



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 & 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.

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 June 23
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

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 those wanting to have their wig styled or cut by a wig specialist. Informal consultations are also available for those soon to undergo treatment. Bring your own wig. Limit one wig styling per person.

Osteoporosis Risks for Breast Cancer Survivors*

Tuesday, March 30, 6:30-8:00 p.m.
With Shane Dormady, M.D., Ph.D., Medical Oncologist
Back by popular demand, Dr. Dormady will be repeating his highly-rated presentation from BCC's 6th Annual Breast Cancer Conference November 7, 2009 on osteoporosis.

Spring Nutrition Series: Food for Life*

Saturdays, April 10, 17, 24, May 1, 10:00 a.m.-12:00 p.m.
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 at BCC. Small food samples will be available. Space fills quickly so call the Helpline ASAP to be put on the list.

BCC Spring Benefit featuring Ayelet Waldman*

Tuesday, April 20, 8:00-10:00 a.m.
Sharon Heights Golf & Country Club, Menlo Park
Advance ticket purchase required—space is limited.
Our 2nd Annual Breakfast Speaker Event features *The New York Times* best-selling author, Ayelet Waldman. This is BCC's largest annual fundraising event. Contact Jill at (650) 326-6299, ext. 17, or visit www.bccconnections.org for more info.

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

March/April 2010

*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., 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.

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 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. 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**

Noma Collins, Ph.D., can help you by researching and 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.

March 2010

April 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Metastatic Support Group* 6:30-8:30 p.m.	2 Mindfulness Meditation* 6:30-7:30 p.m. "Mindfulness and Pain" Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.	3 Healing and Guided Imagery 5:30-7:00 p.m.	4 Weekly Q&A Session 5:30-7:00 p.m. Priya Chakravarthi, M.D. Medical Oncologist Merry Astor, MFT Therapist	5	6 Recovery & Renewal Group* 1:00-2:30 p.m. Guest facilitated by Marcie Pais, MFT Newly Diagnosed Support & Networking Group* 3:00-4:30 p.m.
8 <i>Special Program</i> Wig Workshop** 2:00-6:00 p.m. (30-minute appts.) With Janet Miller and Raquel Berumen, Wig Specialists Metastatic Support Group* 6:30-8:30 p.m.	9 Couples Support & Networking Group* 6:30-8:30 p.m.	10 Writing Your Way Through Cancer* 7:00-9:00 p.m.	11 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. C. Denise Ching, M.D. Breast Oncology Surgeon Barbara Kirsch, Ph.D. Therapist	12	13 Group Life Coaching* 1:00-2:00 p.m. Individual Life Coaching** 2:00-4:00 p.m. (30-minute appointments) Newly Diagnosed Support & Networking Group* 3:00-4:30 p.m.
15 Metastatic Support Group* 6:30-8:30 p.m.	16 Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.	17 Healing and Guided Imagery 5:30-7:00 p.m.	18 Weekly Q&A Session 5:30-7:00 p.m. Lisa Boohar, M.D. Radiation Oncologist Debbie Rosenberg, LCSW Therapist	19	20 <i>New!</i> Triple Negative Support & Networking Group* 11:00 a.m.-12:30 p.m. Recovery & Renewal Support Group* 1:00-2:30 p.m. "Decluttering and Organizing After an Illness" Newly Diagnosed Support & Networking Group* 3:00-4:30 p.m.
22 Metastatic Support Group* 6:30-8:30 p.m.	23 Couples Support & Networking Group* 6:30-8:30 p.m.	24 Writing Your Way Through Cancer* 7:00-9:00 p.m.	25 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 Kathy Kesten, MFT Therapist	26	27 Newly Diagnosed Support & Networking Group* 3:00-4:30 p.m.
29 Metastatic Support Group* 6:30-8:30 p.m.	30 <i>Special Event</i> Osteoporosis Risks for Breast Cancer Survivors* With Shane Dormady, M.D., Ph.D. 6:30-8:00 p.m.	31 Healing and Guided Imagery 5:30-7:00 p.m.	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.		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Save these dates! BCC's 7th Annual Honoring Life: A Celebration & Remembrance Tuesday, May 11, 2010, 6:00-8:00 p.m. at BCC 3rd Annual Complementary Therapies Fair Saturday, June 26, 2010, 8:30 a.m.-2:30 p.m. at BCC Call BCC at (650) 326-6686 for more info or to be put on the RSVP list.			1 Weekly Q&A Session 5:30-7:00 p.m. John Griffin, M.D. Plastic Surgeon Merry Astor, MFT Therapist	2	3 Recovery & Renewal Support Group* 1:00-2:30 p.m. Guest facilitated by Jan Austin, MFT Newly Diagnosed Support & Networking Group* 3:00-4:30 p.m.
5 Metastatic Support Group* 6:30-8:30 p.m.	6 Mindfulness Meditation* 6:30-7:30 p.m. "Mindful Movement" 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 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 Barbara Kirsch, Ph.D. Therapist	9	10 <i>Special Program</i> Spring Nutrition Series: Food for Life-1* 10:00 a.m.-12:00 p.m. "How Foods Fight Cancer" Group Life Coaching* 1:00-2:00 p.m. Individual Life Coaching** 2:00-4:00 p.m. (30-min. each) Newly Diagnosed Support & Networking 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 Weekly Q&A Session 5:30-7:00 p.m. Jocelyn Dunn, M.D. Breast Surgeon Debbie Rosenberg, LCSW Therapist	16	17 <i>New!</i> Triple Negative Support & Networking Group* 11:00 a.m.-12:30 p.m. Spring Nutrition Series: Food for Life-2* 10:00 a.m.-12:00 p.m. "Low-Fat, High-Fiber Foods" Recovery & Renewal Support Group* 1:00-2:30 p.m. "Acupuncture/Pressure Points" Newly Diagnosed Support & Networking Group* 3:00-4:30 p.m.
19 Metastatic Support Group* 6:30-8:30 p.m.	20 <i>BCC Benefit</i> Breakfast Speaker Event featuring Ayelet Waldman* 8:00-10:00 a.m. Sharon Heights Golf & Country Club 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 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Jennifer Vickerman, R.N. Oncology Nurse Therapist TBA	23	24 <i>Special Program</i> Spring Nutrition Series: Food for Life-3* 10:00 a.m.-12:00 p.m. "Discovering Dairy and Meat Alternatives" Newly Diagnosed Support & Networking Group* 3:00-4:30 p.m.
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 Weekly Q&A Session 5:30-7:00 p.m. Shane Dormady, M.D. Medical Oncologist Therapist TBA	30	1 <i>Special Program</i> Spring Nutrition Series: Food for Life-4* 10:00 a.m.-12:00 p.m. "Cancer Fighting Compounds and Healthy Weight Control"