





July 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ALL BCC PROGRAMS AND SERVICES ARE PROVIDED FREE OF CHARGE.</p> <p>BCC's extensive breast cancer library and internet resources are available Monday through Friday, 9:00 a.m. to 5:00 p.m., and Saturdays, 1:00 to 5:00 p.m.</p>				1	2 Recovery & Renewal Support Group* 1:00-2:30 p.m. Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
4  BCC CLOSED Independence Day Metastatic Support Group* 6:30-8:30 p.m.	5 Mindfulness Meditation* Informal Mindfulness Practices 6:00-7:00 p.m. Young Women's Breast Cancer Networking Group* 7:30-9:30 p.m.	6 Healing and Guided Imagery 5:30-7:00 p.m.	7 Weekly Q&A Session 5:30-7:00 p.m. Jane Marmor, M.D., Radiation Oncologist Therapist TBA	8	9 Group Life Coaching* 1:00-2:00 p.m. Individual Life Coaching** 2:00-4:00 p.m. (30-minute appointments) Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
11 Metastatic Support Group* 6:30-8:30 p.m.	12 Couples Support & Networking Group* 6:30-8:30 p.m.	13  Writing Through Cancer* 7:00-9:00 p.m.	14 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Denise Ching, M.D., Breast Oncology Surgeon Barbara Kirsch, Ph.D., Therapist	15	16 Triple-Negative Breast Cancer Networking Group* 11:00 a.m.-12:30 p.m. Recovery & Renewal Support Group* 1:00-2:30 p.m. Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
18 Metastatic Support Group* 6:30-8:30 p.m.	19 Young Women's Breast Cancer Networking Group* 7:30-9:30 p.m.	20 Healing and Guided Imagery 5:30-7:00 p.m.	21 Weekly Q&A Session 5:30-7:00 p.m. Shane Dormady, M.D., Medical Oncologist Debbie Rosenberg, LCSW, Therapist	22	23  Summer Mad Hatter's Tea— Scarf-Tying & Hat Tips* 10:00 a.m.-12:00 p.m. Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
25 Metastatic Support Group* 6:30-8:30 p.m.	26 Couples Support & Networking Group* 6:30-8:30 p.m.	27 Writing Through Cancer* 7:00-9:00 p.m. (next series starts January 2012)	28 DCIS Support Group* <i>Not meeting</i> Weekly Q&A Session 5:30-7:00 p.m. Lauren Greenberg, M.D., Plastic Surgeon Merry Astor, MFT, Therapist	29	30 Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.

August 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Metastatic Support Group* 6:30-8:30 p.m.	2 Mindfulness Meditation* Mindfulness and Forgiveness 6:00-7:00 p.m. Young Women's Breast Cancer Networking Group* 7:30-9:30 p.m.	3 Healing and Guided Imagery 5:30-7:00 p.m.	4 Weekly Q&A Session 5:30-7:00 p.m. Howard Kleckner, M.D., Medical Oncologist Therapist TBA	5	6 Recovery & Renewal Support Group* <i>Not meeting</i> Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
8 Metastatic Support Group* 6:30-8:30 p.m.	9 Couples Support & Networking Group* 6:30-8:30 p.m.	10 Writing Through Cancer* 7:00-9:00 p.m. (next series starts January 2012)	11 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Runi Chattopadhyay, M.D., Breast Oncology Surgeon Barbara Kirsch, Ph.D., Therapist	12	13 Group Life Coaching* 1:00-2:00 p.m. Individual Life Coaching** 2:00-4:00 p.m. (30-minute appointments) Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
15 Metastatic Support Group* 6:30-8:30 p.m.	16  Nordic Walking * 4:45-6:15 p.m. Young Women's Breast Cancer Networking Group* 7:30-9:30 p.m.	17 Healing and Guided Imagery 5:30-7:00 p.m.	18 Weekly Q&A Session 5:30-7:00 p.m. Rakesh Patel, M.D., Radiation Oncologist Debbie Rosenberg, LCSW, Therapist	19	20 Triple-Negative Breast Cancer Networking Group* <i>Not meeting</i> Recovery & Renewal Support Group* <i>Not meeting</i> Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
22 Metastatic Support Group* 6:30-8:30 p.m.	23 Couples Support & Networking Group* 6:30-8:30 p.m.	24 Writing Through Cancer* 7:00-9:00 p.m. (next series starts January 2012)	25 DCIS Support Group* <i>Not meeting</i> Weekly Q&A Session 5:30-7:00 p.m. Erica Framsted, R.D., Registered Dietician Therapist TBA	26	27 Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
29 Metastatic Support Group* 6:30-8:30 p.m.	30	31 Healing and Guided Imagery 5:30-7:00 p.m.	<p>For more information about these programs, please contact our Helpline at (650) 326-6686, or visit www.bconnections.org</p> <p>RSVP requested for (*) programs; Appointment required for (**) programs</p>		

BCC Program Calendar July / August 2011

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

BCC programs and services are provided free of charge.

The **BCC Report**, our free quarterly newsletter, distributed every March, June, and September, provides medical information on breast cancer, and updates on BCC programs, services, and achievements. If you or someone you know would like to receive this publication, please call our Helpline at (650) 326-6686.

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Special Programs & Events

Mindfulness Meditation*

First **Tuesdays, 6:00-7:00 p.m.**
Learn how to be fully present in the moment and focus attention on your immediate experience, to bring calmness and clarity to life. Facilitated by Sharon Allen, Health Educator, Stress Reduction Specialist & Cheryl Branco, R.N.

New Series! Writing Through Cancer*

Second and fourth **Wednesdays, 7:00-9:00 p.m.**
Writing through cancer can help us make sense of our experience, and a growing body of research suggests it may help us heal. We'll write together in a safe, supportive community, explore the impact of cancer on our lives, and express our unique voices in the stories and poems that emerge from our journeys. Led by Ali Zidel Meyers, MSW.

Summer Mad Hatter's Tea—Scarf-Tying & Hat Tips*

Saturday, July 23, 10:00 a.m. - 12:00 p.m.
Create a new look and find your style as we present a warm weather alternative to wigs. Bring your favorite hat/scarf, or select from the donated items at BCC. Full coverage headwear and scarves from The Next Step in Los Gatos will be on display. Tea and snacks provided by Sprinkles Cupcakes and Fleur de Cocoa.

Nordic Walking *

Tuesday, August 16, 4:45-6:15 p.m.
Nordic Walking involves walking with specially-designed poles that engage 90 percent of the muscles in your entire body. Increase your energy, upper body strength, and fat burning. Instruction by Jayah Faye Paley, breast cancer survivor. Poles will be provided. Only 8 spaces available.

Save the Date! 8th Annual Breast Cancer

Conference: **Sharing Knowledge—Creating Hope**
Saturday, November 5, 8:00 a.m. - 5:00 p.m.
Oracle Conference Center,
350 Oracle Parkway, Redwood Shores
Enjoy a full day of breast cancer education that is open to the public and dedicated to those touched by breast cancer. Registration opens in September.

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Emotional Support

Helpline

Our Helpline is answered by a caring voice Monday through Friday, 9 a.m. to 5 p.m., and Saturdays, 1 to 5 p.m. Helpline is here to listen and connect you with appropriate resources.

Buddy Program

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

Counseling/Therapist**

A team of qualified therapists with experience helping women with breast cancer offer one to two sessions at no cost, by phone or in-person.

Couples Support & Networking Group*

Second and fourth **Tuesdays, 6:30-8:30 p.m.**
This group explores issues that arise for couples living with breast cancer. Individual partners are welcome. Facilitated by Debbie Rosenberg, LCSW.

DCIS Support Group*

Alternate **Thursdays, 12:00-1:30 p.m.**
This group is tailored towards those diagnosed with DCIS (Ductal Carcinoma in Situ). Facilitated by Merry Astor, MFT in Los Altos.

Metastatic Support Group*

Monday, 6:30-8:30 p.m.
This group addresses the unique concerns of women living with advanced breast cancer. Facilitated by Debbie Rosenberg, LCSW, and Marcie Pais, MFT.

Newly Diagnosed / In-Treatment Support Group*

Saturday, 3:00-4:30 p.m.
This ongoing group offers women recently diagnosed with breast cancer the opportunity to express concerns about their diagnosis and treatment. Facilitated by Marcie Pais, MFT.

Recovery & Renewal Support Group*

First and third **Saturdays, 1:00-2:30 p.m.**
This ongoing group is for anyone who has completed treatment for breast cancer and is now focusing on continued wellness. Facilitated by Hildy Agustin, Psy.D.

Triple-Negative Breast Cancer Networking Group*

Third **Saturdays, 11:00 a.m. - 12:30 p.m.**
This group is for anyone with triple-negative breast cancer, at any stage of survivorship. Facilitated by Hildy Agustin, Psy.D.

Young Women's Breast Cancer Networking Group*

First and third **Tuesdays, 7:30-9:30 p.m.**
Come to connect and share experiences and resources with other young women affected by breast cancer. Facilitated by Ann Rivello, LCSW.

Medical Info & Practical Help

Weekly Q&A Session

Thursdays, 5:30-7:00 p.m.
A physician or medical professional from various breast cancer specialties is available to address your medical questions and concerns. A therapist facilitates and staff/volunteers are available to help connect you with additional resources.

Personalized Research/Breast Health Educator**

Our Medical Information Services team can help you by providing personalized research and explaining medical information at your level—from pamphlets to your pathology report, and more.

Medical Appointment Preparation**

A trained BCC volunteer can assist you in preparing for an upcoming medical appointment by working with you to create an organized list of your questions and concerns.

Megan Lynch Memorial Library

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

Comfort Tote

For those newly diagnosed with breast cancer, or a recurrence, come to BCC for a complimentary tote bag filled with comforting handmade products, safe cosmetics, practical literature, and information on BCC programs and services.

Complementary Therapies

Individual Life Coaching**

Second **Saturdays, 2:00-4:00 p.m.**

Learn how coaching can empower you to reclaim your most authentic self through three free individual sessions by phone or in-person with Joanne Sperans, cancer survivor and ICF certified coach.

Group Life Coaching*

Second **Saturdays, 1:00-2:00 p.m.**

You will have the chance to go deeper into specific life topics with exercises designed to help you keep moving forward in life to be your most authentic self. With Joanne Sperans, cancer survivor and ICF certified coach.

Healing and Guided Imagery

First, third, (and fifth) **Wednesdays, 5:30-7:00 p.m.**
This drop-in group focuses on recovery through deep relaxation, meditation, and sharing of healing stories. Facilitated by Mary Horngren, CMHT.

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BCC's 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, contact Rina Olea, Manager of Programs & Outreach, at (650) 326-6299, ext. 11.

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

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