

January 2011

For more information about these programs, please contact our Helpline at (650) 326-6686, or visit www.bcconnections.org

RSVP requested for (*) programs; Appointment required for (**) programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.			Happy 2011!		1 BCC CLOSED
3 BCC CLOSED Metastatic Support Group* 6:30-8:30 p.m.	4 Mindfulness Meditation* <i>Not meeting</i> Young Women's Breast Cancer Networking Group* 7:30-9:30 p.m.	5 Healing and Guided Imagery 5:30-7:00 p.m. Writing Through Cancer* 7:00-9:00 p.m. <i>It's back!</i>	6 Weekly Q&A Session 5:30-7:00 p.m. John Griffin, M.D. Plastic Surgeon Merry Astor, MFT, Therapist	7 Nordic Walking* <i>Special Program!</i> 4:30-6:15 p.m.	8 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.
10 Metastatic Support Group* 6:30-8:30 p.m.	11 Couples Support & Networking Group* 6:30-8:30 p.m.	12	13 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Shane Dormady, M.D. Medical Oncologist Kathy Kesten, MFT, Therapist	14	15 Triple-Negative Support & 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.
17 Metastatic Support Group* 6:30-8:30 p.m.	18 Young Women's Breast Cancer Networking Group* 7:30-9:30 p.m.	19 Healing and Guided Imagery 5:30-7:00 p.m.	20 Weekly Q&A Session 5:30-7:00 p.m. Physician TBA Barbara Kirsch, Ph.D., Therapist	21	22 <i>It's back!</i> Food for Life: Nutrition & Cooking Series - Class 1* 10:00 a.m.-12:00 p.m. Introduction to How Foods Fight Cancer Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
24 Metastatic Support Group* 6:30-8:30 p.m.	25 Couples Support & Networking Group* 6:30-8:30 p.m.	26	27 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 Debbie Rosenberg, LCSW, Therapist	28	29 <i>Special Program!</i> Winter 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.
31 Metastatic Support Group* 6:30-8:30 p.m.					

February 2011

Calendar Key

Blue = Emotional Support
Green = Medical Info & Practical Help
Orange = Complementary Therapy
Purple = Special Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALL BCC PROGRAMS AND SERVICES ARE PROVIDED FREE OF CHARGE.	1 Mindfulness Meditation* Equanimity and Mindfulness 6:00-7:00 p.m. Young Women's Breast Cancer Networking Group* 7:30-9:30 p.m.	2 Healing and Guided Imagery 5:30-7:00 p.m. Writing Through Cancer* 7:00-9:00 p.m. <i>It's back!</i>	3 Weekly Q&A Session 5:30-7:00 p.m. Natalia Colocci, M.D. Medical Oncologist Merry Astor, MFT, Therapist	4 <i>Special Program!</i> Healing Touch** 7:00-9:00 p.m.	5 Recovery & Renewal Support Group* 1:00-2:30 p.m. Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
7 Metastatic Support Group* 6:30-8:30 p.m.	8 Couples Support & Networking Group* 6:30-8:30 p.m.	9	10 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Jane Marmor, M.D. Radiation Oncologist Barbara Kirsch, Ph.D., Therapist	11	12 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.
14 Metastatic Support Group* 6:30-8:30 p.m.	15 Young Women's Breast Cancer Networking Group* 7:30-9:30 p.m.	16 Healing and Guided Imagery 5:30-7:00 p.m.	17 Weekly Q&A Session 5:30-7:00 p.m. Gwendolyn Stritter, M.D. Integrative Medicine Debbie Rosenberg, LCSW, Therapist	18	19 Triple-Negative Support & 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.
21 <i>Presidents' Day</i> BCC CLOSED Metastatic Support Group* 6:30-8:30 p.m.	22 Couples Support & Networking Group* 6:30-8:30 p.m.	23	24 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 Therapist TBA	25	26 <i>It's back!</i> Food for Life: Nutrition & Cooking Series - Class 2* 10:00 a.m.-12:00 p.m. Fueling up on Low-Fat, High-Fiber Foods Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
28 Metastatic Support Group* 6:30-8:30 p.m. <i>Special Program!</i> Wig Clinic** 10:00 a.m.-2:00 p.m. (30-minute appointments)					

What do you think of the new calendar?
Send your thoughts to news@bcconnections.org

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Appointment required for (**) programs
Call the Helpline at (650) 326-6686

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.

Breast Cancer Connections
390 Cambridge Avenue
Palo Alto, CA 94306

Monday through Friday,
9:00 a.m.—5:00 p.m.
Saturdays, 1:00—5:00 p.m.

Helpline: (650) 326-6686
Business: (650) 326-6299
Fax: (650) 326-6673
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 Saturdays 1 to 5 p.m. Helpliners are 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*

Mondays, 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*

Saturdays, 3:00-4:30 p.m. (Not meeting January 1)
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.
(Not meeting January 1)

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 Support & 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 Support & Networking Group*

First and third Tuesdays, 7:30-9:30 p.m. (New time)
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 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's 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. 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, certified medical hypnotherapist.

Mindfulness Meditation*

First Tuesdays, 6:00-7:00 p.m. (New time)
Learn how to be fully present in the moment and focus your attention on the immediate experience, to bring calmness and clarity to life.

BCC Program Calendar

January / February 2011



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.

Did you know...

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.

Special Programs & Events

Writing Through Cancer*

First Wednesdays, 7:00-9:00 p.m.
January 5, February 2, March 2
Writing down thoughts and feelings can help us heal. We'll write together in a safe and supportive community, explore the impact of cancer in our lives, and express our unique voices in the stories and poems that naturally emerge from our experiences. This series will be led by author, Dr. Sharon Bray.

Nordic Walking*

Friday, January 7, 4:30-6:15 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.

Food for Life—Nutrition & Cooking Class Series*

Fourth Saturdays, 10:00 a.m.-12:00 p.m.
January 22, February 26, March 26, April 23
In partnership with The Cancer Project, Kristin Doyle, R.N., Certified Nutritional Chef, will be teaching this four-week, vegan course. Small food samples will be provided. Books are available for purchase (\$13) or loan. See calendar for course topics. *Space is limited; priority for new enrollees.*

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

Saturday, January 29, 10:00 a.m.-12:00 p.m.
Create a new look as we present a cool weather alternative to wigs. Bring your favorite hat or scarf, or select from the donated items at BCC. Hats from The Next Step will be on display. Tea and snacks provided.

Healing Touch**

Friday, February 4, 7:00-9:00 p.m.
Healing Touch is a non-invasive technique that utilizes the hands to clear and balance energy around the body. This biofield energy approach helps restore balance and brings about a decrease in pain, relieves anxiety, and accelerates the body's healing. Provided by the Palo Alto Healing Touch Community.

Wig Clinic**

Monday, February 28, 10:00 a.m.-2:00 p.m.
30-minute appointments
Wig trimming and styling by Heidi Oatis of Heidi's Image Enhancement Clinic. Consultations available for those soon to undergo treatment and seeking guidance on wig options and care. Please bring your own wig or select from BCC's donated inventory in advance.

January / February 2011

BCC Program Calendar

BREAST CANCER CONNECTIONS
390 Cambridge Avenue Palo Alto CA 94306

