



Gabriella Patser Program

BCC provides free diagnostic and screening services for uninsured women under 40 years of age with a suspicious breast issue. For more information call Rina Bello, Patser Program Manager, at (650) 326-6299 x11.

For anyone over 40 years of age, we refer to the Every Woman Counts program offered by the State of California at (800) 511-2300.

Breast Cancer Connections
390 Cambridge Avenue
Palo Alto, CA 94306
Helpline: (650) 326-6686
Business: (650) 326-6299
Fax: (650) 326-6673
www.bcconnections.org

Ongoing Programs Cont'd.

Complementary Therapies

Healing and Guided Imagery

Alternate Wednesdays, 5:30-7:00 p.m.

Jeanne Fournier, certified medical hypnotherapist, guides this drop-in group through deep relaxation, healing meditations, and a sharing of healing stories. Visit www.imageryforhealing.com for Healing Imagery schedule at all locations.

Live a Life You Love (Group Life Coaching)*

Specific Wednesdays, 5:30-6:45 p.m.

An inspiring workshop series for people living with and beyond cancer. Workshop content will provide concepts and tools that support cancer survivors to move past the fear and boldly re-engage in a meaningful life. Check calendar for specific class dates and topics.

Life Coaching (Individual)*

Learn how coaching can empower you to reclaim your authentic self through three free individual sessions with Joanne Sperans, Volo Coaching founder and cancer survivor.

Mindfulness Meditation*

First Tuesday of each month, 6:30-7:30 p.m.

Mindfulness Meditation teaches you how to be fully present by helping focus your attention to the immediate experience and bringing calmness and clarity to the challenges and demands of everyday life. Check calendar for session topics.

Writing Your Way Through Cancer*

Next series starts January 14, 2009

Alternate Wednesdays, 7:00-9:00 p.m.

This ten-session workshop, led by Karen Jandorf, offers a supportive environment for breast cancer survivors to write and share one another's work. No experience necessary. *Class closes after first session for privacy of individuals' work.*

Special Programs/Events

BCC's Annual Breast Cancer Conference: Sharing Knowledge - Creating Hope*

Saturday, November 1, 8:30 a.m.-5:00 p.m.

Held at the Garden Court Hotel in Palo Alto, this conference provides a full day of breast cancer education open to the public but directly targeted for those touched by breast cancer. Registration available on our website at www.bcconnections.org, at BCC's center, or by phone at (650) 326-6686. Hope to see you there!

Coming to BCC in 2009

(For more details on these upcoming programs and events, visit www.bcconnections.org)

- **Spring Nutrition Series: Food for Life**
March and April 2009 (dates and times TBA)
Back by popular demand, The Cancer Project's Kristin Doyle, R.N., Nutritional Consultant, Therapeutic Chef, will be teaching this 4-week plant-based (vegan) nutrition and cooking course at BCC. Food samples are limited to first 30 to RSVP. Call the Helpline to be put on the list.
- **BCC's Celebration and Remembrance Event**
— May 2009
- **BCC's 3rd Annual Complementary Therapies Fair** — *June 2009*
- **BCC's 6th Annual Breast Cancer Conference** — *November 2009*
- **And more!**

RSVP requested for () programs
Call the Helpline at (650) 326-6686 to
RSVP and learn more, or visit
www.bcconnections.org*

Program Calendar

November/December 2008



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Special Programs/Events P.4

New to Breast Cancer Connections?

Breast Cancer Connections (BCC) provides personalized information and support to people touched by breast cancer, in an atmosphere of warmth, sensitivity, and understanding.

ALL OUR SERVICES ARE FREE OF CHARGE.

Use this program calendar to connect you to information about our special programs/events as well as ongoing programs and services. If you would like more details about any of these services or need emotional support, please call our Helpline anytime Monday through Friday 9 a.m. to 5 p.m. and Saturday 1 to 5 p.m. at (650) 326-6686, or visit www.bcconnections.org

BCC's New Website Debut

www.bcconnections.org, our website, has a new look launching November 1st! Designed by six Taproot Foundation volunteers, the new site has a warm, welcoming, and personalized feel. Visit us at www.bcconnections.org and tell us what you think!

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Ongoing Programs

Please call (650) 326-6686 to RSVP and learn more, or visit our website at www.bcconnections.org.

Emotional Support

Helpline

Our helpline is answered by a caring voice Monday through Friday 9 a.m. to 5 p.m. and Saturday 1 to 5 p.m. Helpliners are here to listen and help connect you with appropriate resources within and outside BCC.

Buddy Program (Peer Support)

Volunteer survivors are matched with you, according to diagnosis or topic of your choice, to give peer support and share experiences.

Counseling/Therapists**

A team of qualified therapists with experience helping women with breast cancer offer one or two sessions at no cost.

Newly Diagnosed Support Group*

Saturdays, 3:00-4:30 p.m.

A support group is for women newly diagnosed with breast cancer. This group will offer women the opportunity to express concerns about their breast cancer diagnosis and treatment in an atmosphere of warmth, sensitivity and understanding. Facilitated by Marcie Pais, MFT.

Recovery & Renewal Support Group*

1st & 3rd Saturdays, 1:00-2:30 p.m.

This program is for anyone who has completed treatment for breast cancer and is now focusing on continued wellness. Facilitated by Hildy Agustin, Psy.D.

DCIS Support Group*

Alternate Thursdays, 12:00-1:30 p.m.

This group is for women diagnosed with DCIS (Ductal Carcinoma In Situ). Facilitated by Merry Astor, MFT, at her office in Los Altos.

Metastatic Support Group*

Mondays, 6:30-8:30 p.m.

This group addresses the particular concerns of women living with advanced breast cancer. Facilitated by Deborah Rosenberg, LCSW and Marcie Pais, MFT.

(See also [Complementary Therapies](#) and [Special Programs](#) on back page)

Couples Support & Networking Group*

2nd & 4th Tuesdays, 6:30-8:30 p.m.

This group explores issues that arise for couples living with breast cancer. Facilitated by Deborah Rosenberg, LCSW.

Medical Info & Practical Help

Weekly Q&A Session (formerly Open House)

Thursdays, 5:30-7:00 p.m.

A physician or nurse from various breast cancer specialties is available to address medical questions and concerns. A therapist facilitates and staff/volunteers are available to connect you with other resources. See calendar for scheduled speakers.

Personalized Research/Breast Health Educator**

Noma Collins, Ph.D. in cancer biology, can help you by researching and/or explaining medical information at whatever level you desire, from simple pamphlets to your pathology report and more.

Medical Appointment Preparation**

A trained Medical Appointment Planner will assist you in preparing for an upcoming appointment to help reduce stress and maximize time with your doctor. Questions and concerns are organized into a list to take to your medical appointment.

Megan Lynch Memorial Library


Come peruse our extensive collection of reference materials, journals, circulating books, videos and CDs relating to all areas of breast cancer Monday through Friday 9 a.m. to 5 p.m. and Saturday 1 to 5 p.m.

Comfort Totes

For those newly diagnosed or with recurring breast cancer, come in to BCC and pick up a complementary tote bag filled with comforting handmade products, safe cosmetics, and information on BCC's programs and services.

*RSVP requested
**Appointment required

November 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Have you been through breast cancer and want to help others going through a similar experience by being a "buddy"? Like to socialize while folding and stamping mailings once a month? Know how to knit and sew? BCC has lots of meaningful volunteer opportunities. If you'd like more information, contact Irene Liana, Manager of Volunteer Resources, at (650) 326-6299 x16 or email Irene@bccconnections.org</p> <p>BCC Library Open Monday through Friday, 9 a.m. to 5 p.m. and Saturday 1 to 5 p.m. Comprehensive breast cancer library and internet resources.</p> <p><i>Note: Holiday hours are normal business hours except when indicated as "BCC Closed" on calendar.</i></p> <p>RSVP requested for (*) programs.</p>					<p>1 BCC's 5th Annual Breast Cancer Conference: Sharing Knowledge-Creating Hope 8:00 a.m.-5:00 p.m. Garden Court Hotel, Palo Alto. Details at www.bccconnections.org</p> <p>Recovery & Renewal Support Group* Not meeting due to conference</p> <p>Newly Diagnosed Support Group* 3:00-4:30 p.m. Marcie Pais, MFT</p>
<p>3 Metastatic Support Group* 6:30-8:30 p.m. Marcie Pais, MFT Debbie Rosenberg, LCSW</p>	<p>4 Mindfulness Meditation* 6:30-7:30 p.m. "Mindfulness and Movement" Cheryl Branco, R.N. Sharon Allen, Stress Reduction Specialist</p>	<p>5 Healing and Guided Imagery 5:30-7:00 p.m. Jeanne Fournier, CMHT</p>	<p>6 DCIS Support Group* 12:00-1:15 p.m., Los Altos Merry Astor, MFT</p> <p>Weekly Q&A Session 5:30-7:00 p.m. Lisa Boohar, M.D. Radiation Oncologist Barbara Kirsch, Ph.D. Therapist</p>	<p>7</p>	<p>8 Newly Diagnosed Support Group* 3:00-4:30 p.m. Marcie Pais, MFT</p>
<p>10 Metastatic Support Group* 6:30-8:30 p.m. Marcie Pais, MFT Debbie Rosenberg, LCSW</p>	<p>11 Couples Support & Networking Group* 6:30-8:30 p.m. Debbie Rosenberg, LCSW</p>	<p>12 Live a Life You Love* 5:30-6:45 p.m. "Harness the Power of Intention" Cynthia Ridley, CPCC</p> <p>Writing Your Way Through Cancer* 7:00-9:00 p.m. Karen Jandorf Last session</p>	<p>13 Weekly Q&A Session 5:30-7:00 p.m. Natalia Colocci, M.D. Medical Oncologist Suzanne Olson, MSW, LCSW Therapist</p>	<p>14</p>	<p>15 Recovery & Renewal Support Group* 1:00-2:30 p.m. Hildy Agustin, Psy.D.</p> <p>Newly Diagnosed Support Group* 3:00-4:30 p.m. Marcie Pais, MFT</p>
<p>17 Metastatic Support Group* 6:30-8:30 p.m. Marcie Pais, MFT Debbie Rosenberg, LCSW</p>	<p>18</p>	<p>19 Healing and Guided Imagery 5:30-7:00 p.m. Jeanne Fournier, CMHT</p>	<p>20 DCIS Support Group* 12:00-1:15 p.m., Los Altos Merry Astor, MFT</p> <p>Weekly Q&A Session 5:30-7:00 p.m. Priya Chakravarthi, M.D. Medical Oncologist Merry Astor, MFT Therapist</p>	<p>21</p>	<p>22 Newly Diagnosed Support Group* 3:00-4:30 p.m. Marcie Pais, MFT</p>
<p>24 Metastatic Support Group* 6:30-8:30 p.m. Marcie Pais, MFT Debbie Rosenberg,</p>	<p>25 Couples Support & Networking Group* 6:30-8:30 p.m. Debbie Rosenberg, LCSW</p>	<p>26 Live a Life You Love Not meeting</p>	<p>27 BCC Closed </p>	<p>28 BCC Closed</p>	<p>29 Newly Diagnosed Support Group* 3:00-4:30 p.m. Marcie Pais, MFT</p>

December 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Metastatic Support Group* 6:30-8:30 p.m. Marcie Pais, MFT Debbie Rosenberg, LCSW</p>	<p>2 Mindfulness Meditation* 6:30-7:30 p.m. "Mindfulness in the Market Place" Cheryl Branco, R.N., Sharon Allen, Stress Reduction Specialist</p>	<p>3</p>	<p>4 DCIS Support Group* 12:00-1:15 p.m., Los Altos Merry Astor, MFT</p> <p>Weekly Q&A (Open House) 5:30-7:00 p.m. Runi Chattopadhyay, M.D. Breast Oncology Surgeon Barbara Kirsch, Ph.D. Therapist</p>	<p>5</p>	<p>6 Recovery & Renewal Support Group* 1:00-2:30 p.m. Hildy Agustin, Psy.D.</p> <p>Newly Diagnosed Support Group* 3:00-4:30 p.m. Marcie Pais, MFT</p>
<p>8 Metastatic Support Group* 6:30-8:30 p.m. Marcie Pais, MFT Debbie Rosenberg, LCSW</p>	<p>9 Couples Support & Networking Group* 6:30-8:30 p.m. Debbie Rosenberg, LCSW</p>	<p>10 Healing and Guided Imagery 5:30-7:00 p.m. Jeanne Fournier, CMHT</p>	<p>11 Weekly Q&A (Open House) 5:30-7:00 p.m. Steven Bates, M.D. Plastic Surgeon Jeanne Fournier, CMHT Facilitator</p>	<p>12</p>	<p>13 Newly Diagnosed Support Group* 3:00-4:30 p.m. Marcie Pais, MFT</p>
<p>15 Metastatic Support Group* 6:30-8:30 p.m. Marcie Pais, MFT Debbie Rosenberg, LCSW</p>	<p>16</p>	<p>17</p>	<p>18 DCIS Support Group* 12:00-1:15 p.m., Los Altos Merry Astor, MFT</p> <p>Weekly Q&A (Open House) 5:30-7:00 p.m. Jane Marmor, M.D. Radiation Oncologist Deborah Rosenberg, LCSW Therapist</p>	<p>19</p>	<p>20 Recovery & Renewal Support Group* 1:00-2:30 p.m. Hildy Agustin, Psy.D.</p> <p>Newly Diagnosed Support Group* 3:00-4:30 p.m. Marcie Pais, MFT</p>
<p>22 Metastatic Support Group* 6:30-8:30 p.m. Marcie Pais, MFT Debbie Rosenberg, LCSW</p>	<p>23 Couples Support & Networking Group* 6:30-8:30 p.m. Debbie Rosenberg, LCSW Date pending</p>	<p>24 Healing and Guided Imagery Not meeting</p>	<p>25 BCC Closed </p>	<p>26</p>	<p>25 Newly Diagnosed Support Group* 3:00-4:30 p.m. Marcie Pais, MFT</p>
<p>29 Metastatic Support Group* 6:30-8:30 p.m. Marcie Pais, MFT Debbie Rosenberg, LCSW</p>	<p>30</p>	<p>31</p>	<p>1 BCC Closed </p>	<p>ALL BCC SERVICES ARE FREE OF CHARGE</p> <p>RSVP requested for (*) programs.</p>	