



BCC's Gabriella Patser Program

BCC provides free diagnostic and screening services for uninsured women under 50 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.

BCC Program Calendar

July/August 2010



Go green! Email news@bccconnections.org if you would like to receive our monthly e-newsletter, or to be removed from this mailing.

Ongoing Programs Cont'd.

Complementary Therapies

Healing and Guided Imagery

1st, 3rd (& 5th) 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.

Writing Your Way Through Cancer*

2nd & 4th Wednesdays, 7:00-9:00 p.m.
New session starts January 2011
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, August 6, 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.

Food for Life: Nutrition & Cooking Series**

4th Saturday, 10:00 a.m.-12:00 p.m. (ongoing)
In partnership with *The Cancer Project* (www.cancerproject.org), Kristin Doyle, R.N., Certified Nutritional Chef, will be teaching this four-week plant-based (vegan) nutrition and cooking course over four months. Small food samples will be available. Space is limited to 30. Books available for purchase at a discounted price. *Check calendar for specific topics.*

Please Note: *Mindfulness Meditation is temporarily on hold until sometime in September. Check our September-October 2010 Program Calendar or visit www.bccconnections.org.*

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



*RSVP requested
**Appointment required

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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

Did You Know?

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

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 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 / In-Treatment Support 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. with various guest speakers/topics.

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 unique concerns of women living with advanced breast cancer. Facilitated by Debbie Rosenberg, LCSW, and Marcie Pais, MFT.

Triple-Negative Support & Networking Group*

3rd Saturday, 11:00 a.m.-12:30 p.m.
This group is for anyone with triple-negative breast cancer (TNBC) in any stage of their survivorship. Facilitated by Hildy Agustin, Psy.D.

(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 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**

Our medical information services team can help you by doing personalized researching and explaining medical information at your level—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 complimentary tote bag filled with comforting handmade products, safe cosmetics, and information on BCC's programs and services.

July 2010

August 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Community Nutritional Events Educational Seminar: Friday, July 9, 5:30-7:30 p.m., Westin St. Francis, Elizabethan A, 335 Powell Street, San Francisco, 94102. Seating is limited; RSVP to (866) 577-0371. <i>No charge.</i> "Real Food, Real Choices: Understanding Nutrition During Breast Cancer" (For HER2+ breast cancer): Thursday, July 15, 6:00-8:00 p.m., Garden Court Hotel, 520 Cowper Street, Palo Alto, 94301. RSVP to (866) 631-6280 or visit www.herstory.com . <i>No charge.</i>			1 DCIS Support Group* <i>Not meeting</i> Weekly Q&A Session 5:30-7:00 p.m. Runi Chattopadhyay, M.D. Breast Oncology Surgeon Therapist TBA	2	3 Recovery & Renewal Group* 1:00-2:30 p.m. Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.		
5 BCC Closed  Metastatic Support Group* 6:30-8:30 p.m.	6 Mindfulness Meditation* <i>Not meeting</i> Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.	7 Healing and Guided Imagery 5:30-7:00 p.m.	8 Weekly Q&A Session 5:30-7:00 p.m. Erica Framstead, R.D. Dietician Therapist TBA	9	10 Group Life Coaching* 1:00-2:00 p.m. "What Do You Love About Your Life?" Individual Life Coaching** 2:00-4:00 p.m. (30-minute appointments) Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.		
12 Metastatic Support Group* 6:30-8:30 p.m.	13 Couples Support & Networking Group* 6:30-8:30 p.m.	14 Writing Your Way Through Cancer* 7:00-9:00 p.m.	15 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 Julia Jaroch, MFT Therapist	16	17 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.		
19 Metastatic Support Group* 6:30-8:30 p.m.	20 Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.	21 Healing and Guided Imagery 5:30-7:00 p.m.	22 Weekly Q&A Session 5:30-7:00 p.m. Priya Chakravarthi, M.D. Medical Oncologist Therapist TBA	23	24 Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m. <i>Special Program</i> Food for Life: Nutrition & Cooking Series-1* 10:00 a.m.-12:00 p.m. "How Foods Fight Cancer"		
26 Metastatic Support Group* 6:30-8:30 p.m.	27 Couples Support & Networking Group* 6:30-8:30 p.m.	28 Writing Your Way Through Cancer* 7:00-9:00 p.m.	29 DCIS Support Group* <i>Not meeting</i> Weekly Q&A Session 5:30-7:00 p.m. Shane Dormady, M.D. Medical Oncologist Debbie Rosenberg, LCSW Therapist	30	31 Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Metastatic Support Group* 6:30-8:30 p.m.	3 Mindfulness Meditation* <i>Not meeting</i> Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.	4 Healing and Guided Imagery 5:30-7:00 p.m.	5 Weekly Q&A Session 5:30-7:00 p.m. Jane Marmor, M.D. Radiation Oncologist Kathy Kesten, MFT Therapist	6 <i>Special Program</i> Healing Touch Clinic** 7:00-9:00 p.m. (40-minute sessions) Provided by the Palo Alto Healing Touch Community	7 Recovery & Renewal Support Group* 1:00-2:30 p.m. Guest facilitated by Marcie Pais, MFT Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
9 Metastatic Support Group* 6:30-8:30 p.m.	10 Couples Support & Networking Group* 6:30-8:30 p.m.	11 Writing Your Way Through Cancer* 7:00-9:00 p.m.	12 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Andrea Metkus, M.D. Surgeon Barbara Kirsch, Ph.D. Therapist	13	14 Group Life Coaching* 1:00-2:00 p.m. "Creating a New Normal" Individual Life Coaching** 2:00-4:00 p.m. (30-minute appointments) Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
16 Metastatic Support Group* 6:30-8:30 p.m.	17 Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.	18 Healing and Guided Imagery 5:30-7:00 p.m.	19 Weekly Q&A Session 5:30-7:00 p.m. John Griffin, M.D. Plastic Surgeon Debbie Rosenberg, LCSW Therapist	20	21 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.
23 Metastatic Support Group* 6:30-8:30 p.m.	24 Couples Support & Networking Group* 6:30-8:30 p.m.	25 Writing Your Way Through Cancer* 7:00-9:00 p.m.	26 DCIS Support Group* <i>Not meeting</i> Weekly Q&A Session 5:30-7:00 p.m. Natalia Colocci, M.D. Medical Oncologist Therapist TBA	27	28 Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m. <i>Special Program</i> Food for Life: Nutrition & Cooking Series-2* 10:00 a.m.-12:00 p.m. "Fueling Up on Low-Fat, High-Fiber Foods"
30 Metastatic Support Group* 6:30-8:30 p.m.	31	ALL BCC SERVICES ARE FREE OF CHARGE RSVP requested for (*) programs; Appointment required for (**) programs 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.			