



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

March/April 2009



Go green! Email Courtney@bcconnections.org if you would like to receive our e-calendar alerts.

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.

Live a Life You Love (LALYL)*

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

> **March & April Topics: "Enneagram Workshop"**
Cynthia Ridley, CPCC, offers these inspiring group life coaching workshops for people living with and beyond cancer. Class content will provide concepts and tools that support cancer survivors to move past the fear and boldly re-engage in a meaningful life.

Life Coaching (Individual)*

New concept!

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.

New! 30-minute individual coaching sessions are now available the 1st Saturday from 2:00 to 4:00 p.m. beginning April 4. Call to reserve a space.

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, Stress Reduction Specialist, or Cheryl Branco, R.N., M.T.P.
See calendar for session topics.

Writing Your Way Through Cancer*

Next 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 first session for privacy of individuals' work.*

Special Programs/Events

Healing Touch Clinic*

Friday, March 6, 7:00-9:00 p.m.

Space is limited.

A non-invasive technique that utilizes the hands to clear and balance energy around the body, often bringing a decrease in pain, relief of anxiety, and acceleration of the body's healing process. Sessions are 40 minutes in length, fully-clothed, provided by the Palo Alto Healing Touch Community.

Sexuality and Breast Cancer*

Tuesday, March 31, 6:30-8:00 p.m.

Space is limited.

In this special presentation with Leah Millheiser, M.D., Director of Female Sexual Medicine Program at Stanford School of Medicine, she discusses intimacy and sexual health issues resulting from breast cancer. Spouses/partners welcome.

Spring Nutrition Series: Food for Life*

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

Class full.

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. Visit www.cancerproject.org to find other Food for Life classes in the Bay Area.

BCC Benefit: Breakfast Speaker Event featuring Kelly Corrigan*

Tuesday, April 21, 8:00-10:00 a.m.

Menlo Circus Club, Atherton

Space is limited.

An engaging presentation by a young mom, breast cancer survivor, and author of *The Middle Place*. Contact Jill at (650) 326-6299, ext. 17 or visit www.bcconnections.org for more info.

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



Program Calendar

March/April 2009

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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 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 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.bcconnections.org

Help spread the word about BCC!

Don't let anyone face breast cancer alone. 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.

For materials call Courtney at (650) 326-6299, ext 14.

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

Ongoing Programs

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

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.

(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. Facilitated by Deborah Rosenberg, LCSW.

Young Women's Breast Cancer Networking Group*

2nd & 4th Thursdays, 7:30-9:00 p.m. starting 4/23

Come to connect, network, and share experiences and resources with other young women touched 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.

March 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Metastatic Support Group* 6:30-8:30 p.m.	3 Mindfulness Meditation* 6:30-7:30 p.m. "Equanimity and Mindfulness"	4 Healing and Guided Imagery 5:30-7:00 p.m.	5 Weekly Q&A Session 5:30-7:00 p.m. Mike Turbow, M.D. Medical Oncologist Suzanne Olson, MSW, LCSW Therapist	6 <i>Special Event</i> Healing Touch Clinic* 7:00-9:00 p.m. (40 minute sessions) Provided by the Palo Alto Healing Touch Community Appt. required	7 Recovery & Renewal Support Group* 1:00-2:30 p.m. Newly Diagnosed 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. Steven Bates, M.D. Plastic Surgeon Barbara Kirsch, Ph.D. Therapist	13	14 <i>Special Program</i> Spring Nutrition Series: Food for Life-1* 12:00-2:00 p.m. "Introduction to How Foods Fight Cancer" Class FULL Newly Diagnosed Support Group* 3:00-4:30 p.m.
16 Metastatic Support Group* 6:30-8:30 p.m.	17	18 Healing and Guided Imagery 5:30-7:00 p.m.	19 Weekly Q&A Session 5:30-7:00 p.m. Runi Chattopadhyay, M.D. Breast Oncology Surgeon Deborah Rosenberg, LCSW Therapist	20	21 <i>Special Program</i> "Enneagram Workshop" Part 1 (LALYL)* 9:30 a.m.-12:00 p.m. Recovery & Renewal Support Group* 1:00-2:30 p.m. "Physical Therapy" Newly Diagnosed 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* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Lisa Boohar, M.D. Radiation Oncologist Merry Astor, MFT Therapist	27	28 <i>Special Program</i> Spring Nutrition Series: Food for Life-2* 12:00-2:00 p.m. "Fueling Up on Low-Fat, High Fiber Foods" Class FULL Newly Diagnosed Support Group* 3:00-4:30 p.m.
30 Metastatic Support Group* 6:30-8:30 p.m.	31 <i>Special Event</i> Sexuality and Breast Cancer* 6:30-8:00 p.m. With Leah Millheiser, M.D., Director of Female Sexual Medicine Program at Stanford School of Medicine	<p>ALL BCC SERVICES ARE FREE OF CHARGE</p> <p>RSVP requested for (*) programs</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>			

April 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
** Save the dates! **		1 Healing and Guided Imagery 5:30-7:00 p.m.	2 Weekly Q&A Session 5:30-7:00 p.m. Lauren Greenberg, M.D. Plastic Surgeon Heather Levy, Ph.D. Therapist	3	4 Recovery & Renewal Support Group* 1:00-2:30 p.m. <i>New!</i> Individual Life Coaching* 2:00-4:00 p.m. (30 minute sessions) Newly Diagnosed Support Group* 3:00-4:30 p.m.
<p>> BCC's 6th Annual Honoring Life: A Celebration and Remembrance Event Friday, May 8, 2009 from 6:00 to 8:00 p.m.</p> <p>> BCC's 3rd Annual Complementary Therapies Fair Saturday, June 27, 2009 from 8:30 a.m. to 2:30 p.m.</p> <p>Formal announcements to follow. Call the Helpline at (650) 326-6686 for more information or to be put on the list.</p>		6 Metastatic Support Group* 6:30-8:30 p.m.	7 Mindfulness Meditation* 6:30-7:30 p.m. "Mindful Communication"	8 Writing Your Way Through Cancer* 7:00-9:00 p.m.	9 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Natalia Colocci, M.D. Medical Oncologist Barbara Kirsch, Ph.D. Therapist
13 Metastatic Support Group* 6:30-8:30 p.m.	14 Couples Support & Networking Group* 6:30-8:30 p.m.	15 Healing and Guided Imagery 5:30-7:00 p.m.	16 Weekly Q&A Session 5:30-7:00 p.m. Jane Marmor, M.D. Radiation Oncologist Deborah Rosenberg, LCSW Therapist	17	18 <i>Special Program</i> "Enneagram Workshop" Part 2 (LALYL)* 9:30 a.m.-12:00 p.m. 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>Benefit Event</i> Breakfast Speaker Event featuring Kelly Corrigan! 8:00-10:00 a.m. Menlo Circus Club An engaging presentation by the breast cancer survivor and author of <i>The Middle Place</i>  Call (650) 326-6299, ext. 17 for ticket info	22 Writing Your Way Through Cancer* 7:00-9:00 p.m.	23 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 Merry Astor, MFT Therapist <i>New!</i> Young Women's Breast Cancer Networking Group 7:30-9:00 p.m.	24	25 <i>Special Program</i> Spring Nutrition Series: Food for Life-4* 12:00-2:00 p.m. "Foods and Breast Cancer Survival" Class FULL 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 Healing and Guided Imagery 5:30-7:00 p.m.	30 Weekly Q&A Session 5:30-7:00 p.m. Jocelyn Dunn, M.D. Breast Surgeon Suzanne Olson, MSW, LCSW Therapist	<p>Looking for more details about these programs and workshops? Please see descriptions on the front and back of this program calendar to learn more, or call our Helpline at (650) 326-6686.</p>	