

Cancer Support

Morris Gelbart, Ph. D.

1-800-ACS-2345

American Cancer Society

Torrance Office

Daniel D. Anderson, M.D.
Marina Bhumitra, M.D.
Christina Calzadilla, MFT
Steven B. Friedman, Ph.D.
Nancy Gilbert, Ph.D.
Cheryl Maddern, MFT
Stephen Makuch, MFT
Merrilee O'Brien, MFT
Isabel Puri, M.D.
Shireen Rafat, Ph.D.
Cara Reinders, MFT
Robert Winston, M.D.
Mitsue Yamaguchi, Ph.D.

310-376-3550

The Wellness Community, South Bay cities
109 West Torrance Blvd., Suite 100,
Redondo Beach, CA 90277

wellnessandcancer.org

Services: cancer support, education and hope
Monday-Friday 9:00 a.m.-5:00 p.m.

www.cancer.org

Redondo Beach Office

Robert Cutrow, Ph.D.
Phyllis Dworsky, Ph.D.
Charles Eckstein, MFT
Alan Lert, Ph.D.
Angela Kappner, LCSW
Michael Rogachevsky, M.D.

**Comprehensive Psychological
and Psychiatric Services for
individuals, families, couples,
and groups, treating:**

anxiety
depression
relationship conflicts
medical evaluation
medication management

Addiction Disorders

drug & alcohol dependency
sexual/internet addiction
compulsive gambling
eating disorders
relapse prevention
impaired professionals
adults & adolescents

Behavioral Medicine

pain management
stress management
relaxation training
self hypnosis
chronic illness

Threat Assessment

workplace violence evaluation
violence prevention consultation
fitness for duty evaluation
critical incident debriefing
anger management

Performance Enhancement

sports psychology
executive coaching

Weekly Groups:

For TWC Weekly Groups, we request everyone attend a Welcome To Wellness Meeting offered every Friday at 11 AM or every other Monday Evening at 6:30 PM.

Mixed Diagnosis Participant:

Family / Partners/ Support:

Tuesday - 6:00 - 8:00 PM

Wednesday - 11 AM - 1:00 PM

Wednesday - 5:30 - 7:30 PM

Thursday - 2 PM - 4 PM

Breast Cancer Groups:

Newly Diagnosed Breast Cancer – Tuesday, 6 - 8 PM

Ongoing Breast Cancer Support Group - Tuesday, 6 - 8 PM

For women who have completed initial treatment and who remain 'cancer free' and who wish to be in a group of similar women. Funding for this group is provided through a grant from the Manhattan Beach Women & Business.

Newly Diagnosed Breast Cancer – Wednesday, 5:30 - 7:30 PM

Welcome To Wellness: Newcomer Meetings:

An Introduction to TWC-SBC

Every Friday at 11 AM and alternating Monday evenings at 6:00 PM, Drop In and learn from cancer survivors about the FREE programs of cancer support, education and hope offered by TWC-SBC. Adults with cancer, their family and friends are invited, No appointment is needed to attend a Welcome To Wellness Meeting.