



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, call Rina Olea, Manager of Programs & Outreach, at (650) 326-6299, ext. 11.

For anyone over 50 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

1st & 3rd Wednesdays, 5:30-7:00 p.m.
Mary Horngren, certified medical hypnotherapist, guides this drop-in group through deep relaxation, healing meditations, and a sharing of healing stories.

Individual Life Coaching**

2nd Saturday, 2:00-4:00 p.m.
30-minute appointments or by phone
Learn how coaching can empower you to reclaim your authentic self through three free individual sessions by phone or in person with Joanne Sperans, Volo Coaching founder and cancer survivor.

Group Life Coaching*

2nd Saturday, 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 your life to "be your most authentic self." Facilitated by 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, to bring calmness and clarity. Taught by Sharon Allen or Cheryl Branco, R.N., MPT, both stress reduction specialists. See calendar for scheduled topics.

Writing Your Way Through Cancer*

2nd & 4th Wednesdays, 7:00-9:00 p.m.
New session starts January 13th
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

Healing Touch Clinic**

Friday, February 5, 7:00-9:00 p.m.
40-minute sessions
Healing Touch is a non-invasive technique that utilizes the hands to clear and balance energy around the body. It often brings about a decrease in pain, relief of anxiety, and acceleration of the body's healing process. Sessions are conducted with the client fully-clothed. Wear comfortable clothes.

Save the date!

Wig Workshop**
Monday, March 8, 2:00-6:00 p.m.
30-minute appointments
With Janet Miller and Raquel Berumen of Hair Replacement by Janet (www.hrbyjanet.com)

Our newest quarterly program, this wig workshop is for anyone wanting to have their wig styled or cut by a licensed cosmetologist and wig specialist. Informal consultations are also available for those soon to undergo treatment but unsure of wig options and guidelines for care. In addition, BCC's Wig Buddy, Donna, will be available throughout the event for questions and resources. Bring your own wig or check out BCC's donated inventory in advance. Limit one wig styling per person.

Save the date!

Osteoporosis Risks for Breast Cancer Survivors*
Tuesday, March 30, 6:30-8:00 p.m.
With Shane Dormady, M.D., Ph.D., Oncologist
Back by popular demand, Dr. Dormady will be repeating his presentation from BCC's 6th Annual Breast Cancer Conference November 7, 2009. Come listen to this highly-rated talk filled with useful, important information on osteoporosis.

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

Program Calendar

January/February 2010



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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 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 at (650) 326-6686 anytime Monday through Friday 9 a.m. to 5 p.m. and Saturday 1 to 5 p.m., or visit www.bccconnections.org

Buddies Needed!

Want to give back? Use your experience with breast cancer to provide support, information, and encouragement when it is most needed. This unique service is extremely popular, and it is especially hard to find matches with newer treatments and therapies. Give Irene a call to be a volunteer buddy, at (650) 326-6299, ext. 16.

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.

*RSVP requested
**Appointment required

Emotional Support

Helpline

Our Helpline is answered by a caring voice weekdays 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.

Buddy Program (Peer Support)

Volunteer survivors are matched with you, according to diagnosis or topic of your choice, to give 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 & Networking Group*

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

Recovery & Renewal Support Group*

1st & 3rd Saturdays, 1:00-2:30 p.m.
This ongoing 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 Debbie 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. Partners welcome individually, too. Facilitated by Debbie Rosenberg, LCSW.

Young Women's Breast Cancer Networking Group*

1st & 3rd Tuesdays, 7:45-9:30 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 nurse from various breast cancer specialties is available to address medical questions and concerns. A therapist facilitates and staff/volunteers help connect you with other resources. See calendar for scheduled speakers.

Personalized Research/Breast Health Educator**

Noma Collins, Ph.D., 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 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, and circulating books relating to all areas of breast cancer, open weekdays 9 a.m. to 5 p.m. and Saturday 1 to 5 p.m.

Comfort Totes

For those newly diagnosed breast cancer or a recurrence, 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.

January 2010

February 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ALL BCC SERVICES ARE FREE OF CHARGE</p> <p>RSVP requested for (*) programs; Appointment required for (**) programs</p> <p>BCC's extensive 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>1 BCC CLOSED</p> 	<p>2 Recovery & Renewal Group* 1:00-2:30 p.m.</p> <p>Newly Diagnosed Support & Networking Group* 3:00-4:30 p.m.</p>
<p>4 Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>5 Mindfulness Meditation* 6:30-7:30 p.m. "Mindfulness and Thoughts, Part 2"</p> <p>Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.</p>	<p>6 Healing and Guided Imagery 5:30-7:00 p.m.</p>	<p>7 Weekly Q&A Session 5:30-7:00 p.m. Mike Turbow, M.D. Medical Oncologist Kathy Kesten, MFT Therapist</p>	<p>8</p>	<p>9 Group Life Coaching* "New Year, New Approach" 1:00-2:00 p.m.</p> <p>Individual Life Coaching** 2:00-4:00 p.m. (30-minute appointments)</p> <p>Newly Diagnosed Support & Networking Group* 3:00-4:30 p.m.</p>
<p>11 Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>12 Couples Support & Networking Group* Not meeting</p>	<p>13 <i>First session</i> Writing Your Way Through Cancer* 7:00-9:00 p.m.</p>	<p>14 DCIS Support Group* 12:00-1:30 p.m., Los Altos</p> <p>Weekly Q&A Session 5:30-7:00 p.m. Shane Dormady, M.D. Medical Oncologist Barbara Kirsch, Ph.D. Therapist</p>	<p>15</p>	<p>16 Recovery & Renewal Support Group* 1:00-2:30 p.m.</p> <p>Newly Diagnosed Support & Networking Group* 3:00-4:30 p.m.</p>
<p>18 Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>19 Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.</p>	<p>20 Healing and Guided Imagery 5:30-7:00 p.m.</p>	<p>21 Weekly Q&A Session 5:30-7:00 p.m. Runi Chattopadhyay, M.D. Breast Oncology Surgeon Merry Astor, MFT Therapist</p>	<p>22</p>	<p>23 Newly Diagnosed Support & Networking Group* 3:00-4:30 p.m.</p>
<p>25 Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>26 Couples Support & Networking Group* Not meeting</p>	<p>27 Writing Your Way Through Cancer* 7:00-9:00 p.m.</p>	<p>28 DCIS Support Group* 12:00-1:30 p.m., Los Altos</p> <p>Weekly Q&A Session 5:30-7:00 p.m. Jane Marmor, M.D. Radiation Oncologist Suzanne Olson, MSW, LCSW Therapist</p>	<p>29</p>	<p>30 Newly Diagnosed Support & Networking Group* 3:00-4:30 p.m.</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>2 Mindfulness Meditation* 6:30-7:30 p.m. "Mindfulness and Emotions"</p> <p>Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.</p>	<p>3 Healing and Guided Imagery 5:30-7:00 p.m.</p>	<p>4 Weekly Q&A Session 5:30-7:00 p.m. L. Denise Ching, M.D. Breast Surgeon Therapist TBA</p>	<p>5 <i>Special Event</i> Healing Touch Clinic** 7:00-9:00 p.m. (40-minute sessions)</p> <p>Provided by the Palo Alto Healing Touch Community</p>	<p>6 Recovery & Renewal Support Group* 1:00-2:30 p.m.</p> <p>Newly Diagnosed Support & Networking Group* 3:00-4:30 p.m.</p>
<p>8 Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>9 Couples Support & Networking Group* 6:30-8:30 p.m.</p>	<p>10 Writing Your Way Through Cancer* 7:00-9:00 p.m.</p>	<p>11 DCIS Support Group* 12:00-1:30 p.m., Los Altos</p> <p>Weekly Q&A Session 5:30-7:00 p.m. Jen Brown, M.D. Medical Oncologist Therapist TBA</p>	<p>12</p>	<p>13 Group Life Coaching* "Standards of Integrity" 1:00-2:00 p.m.</p> <p>Individual Life Coaching** 2:00-4:00 p.m. (30-minute appointments)</p> <p>Newly Diagnosed Support & Networking Group* 3:00-4:30 p.m.</p>
<p>15 BCC CLOSED</p>  <p>Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>16 Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.</p>	<p>17 Healing and Guided Imagery 5:30-7:00 p.m.</p>	<p>18 Weekly Q&A Session 5:30-7:00 p.m. Priya Chakravarthi, M.D. Medical Oncologist Merry Astor, MFT Therapist</p>	<p>19</p>	<p>20 Recovery & Renewal Support Group* 1:00-2:30 p.m.</p> <p>Newly Diagnosed Support & Networking Group* 3:00-4:30 p.m.</p>
<p>22 Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>23 Couples Support & Networking Group* 6:30-8:30 p.m.</p>	<p>24 Writing Your Way Through Cancer* 7:00-9:00 p.m.</p>	<p>25 DCIS Support Group* 12:00-1:30 p.m., Los Altos</p> <p>Weekly Q&A Session 5:30-7:00 p.m. John Griffin, M.D. Plastic Surgeon Debbie Rosenberg, LCSW Therapist</p>	<p>26</p>	<p>27 Newly Diagnosed Support & Networking Group* 3:00-4:30 p.m.</p>