



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.

BCC Program Calendar

July/August 2009



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

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. Also visit www.imageryforhealing.com.

Life Coaching (Individual)**

1st Saturday, 2:00-4:00 p.m. or by appointment
30-minute sessions

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.

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.

Writing Your Way Through Cancer*

Series starts July 15, 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 1st session.

Special Programs/Events

Healing Touch Clinic**

Friday, August 7, 2009, 7:00-9:00 p.m.

40-minute sessions

Healing Touch is a biofield energy approach to help individuals by restoring balance in the human energy field. Healing Touch is a non-invasive technique that utilizes the hands to clear and balance energy around the body. The work harmonizes with other modalities in health care, and 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. For your comfort, you may want to wear comfortable clothes. By appointment only.

Save the date!

BCC's 6th Annual Breast Cancer Conference: Sharing Knowledge—Creating Hope

Saturday, November 7, 2009, 8:30 a.m.—5:00 p.m.

Held at the Garden Court Hotel in Palo Alto, this conference provides a full day of breast cancer education open to the public but intended for those touched by breast cancer. Registration starts in September on our website at www.bccconnections.org, at our center in Palo Alto, or by phone at (650) 326-6686.

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

July/August 2009



In this issue:

July/August 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 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

Help spread the word about BCC!

Physicians say they are more likely to refer a patient to a program or service if they hear positive patient feedback. Let your medical team know about BCC's services by taking some of BCC's brochures and prescription pads to your next appointment. Make sure to include a personal story about how BCC helped you or a friend. Don't let anyone face breast cancer alone.

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 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 Networking Group*

New time!

1st & 3rd Tuesdays, 7:45-9:00 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 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.

July 2009

August 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Looking for more details about these programs and workshops?</i></p> <p><i>Check out the brief descriptions on the front and back of this program calendar to learn more, or call our Helpline at (650) 326-6686 during business hours.</i></p>		1	2 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 Surgeon Suzanne Olson, MSW, LCSW Therapist	3	4 Newly Diagnosed Support Group* 3:00-4:30 p.m. Happy 4th of July! 
6 BCC CLOSED Metastatic Support Group* 6:30-8:30 p.m.	7 Mindfulness Meditation* 6:30-7:30 p.m. "Informal Practices and Conscious Pause" <i>New time!</i> Young Women's Breast Cancer Networking Group* 7:45-9:00 p.m.	8 Healing and Guided Imagery 5:30-7:00 p.m.	9 Weekly Q&A Session 5:30-7:00 p.m. Natalia Colocci, M.D. Medical Oncologist Barbara Kirsch, Ph.D. Therapist	10	11 Recovery & Renewal Support Group* 1:00-2:30 p.m. Individual Life Coaching** 2:00-4:00 p.m. (30-minute sessions) Newly Diagnosed Support Group* 3:00-4:30 p.m.
13 Metastatic Support Group* 6:30-8:30 p.m.	14 Couples Support & Networking Group* 6:30-8:30 p.m.	15 <i>First session</i> Writing Your Way Through Cancer* 7:00-9:00 p.m.	16 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Lisa Boohar, M.D. Radiation Oncologist Debbie Rosenberg, LCSW Therapist	17	18 Recovery & Renewal Support Group* 1:00-2:30 p.m. Newly Diagnosed Support Group* 3:00-4:30 p.m.
20 Metastatic Support Group* 6:30-8:30 p.m.	21 <i>New time!</i> Young Women's Breast Cancer Networking Group* 7:45-9:00 p.m.	22 Healing and Guided Imagery 5:30-7:00 p.m.	23 Weekly Q&A Session 5:30-7:00 p.m. Joshua Korman, M.D. Plastic Surgeon Therapist TBA	24	25 Newly Diagnosed Support Group* 3:00-4:30 p.m.
27 Metastatic Support Group* 6:30-8:30 p.m.	28 Couples Support & Networking Group* 6:30-8:30 p.m.	29 Writing Your Way Through Cancer* 7:00-9:00 p.m.	30 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Erica Framsted, R.D., CSO Dietician Merry Astor, MFT Therapist	31	Save the Date! BCC's 6th Annual Breast Cancer Conference: Sharing Knowledge—Creating Hope Saturday, November 7, 2009, 8:30–5:00 p.m. Garden Court Hotel, Palo Alto

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>					
3 Metastatic Support Group* 6:30-8:30 p.m.	4 Mindfulness Meditation* 6:30-7:30 p.m. "Forgiveness" <i>New time!</i> Young Women's Breast Cancer Networking Group* 7:45-9:00 p.m.	5 Healing and Guided Imagery 5:30-7:00 p.m.	6 Weekly Q&A Session 5:30-7:00 p.m. Melinda Telli, M.D. Medical Oncologist Therapist TBA	7 <i>Special Program</i> Healing Touch Clinic** 7:00-9:00 p.m. (40-minute sessions) Provided by the Palo Alto Healing Touch Community	8 Newly Diagnosed 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 Writing Your Way Through Cancer* 7:00-9:00 p.m.	13 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Priya Chakravarthi, M.D. Medical Oncologist Barbara Kirsch, Ph.D. Therapist	14	15 Recovery & Renewal Support Group* 1:00-2:30 p.m. Newly Diagnosed Support Group* 3:00-4:30 p.m.
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24/31 Metastatic Support Group* 6:30-8:30 p.m.	25 Couples Support & Networking Group* 6:30-8:30 p.m.	26 Writing Your Way Through Cancer* 7:00-9:00 p.m.	27 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Gwendolyn Stritter, M.D. Integrative Medicine Suzanne Olson, MSW, LCSW Therapist	28	29 Newly Diagnosed Support Group* 3:00-4:30 p.m.