiful images from repetitive patterns. It is a fascinating new art form that is fun and relaxing. It increases focus and creativity. Zentangle® provides artistic satisfaction and an increased sense of personal well being.

Intro Feb. 9th 10:00 – 12:30 pm

Continuation Feb. 23rd 9:30 – 12:30 pm

SoulCollage®

A creative and satisfying collage process that anyone can do and no artistic ability is required. Clip images from magazines and arrange them in a way that feels right to you.

Bette Beauregard Thurs., Feb. 16th 9:30 am – 12 pm

Decorative Painting Class

Learn painting skills in this wonderful class. Limited to 10 people.

February 13th 9:30 – 11:30 am

Flo Chi

This is a Tai Chi inspired class that incorporates energy, flowing movement and breath work to help restore energy.

February 16th, 4 – 5 pm

Tai Chi

Tai Chi is a form of exercise that does not use outward strength or force. It is a wonderful way to develop both mind and body.

Beginners welcome.

Every Thursday (No Feb. 2nd) 1 – 2 pm

Qigong

Become in touch with your body's energy using breath, energy and simple movements. Beginners welcome.

Every Wednesday 11:30 am – 12:30 pm

Exercise Training Class

Please wear tennis shoes and bring a hand towel.

Every Tuesday 11 am – 12 noon

Inspirational Club

Come be around people who see the world in a different way, where there are more good days than bad, more happy people than sad people and there is more positive than negative. Inspiration can have an infinite variety of sources, such as music, another person, mother nature, or a really good bike ride. Everyone has their own source of inspiration. Let's get together and get inspired!

Every Monday except first Monday, 12 pm – 1 pm

Voice Meditation

Join us in this sound meditation to help you tap into peaceful energy.

Every Thursday 3:00 – 3:30 pm

Scrapbook Project class

Enjoy this memory making class. Bring photos and favorite memorabilia. Must sign up in advance – class limited to 10 people.

February 6th 1:45 – 3:45 pm

Support Groups

Cancer Support Group

Share with other participants as they travel on this journey with cancer. Friends and family members welcome.

Every Tuesday, 2 – 3:30 pm

Evening Cancer Support Group

For those in need of an evening group.

1st Thursday, Feb. 2nd 6:30 – 8 pm

Caregivers Support Group

This support group is for family members and caregivers of those with cancer. It provides the opportunity to share with others in a similar situation and helps you learn how to support your loved ones.

1st Thursday, February 2nd 5:30 – 6:30 pm

CHAMPS (Caring Help and Men's Place of Support)

This group is for all men who have been touched by cancer including survivors and caregivers. Come and share with others on the journey.

2nd Thursday, February 9th 6:30 – 8 pm

CHAMPS Gathering 4th Thursday, Feb. 23rd 5 – 6 pm

WECARE (Women's Emotional Care and Renewed Energy)

Join other caregivers for discussion and inspiration.

2nd Thursday, February 9th 6:30 – 8 pm

Breast Cancer Support Group

This group is for anyone with breast cancer and addresses the special concerns and issues that are unique to anyone on this journey.

1st Tuesday, February 7th 6 – 7:30 pm

Ovarian Cancer Support Group

This group gives women with ovarian and other gynecological cancers an opportunity to meet others and share experiences, and learn from guest speakers. It is designed to empower, educate and provide emotional support.

1st Tuesday, February 7th 6 – 7:30 pm

Multiple Myeloma Support Group

A dynamic and supportive group for those with Multiple Myeloma, friends, family and caregivers.

2nd Saturday, February 11th 11 – 1 pm

Grief Support

For those who have experienced a loss of any kind including job, divorce, physical ability or loss of a loved one.

Tuesday, February 14th and 28th 12:30 – 2 pm

Carcinoid/NETS Group of Southern Nevada Support Group

A support group for all those affected by Carcinoid Cancer (neuroendocrine) and Neuroendocrine Tumors, this group shares educational information as well as support.

3rd Wednesday, February 15th 10:30 am

Kids Connected

Kids Connected support group provides friendship, understanding, education, and support for children who have a parent with cancer, or have lost a parent to cancer. **(Ages 5 to 18 years of age)**

1st Wednesday, February 1st 7 – 8 pm

Individual Sessions

Reiki

Relax deeply while healing energy flows to you. Reiki is a form of energy work that is used to balance and amplify energy for the physical, mental, and emotional well being of the recipient.

(See front of calendar for dates & times.)

Reflexology *

Reflexology is the discipline of stimulating reflex areas in the feet and hands that correspond to all of the glands and organs in the body. Reflexology may help to relieve stress and tension, improve circulation, promote healthy nerve impulses, and assist the body in reaching a more natural, balanced state of health.

Healing Touch

A heart centered form of energy work designed to decrease anxiety and discomfort and increase peace and well-being. Healing Touch offers a deeply restful approach to creating balance.

Massage Therapy *

Massage therapy may help reduce pain, increase relaxation and reduce muscle tension. Massage therapy may bring comfort and improve the quality of life for cancer patients.

Therapeutic Hypnotherapy *

Therapeutic Hypnotherapy is designed to assist in managing chronic pain and reducing anxiety associated with illness.

* **Physician's approval required.**

* **All participants remain fully clothed in all individual sessions.**

Special Events:

Naturopathic Medicine Monday, February 27th 10 – 11:30 am
with Dr. Alexandra Reimann