



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, ext. 11.

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.

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)*

3rd Saturday, 9:30 a.m.-12:00 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 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*

1st Tuesday, 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.

Special Programs/Events

Writing Your Way Through Cancer*

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.

Spring Nutrition Series: Food for Life

Saturdays March 14, 28 and April 11, 25, 12:00-2:00 p.m.

Back by popular demand, The Cancer Project's Kristin Doyle, R.N., Nutritional Consultant, Therapeutic Chef, will be teaching this four-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.

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

Program Calendar

January/February 2009



In this issue:

January/February Calendars P.2-3

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.bccconnections.org

Miss BCC's Annual Breast Cancer Conference?

If so, or if you'd like to relive the event, go to our website at www.bccconnections.org to download PowerPoint presentations and view photos from the event. We've already started planning for next year's conference; stay tuned for more information available next summer.

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

Ongoing Programs

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

This group offers women recently diagnosed with breast cancer the opportunity to express concerns about their 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.

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

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**

Helps to ensure you get the most out of your time with the physician. A trained BCC volunteer will 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, 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

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

January 2009

February 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ALL BCC SERVICES ARE FREE OF CHARGE.</p> <p>BCC's comprehensive breast cancer library and internet resources are available Monday through Friday, 9 a.m. to 5 p.m. and Saturday 1 to 5 p.m.</p> <p>RSVP requested for (*) programs.</p>			<p>1</p> <p>BCC Closed</p> 	<p>2</p>	<p>3</p> <p>Recovery & Renewal Support Group* "Alternative Healing Practices" 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>5</p> <p>Metastatic Support Group* 6:30-8:30 p.m. Marcie Pais, MFT Debbie Rosenberg, LCSW</p>	<p>6</p> <p>Mindfulness Meditation* 6:30-7:30 p.m. "Mindful Eating" Cheryl Branco, R.N.</p>	<p>7</p> <p>Healing and Guided Imagery 5:30-7:00 p.m. Jeanne Fournier, CMHT</p>	<p>8</p> <p>Weekly Q&A Session 5:30-7:00 p.m. Runi Chattopadhyay, M.D. Breast Oncology Surgeon Suzanne Olson, MSW, LCSW Therapist</p>	<p>9</p>	<p>10</p> <p>Newly Diagnosed Support Group* 3:00-4:30 p.m. Marcie Pais, MFT</p>
<p>12</p> <p>Metastatic Support Group* 6:30-8:30 p.m. Marcie Pais, MFT Debbie Rosenberg, LCSW</p>	<p>13</p> <p>Couples Support & Networking Group* 6:30-8:30 p.m. Debbie Rosenberg, LCSW</p>	<p>14 <i>First session</i></p> <p>Writing Your Way Through Cancer* 7:00-9:00 p.m. Karen Jandorf</p>	<p>15</p> <p>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. Joshua Korman, M.D. Plastic Surgeon Deborah Rosenberg, LCSW Therapist</p>	<p>16</p>	<p>17 <i>New time!</i></p> <p>Live a Life You Love* "Successful Failure" 9:30 a.m.-12:00 p.m. Cynthia Ridley, CPCC</p> <p>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>19</p> <p>Metastatic Support Group* 6:30-8:30 p.m. Marcie Pais, MFT Debbie Rosenberg, LCSW</p>	<p>20</p>	<p>21</p> <p>Healing and Guided Imagery 5:30-7:00 p.m. Jeanne Fournier, CMHT</p>	<p>22</p> <p>Weekly Q&A Session 5:30-7:00 p.m. Mike Turbow, M.D. Medical Oncologist Barbara Kirsch, Ph.D. Therapist</p>	<p>23</p>	<p>24</p> <p>Newly Diagnosed Support Group* 3:00-4:30 p.m. Marcie Pais, MFT</p>
<p>26</p> <p>Metastatic Support Group* 6:30-8:30 p.m. Marcie Pais, MFT Debbie Rosenberg, LCSW</p>	<p>27</p> <p>Couples Support & Networking Group* 6:30-8:30 p.m. Debbie Rosenberg, LCSW</p>	<p>28</p> <p>Writing Your Way Through Cancer* 7:00-9:00 p.m. Karen Jandorf</p>	<p>29</p> <p>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. Gwendolyn Stritter, M.D. Integrative Medicine Merry Astor, MFT Therapist</p>	<p>30</p>	<p>31</p> <p>Newly Diagnosed Support Group* 3:00-4:30 p.m. Marcie Pais, MFT</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>Metastatic Support Group* 6:30-8:30 p.m. Marcie Pais, MFT Debbie Rosenberg, LCSW</p>	<p>3</p> <p>Mindfulness Meditation* 6:30-7:30 p.m. "Loving Kindness-Compassion" Sharon Allen, Stress Reduction Specialist</p>	<p>4</p> <p>Healing and Guided Imagery 5:30-7:00 p.m. Jeanne Fournier, CMHT</p>	<p>5</p> <p>Weekly Q&A Session 5:30-7:00 p.m. Yee Yie Fogarty, M.D. Radiation Oncologist Jeanne Fournier, CMHT Facilitator</p>	<p>6</p>	<p>7</p> <p>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>9</p> <p>Metastatic Support Group* 6:30-8:30 p.m. Marcie Pais, MFT Debbie Rosenberg, LCSW</p>	<p>10</p> <p>Couples Support & Networking Group* 6:30-8:30 p.m. Debbie Rosenberg, LCSW</p>	<p>11</p> <p>Writing Your Way Through Cancer* 7:00-9:00 p.m. Karen Jandorf</p>	<p>12</p> <p>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. Natalia Colocci, M.D. Medical Oncologist Merry Astor, MFT Therapist</p>	<p>13</p>	<p>14</p> <p>Newly Diagnosed Support Group* 3:00-4:30 p.m. Marcie Pais, MFT</p> 
<p>16</p> <p>BCC Closed</p>  <p>Metastatic Support Group* 6:30-8:30 p.m. Marcie Pais, MFT Debbie Rosenberg, LCSW</p>	<p>17</p>	<p>18</p> <p>Healing and Guided Imagery 5:30-7:00 p.m. Jeanne Fournier, CMHT</p>	<p>19</p> <p>Weekly Q&A Session 5:30-7:00 p.m. Jen Brown, M.D. Medical Oncologist Deborah Rosenberg, LCSW Therapist</p>	<p>20</p>	<p>21 <i>New time!</i></p> <p>Live a Life You Love* "Body Wisdom" 9:30 a.m.-12:00 p.m. Cynthia Ridley, CPCC</p> <p>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>
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